

Sailing Program Skill Standards

Each student in the sailing program is expected to master the following skills. Upon demonstrating mastery of these skills, the student will qualify to earn a stripe of the color that corresponds to each skill set. The stripe will be affixed to the lanyard awarded to each student upon successful completion of the swim test that is mandatory for entry into the sailing program. The sailing program instructional staff are authorized to determine mastery and award stripes. The skills sets are designed to be learned and mastered in sequence.

Stripe	Skills
Green	<ul style="list-style-type: none"> • Get into and out of rowboat safely • Identify wind indicators (3): Telltale; Windex; Flags; Boats in harbor; Hair; Lick finger; Waves; Boats sailing • Figure 8 knot • Port, starboard, bow, stern • Put in rudder and dagger board
Yellow	<ul style="list-style-type: none"> • Make way while rowing – five consecutive strokes without oars popping out of oarlocks • Tell wind direction with cardinal intermediary directions • Square knot • Sprit, mast, boom • Luff, leech, foot, head/peak • Square know around mast when rigging • Clip in mainsheet • Tiller towards trouble
Brown	<ul style="list-style-type: none"> • Row around a mark/mooring 15 yards away and back • Boat parts terminology (opti and mercury) • Bowline • Cleat • De-rig an opti – unclip mainsheet, rudder, dagger board, roll sail, carry up and put away properly in dock box • Follow the leader – straight for 20 seconds; go where directed (right, left, straight, turn, head upwind, head downwind; land at dock)
Orange	<ul style="list-style-type: none"> • Row to back of dock and tie up without slamming • Coiling and throwing a line well • Tacking communication • Sail close hauled, close reach, beam reach • Rig an opti • Basic rules of the road
Black	<ul style="list-style-type: none"> • Row and dock on front of dock • Clove hitch • Gybing communication • Sail a windward leeward course with tacking and gybing • Sail broad reach and before the wind with terminology • Dock an opti smoothly • Flip and right an opti
Purple (skills demonstrated on Mercury)	<ul style="list-style-type: none"> • Sheet bend • Rig a mercury • Set jib and main for tacking, close haul, close reach, beam reach • Pick up mooring and tie down • Steer a straight line for a minute, close haul and beam reach • Land a rowboat <u>smoothly</u> on mercury and dock • Demonstrate sail and tiller control for luffing and getting out of irons • Explain and demonstrate jib, mainsail, and tiller procedures for a puff and squall • Rules of the road – nuns, cans, Hancock Bell, etc. • Demonstrate knowledge of harbor rocks: Dock, Smiley, Dram and Preble ledges, 3 Sisters • Put away and de-rig a Mercury • Fold sails properly and neatly
Blue	<ul style="list-style-type: none"> • Double sheet bend • Sail trim; set jib and mainsail on broad reach and running, win-on-wing • Tiller control – tack, gybe, sail straight downwind for two minutes • Demonstrate tiller control and directions to crew to leave mooring • Demonstrate appropriate seating on different points of sail • Man overboard (MOB) drill • Rocks in Frenchman Bay: Dram Island nun; Seal Rocks; Jack’s Ledge; outside Bean rocks; rocks between Bean nun and Ferry nun
Red	<ul style="list-style-type: none"> • Demonstrate tiller control and directions to crew, shoot mooring in light wind and in heavier (15 knot) wind • Explain procedures if swamped • Demonstrate racing start upwind within four seconds of start time • Racing right-of-way rules • Demonstrate anchoring and knowing purpose
White	<ul style="list-style-type: none"> • Set spinnaker • Navigation: what to do in Frenchman Bay in fog • Weather warning signals and predictors • Superior “helmsmanship” – appropriate trim at all times in greater the 15 knots wind and sailing straight • Currents of Frenchman Bay and implications for racing • Helmsmanship aboard 420