



# Checklist for \_\_\_\_\_

Course Code \_\_\_\_\_

Level: **Basic Cruising**

Last Updated: \_\_\_\_\_

## Overall

	Further Development Required	Performing Consistently
Able to cruise safely in familiar waters	<input type="checkbox"/>	<input type="checkbox"/>
Demonstrate ashore knowledge (exam)	<input type="checkbox"/>	<input type="checkbox"/>

## Preparation and Safety Equipment

	Further Development Required	Performing Consistently
Check safety equipment - location, condition, operation	<input type="checkbox"/>	<input type="checkbox"/>
Crew safety briefing	<input type="checkbox"/>	<input type="checkbox"/>
Weather check	<input type="checkbox"/>	<input type="checkbox"/>
Vessel and equipment ok for departure	<input type="checkbox"/>	<input type="checkbox"/>
Sheets and halyards prepared for use	<input type="checkbox"/>	<input type="checkbox"/>
Demonstrate heaving line use	<input type="checkbox"/>	<input type="checkbox"/>
Demonstrate life jacket use	<input type="checkbox"/>	<input type="checkbox"/>

## Departure from Dock & Docking

	Further Development Required	Performing Consistently
Engine start/stop and cooling water flow	<input type="checkbox"/>	<input type="checkbox"/>
Engine and steering controls	<input type="checkbox"/>	<input type="checkbox"/>
Tasks assigned and understood	<input type="checkbox"/>	<input type="checkbox"/>
Uses appropriate communications	<input type="checkbox"/>	<input type="checkbox"/>
Line handling for vessel control	<input type="checkbox"/>	<input type="checkbox"/>
Check for / aware of traffic	<input type="checkbox"/>	<input type="checkbox"/>
Docking speed, process, crew safety	<input type="checkbox"/>	<input type="checkbox"/>
Undocking speed, process, crew safety	<input type="checkbox"/>	<input type="checkbox"/>

## Making Fast and Snugging Down

	Further Development Required	Performing Consistently
Vessel secured: fenders, spring & breast lines	<input type="checkbox"/>	<input type="checkbox"/>
Sails flaked / furled and covered / stowed	<input type="checkbox"/>	<input type="checkbox"/>
Equipment stowed, power off	<input type="checkbox"/>	<input type="checkbox"/>
Vessel clean	<input type="checkbox"/>	<input type="checkbox"/>
Equipment stowed, power off	<input type="checkbox"/>	<input type="checkbox"/>

## Manoeuvre Under Power

	Further Development Required	Performing Consistently
Steers vessel on straight course	<input type="checkbox"/>	<input type="checkbox"/>
Stops vessel at specified location	<input type="checkbox"/>	<input type="checkbox"/>
Prop walk	<input type="checkbox"/>	<input type="checkbox"/>
Turning ahead and astern to port and starboard	<input type="checkbox"/>	<input type="checkbox"/>
Proper helm management	<input type="checkbox"/>	<input type="checkbox"/>
Stopping distance	<input type="checkbox"/>	<input type="checkbox"/>

## Working with Sails

	Further Development Required	Performing Consistently
Chooses appropriate location for activity	<input type="checkbox"/>	<input type="checkbox"/>
Raising sail: process, crew roles, halyard tension	<input type="checkbox"/>	<input type="checkbox"/>
Lowering sail: process crew roles, sail control	<input type="checkbox"/>	<input type="checkbox"/>
Reefing process, crew roles, location	<input type="checkbox"/>	<input type="checkbox"/>
Shake out reef: process, crew roles, location	<input type="checkbox"/>	<input type="checkbox"/>
Crew communication	<input type="checkbox"/>	<input type="checkbox"/>

## Basic Sailing Manoeuvres

	Further Development Required	Performing Consistently
Appropriate communications	<input type="checkbox"/>	<input type="checkbox"/>
Gybing	<input type="checkbox"/>	<input type="checkbox"/>
Luffing and controlling speed	<input type="checkbox"/>	<input type="checkbox"/>
Points of sail (close hauled, reach, run)	<input type="checkbox"/>	<input type="checkbox"/>
Holding a course (close hauled, reach, run)	<input type="checkbox"/>	<input type="checkbox"/>
Basic trim	<input type="checkbox"/>	<input type="checkbox"/>
Tacking	<input type="checkbox"/>	<input type="checkbox"/>

## Combining Sailing Manoeuvres

	Further Development Required	Performing Consistently
Heading up and bearing away	<input type="checkbox"/>	<input type="checkbox"/>
Beating to windward	<input type="checkbox"/>	<input type="checkbox"/>
Gybing downwind	<input type="checkbox"/>	<input type="checkbox"/>
Taking the boat to a destination	<input type="checkbox"/>	<input type="checkbox"/>
Rounding a mark	<input type="checkbox"/>	<input type="checkbox"/>
Heaving to	<input type="checkbox"/>	<input type="checkbox"/>
Crew communication	<input type="checkbox"/>	<input type="checkbox"/>

### Dealing with Emergencies Under Sail - Reach Tack Reach COB

	Further Development Required	Performing Consistently
Initial actions - alert, spotter, floatation	<input type="checkbox"/>	<input type="checkbox"/>
Sails downwind triangle	<input type="checkbox"/>	<input type="checkbox"/>
Close reach pickup < 1 knot	<input type="checkbox"/>	<input type="checkbox"/>
Windward or leeward pickup as required	<input type="checkbox"/>	<input type="checkbox"/>

### Dealing with Emergencies Under Power - COB

	Further Development Required	Performing Consistently
Beam to or head to wind pickup	<input type="checkbox"/>	<input type="checkbox"/>
Engine off for recovery	<input type="checkbox"/>	<input type="checkbox"/>
Return under power	<input type="checkbox"/>	<input type="checkbox"/>
Initial actions - alert, spotter, floatation	<input type="checkbox"/>	<input type="checkbox"/>

### Anchoring

	Further Development Required	Performing Consistently
Prepared to anchor	<input type="checkbox"/>	<input type="checkbox"/>
Selects / checks anchorage location	<input type="checkbox"/>	<input type="checkbox"/>
Anchor lowered and set	<input type="checkbox"/>	<input type="checkbox"/>
Anchor retrieval under power	<input type="checkbox"/>	<input type="checkbox"/>
Stow / secure anchor; clean foredeck	<input type="checkbox"/>	<input type="checkbox"/>
Crew communication	<input type="checkbox"/>	<input type="checkbox"/>

### Knots and Seamanship

	Further Development Required	Performing Consistently
Belay a line on a cleat	<input type="checkbox"/>	<input type="checkbox"/>
Coil and flake lines	<input type="checkbox"/>	<input type="checkbox"/>
Tie cleat knot	<input type="checkbox"/>	<input type="checkbox"/>
Tie figure 8	<input type="checkbox"/>	<input type="checkbox"/>
Tie round turn and half hitches	<input type="checkbox"/>	<input type="checkbox"/>
Winch & cleat use and line handling	<input type="checkbox"/>	<input type="checkbox"/>
Tie reef knot	<input type="checkbox"/>	<input type="checkbox"/>
Tie bowline	<input type="checkbox"/>	<input type="checkbox"/>
Tie clove hitch	<input type="checkbox"/>	<input type="checkbox"/>
Tie double sheet bend	<input type="checkbox"/>	<input type="checkbox"/>

### Safety

	Further Development Required	Performing Consistently
Buoyage: obey lateral, cardinal & special	<input type="checkbox"/>	<input type="checkbox"/>
Colregs: sail, power lights & rules	<input type="checkbox"/>	<input type="checkbox"/>
Charts: find location & local hazards	<input type="checkbox"/>	<input type="checkbox"/>

Comments:

Instructors:

Craft:

School: Advantage Boating - Cruising / Navigation