

WHITE SAIL LEVEL 1

On the completion of White Sail I, the sailor will be able to perform the following tasks in wind speeds of 4-9 knots (8-15 km/hr) where applicable.

THE ON THE WATER SAILING TASKS ARE TO BE PERFORMED UNDER INSTRUCTOR DIRECTION.

Terminology may be introduced as necessary leading up to the requirements in White Sail II.

ASHORE KNOWLEDGE

SECTION 1 – Safety

The candidate must be able to:

1. Describe when a lifejacket should be worn.
2. Put on and properly secure a Canadian Ministry of Transportation (MOT) approved lifejacket or personal flotation device (PFD) on land, demonstrating that it is:
 - a) suitable for the weight and size of the wearer;
 - b) in good repair;
 - c) fits snugly so that it will not slip off in the water;
 - d) MOT approved.
3. Describe and demonstrate the proper sailing clothing and personal equipment for the following conditions for dinghy sailing:
 - a) hot sun;
 - b) rain or wet sailing;
 - c) cold weather, cold water;
 - d) always – footwear, lifejacket or PFD.
4. Describe the following safety actions to be followed immediately after a capsize:
 - a) ensure that you are not tangled in lines;
 - b) ensure the safety of crew members;
 - c) attempt to keep boat from “turning turtle”;
 - d) keep one hand on the boat.
5. Describe how to right a capsized and turtled sailboat.
6. List from memory the MOT required items for a sailboat not over 6 meters long as outlined in the current Boating Safety Guide.

SECTION II – Seamanship

7. a) Without assistance, tie:
 - i) a reef or square knot in five seconds;
 - ii) a figure of eight knot in five seconds;
 - iii) a round turn and two half hitches in ten seconds;
 - iv) a bowline in ten seconds;
- b) Describe the principal use of each of the above knots.
8. Describe four ways to identify from what direction the wind is blowing.

AFLOAT SKILLS

SECTION III – Preliminaries

9. Coil a line correctly.
10. Make a line fast to a cleat.
11. Under the direction of an instructor, get in and out of a boat safely at a dock or mooring. Demonstrate correct weight distribution, smooth movement, maintenance of own balance and ability to correct for weight shifts of others.

SECTION IV – Rigging

12. Rig a training boat by attaching sails, attaching and rigging sheets, attaching halyards, fitting sail battens, fitting the rudder and tiller, adjusting the centerboard and hoisting sails. (Mast is already stepped).
13. Demonstrate how to properly secure all essential gear for sailing (as a minimum the MOT list of required items) in a training boat.

SECTION V – Boat Handling (Under Instructor Direction)

14. Identify the direction of the wind.
15. Perform simple sheet adjustments while underway to keep sail just on the point of luffing while on a reach.
16. Perform simple rudder adjustments, keeping a boat going in a straight line on a reach for at least two minutes.
17. Demonstrate how to right a capsized boat and clear it of water.

SECTION VI – Derigging and Securing

18. Secure a boat at a dock clear of hazards (other boats, rocks etc.):
 - a) by the bow only – Using the proper knot and size of line and leaving an appropriate length of line.
 - b) by the bow and stern – Using proper bow and stern lines and fenders to prevent unwanted boat movement and rubbing.
19. Secure a boat at a single mooring, using the appropriate size line and knot, and leaving an appropriate length of line.
20. Derig a training boat by lowering and removing the sails, removing and stowing the rudder and tiller, and properly securing the boom and centerboard (where applicable).
21. With assistance spread out, free of wrinkles, and properly fold and bag a loose sail.
22. Demonstrate how to properly secure all gear in a training boat following sailing (e.g. for the night).