

WHITE SAIL – LEVEL III

On completion of White Sail Level III the beginner will be able to sail with confidence, competently in wind speeds of 4-8 knots (8-16 km/hr) and perform the following skills proficiently without supervision.

THE LAND AND WATER TASKS MUST BE PERFORMED WITHOUT INSTRUCTOR DIRECTION.

ASHORE KNOWLEDGE

SECTION I – Safety

1. Describe:
 - a) what hypothermia is and how it is caused;
 - b) three ways to minimize the dangers of hypothermia;
 - c) basic rules on how to treat a mild case of hypothermia after the victim is out of the water.
2. Identify and explain the meaning of the colours and shapes in the lateral buoyage system.

starboard hand buoy	fairway buoy
port hand buoy	isolated danger buoy
3. List local geographic and navigational hazards and describe the actions required to avoid or minimize their effects.
4.
 - a) List three sources of local weather information.
 - b) List local weather hazards, how they can be identified, the normal warning signs and describe the actions to be taken to avoid or reduce their effects.

SECTION II – Terminology

5. Point to and describe the use of the following items in a sailboat:

a) shroud adjusted	g) rudder head
b) thwart	h) mast step
c) buoyancy tank	i) cotter pin
d) centerboard line	j) clevis pin
e) pintle and gudgeon	k) split ring
f) rudder blade	
6. Point out and describe the following parts of a sail:

a) luff	f) foot
b) clew	g) batten pockets
c) leech	h) bolt rope
d) tack	i) hanks
e) head	j) cringle
7. Describe the distinguishing features of each of the following types of sailboats and give an example of each:

a) cat rigged boat	d) centerboard boat
b) sloop rigged boat	e) sailboard
c) keelboat	f) catamaran

SECTION III – Seamanship

8. Describe how to sail away from and back to:
 - a) a beach with an on-shore wind;
 - b) a dock for various wind directions;
 - c) a mooring.
9.
 - a) To be able to state the major function of the Canadian Yachting Association, provincial sailing associations, member yacht clubs and class associations.
 - b) To be able to briefly describe the structure of the CYA “Learn to Sail” program.

SECTION IV – Rules of the Road

10. Describe, with the use of diagrams, the Rules of the Road for prevention of collision at sea in the following situations and identify the vessel having the right of way:
 - a) port – starboard
 - b) windward – leeward
 - c) overtaking
11. Describe what common-sense action you should take when sailing in the vicinity of commercial shipping.
12. Describe the sound signals and flags used to start a race.
13. Describe with the use of diagrams (if required) the Yacht Racing Rules for
 - a) port – starboard
 - b) windward – leeward
 - c) hitting a mark
 - d) tacking and gybing
 - e) passing a mark
 - f) infringing a rule involving another boat

AFLOAT SKILLS

SECTION V – Boat Handling

14. Without instructor direction, act as skipper while sailing a boat:
 - a) away from and back to a dock for various wind directions;
 - b) away from and back to a mooring;
 - c) on a windward/leeward course.
15. Without instructor direction, act as crew for the situations described in item 14. (This item is optional for students training for White Sail Level III in a single-handed sailboat.)
16. Demonstrate how different body crew positions affect the trim and performance of a sailboat and indicate the best positions for three given points of sail.
17. Without instructor direction, get a boat of irons by backing the jib and main using proper rudder corrections.
18. Single-handedly paddle a sailboat a distance of 30 meters (100 feet) without the use of a rudder. The boat must remain within 3 meters (10 feet) of either side of the direct track. (This should be carried out in light winds only. Rudder should be removed or lashed amidships.)
19. Demonstrate the following towing procedures:
 - a) proper means to receive, secure and cast off a towline;
 - b) correct towing points on a sailboat;
 - c) proper securing inboard of a towline to a boat astern;
 - d) correct boat trim, steering procedures and crew alertness while on the tow and while releasing from the tow.
20. Demonstrate the actions to be taken if a sailor falls overboard, with the boat under sail from the time the person falls overboard without warning until they are safely in performing this rescue.
21. Steer a boat purposely by the lee for 90 meters (100 yards) without gybing.
22. Without instructor direction or assistance, right a turtled boat and continue sailing.