



WHITE SAIL II PRACTICAL SKILLS CHECKLIST

Date:	Training Hours:	Name:
Average Wind speed :		Boat Type:
D.O.B: (D/M/Y)		Evaluation: WS II or WS II IP

The LTS/R committee recommends that sailors spend a minimum of 20 hours completing the skills below before moving on to the white sail III skills. Advancement prior to completion of the 20-hour practice time is authorized when a sailor can demonstrate all skills consistently.

SKILLS		- Not Demonstrated (ND) - Demonstrated (D) - Demonstrated Consistently (DC)						
ASHORE		ND	D	DC	ND	D	DC	
Parts of the Hull	Hull				Daggerboard			
	Bow				Tiller			
	Stern				Tiller Extension			
	Transom				Auto bailer			
	Fairlead				Painter			
	Rudder				Hiking Strap			
Rigging Items	Mast				Boom Vang			
	Boom				Traveller/Bridle			
	Block				Spreader			
	Shackle				Forestay			
	Cleat				Goose Neck			
	Shroud							
Sails	Mainsail				Jib Sheet			
	Jib Sail				Main Halyard			
	Mainsheet				Jib Halyard			
Knots	Tie a rolling hitch in 10 sec.				Tie a sheet bend in 10 sec.			
<i>Comments</i>								
SKILLS					Not Demonstrated	Demonstrated	Demonstrated Consistently	
AFLOAT								
Leave Dock	Skipper identifies the wind direction.							
	Good route planning & control.							
	Proper skipper commands.							
	Crew assist skipper.							
Returning to a Dock	Good route planning & control.							
	Proper skipper commands.							
	Sails are lower prior to docking.							
	Approaches head to wind.							
	Soft contact with dock.							
<i>Comments</i>								



SKILLS		- Not Demonstrated (ND) - Demonstrated (D) - Demonstrated Consistently (DC)					
AFLOAT		ND	D	DC	ND	D	DC
Helming Skills	Beating				Close Reach		
	Running				Beam Reach		
	Tacking				Broad Reach		
	Gybing				Starboard Tack		
	Stopping				Port Tack		
	Hiking				Bearing Away		
	Luffing				Heading Up		
Crewing Skills	Sail Trim				Daggerboard		
	Boat Trim				Lookout		
<i>Comments</i>							
SKILLS				Not Demonstrated	Demonstrated	Demonstrated Consistently	
Sailing by the Lee	Skipper maintains a straight course						
	Crew prevents the boom from gybing.						
Waves	Identify the four general types of waves conditions.						
	Identify the wind speed given the waves.						
Terminology	Point to windward.						
	Point to leeward.						
	Point to the skipper.						
	Point to the helmsperson.						
<i>Comments</i>							
Recovery of a Turtled boat	Check the crew.						
	Maintain a grasp of the boat.						
	Crew to bow.						
	Skipper grasp jib sheet to right						
	Skipper to dagger/centerboard.						
	Sailboat kept head to wind.						
	Right boat under control.						
	Quick entry over transom area.						
	Bail Sailboat.						
Recover paddles and bailer.							
<i>Comments</i>							

Head Instructor:
Instructor:

Instr #
Instr #