

White Sail – Level III

ASHORE KNOWLEDGE			Signature	Date
SECTION I – Safety				
1. to be able to 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 hypothermia after the victim is out of the water				
2. To be able to identify and explain:				
The meaning of the colours and shapes of the lateral buoyage system				
a) Starboard hand buoys				
b) Port hand buoys				
c) Mid channel buoys				
d) Buoys indicating isolated dangers				
3. List the 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 the local weather hazards, how they can be identified, and the normal warning available 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 adjuster	_____	_____	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 sail:				
a) luff	_____	_____	f) batten pockets	_____
b) clew	_____	_____	g) bolt rope	_____
c) tack	_____	_____	h) hanks	_____
b) Head	_____	_____	i) cringle	_____
e) Foot	_____	_____		_____

7. Describe the distinguishing features of each of the following types of sailboats and give an example of each:

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|----------------------|-------|---------------------|-------|
| a) cat rigged boat | _____ | d) centerboard boat | _____ |
| b) sloop rigged boat | _____ | e) sailboat | _____ |
| c) keel boat | _____ | f) catamaran | _____ |

SECTION III – Seamanship

8. Describe how to sail away 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 “ 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 the 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 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 jibing
- 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 instruction direction, act as crew for the situations described in item 14. (This is optional for students training for White Sail III in a single-handed sailboat BUT must be complete by the student if he/she intends to enter a Bronze Sail program.)			
16. Demonstrate how different skipper and 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 out of iron by backing the jib and the main using proper rudder corrections.			
18. Single-handedly paddle a sailboat a distance of 30 metres (100 feet) without the use of a rudder. The boat must remain within 3 metres (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 trims, steering procedures and crew alertness while on the tow and while releasing from the tow.			
20. Demonstrate the actions to be taken if the crew falls overboard, with the boat under sail, from the time the person falls overboard without any warning until the crew is safety recovered. Speed, while important, is secondary to safety in performing this rescue.			
21. Steer a boat purposely by the lee for 90 metres (100 yards) without jibing.			

<p>22. Without instructor direction or assistance, right a turtled boat and continue sailing.</p> <p>23. Without instructor direction, sails a triangular/windward/leeward race with a timed start.</p>	<hr/> <hr/>	<hr/> <hr/>
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