

WHITE SAIL – LEVEL II

On the completion of White Sail II, the sailor will be able to perform the following tasks in wind speeds of 4-9 knots (8-16 km/hr), where applicable.

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

ASHORE KNOWLEDGE

SECTION I – Terminology

1. Identify the following parts of a sailboat:

a) hull	e) mast	h) jib	k) spreader
b) bow	f) boom	i) battens	l) boom vang
c) stern	g) mainsail	j) traveler/bridle	m) goose neck
d) transom			
2. Point out and describe the functions of the following items in a sailboat:

a) bailer	e) fairlead	i) forestay	m) tiller extension
b) mainsheet	f) block	j) shrouds	n) painter
c) jib sheet	g) shackle	k) rudder	o) hiking strap
d) halyard	h) cleat(s)	l) tiller	p) centerboard/daggerboard
3. Define the following terms:

a) port	e) windward	i) hike	m) heading up
b) starboard	f) leeward	j) skipper	n) bearing away
c) tacking	g) luffing (of sails)	k) helmsman	
d) gybing	h) heel	l) crew	
4. Describe the following points of sail and select individual diagrams that portray these points:

a) beat	d) port tack	f) close reach	h) broad reach
b) head to wind	e) starboard tack	g) beam reach	i) sailing by the lee
c) run			

SECTION II – Seamanship

5. a) Tie:
 - i) rolling hitch in 10 seconds;
 - ii) a sheetbend in 10 seconds.b) Describe at least two uses of each of these knots.
6. Identify and describe the wave conditions resulting from various wind speeds in knots.

AFLOAT SKILLS

SECTION III – Boat Handling (Under Instructor Direction)

7. Act as helmsman while getting underway from, and returning to, a dock, mooring or beach.
8. Act as crew while getting underway from, and returning to, a dock, mooring or beach using accepted responses to the helmsman's commands.
9. Act as helmsman, using proper commands, while beating, reaching, running, tacking, gybing, bearing away and heading.
10. Act as crew while beating, reaching, running, tacking, gybing, bearing away, and heading up. While doing so, respond correctly to the directions from the helmsman for sail trim, centerboard adjustment and boat trim.
11. As helmsman, stop a boat at a predetermined point by luffing up (as in approaching a mooring).
12. As skipper and crew, right a turtled boat.