



## Basic Sailing Terminology

1. Describe and identify the following sailboat parts and their functions:
  - a. Hull
  - b. Deck
  - c. Transom
  - d. Keel
  - e. Mast
  - f. Boom
  - g. Gooseneck
  - h. Bow
  - i. Stern
  - j. Helm / Tiller / Wheel
  - k. Rudder
  - l. Cockpit
  - m. Cabin
  - n. Standing Rigging
  - o. Shroud
  - p. Spreader
  - q. Chainplate
  - r. Headstay / Forestay
  - s. Backstay
  - t. Stanchion
  - u. Lifeline
  - v. Pulpit
  - w. Winch
  - x. Cleat
  - y. Block
  - z. Fairlead
  - aa. Fender
  - ab. Dock lines
2. Identify and describe the functions of the following sails, sail parts and sail controls:
  - a. Mainsail
  - b. Jib / Genoa
  - c. Head
  - d. Tack
  - e. Clew
  - f. Foot
  - g. Luff
  - h. Leech
  - i. Downhaul / Cunningham
  - j. Batten
  - k. Batten Pocket
  - l. Bolt Rope
  - m. Hank
  - n. Running Rigging
  - o. Halyard
  - p. Mainsheet
  - q. Jibsheet
  - r. Boom Topping Lift
  - s. Boom Vang
  - t. Telltale
  - u. Outhaul
  - v. Traveler
  - w. Shackle
  - x. Roller Furler

3. Define the following terms:

- a. Port
- b. Starboard
- c. Forward
- d. Aft
- e. Beam
- f. Ahead
- g. Astern
- h. Abeam
- i. Windward
- j. Leeward
- k. Draft
- l. Freeboard
- m. Heel
- n. Weather helm
- o. Skipper
- p. Helmsman
- q. Crew

## Maneuvers & Points of Sail

1. Explain and identify using diagrams the following maneuvers, points of sail, and other terms:
  - a. Head-to-Wind
  - b. No-Sail Zone
  - c. Closed Hauled
  - d. Close Reach
  - e. Beam Reach
  - f. Broad Reach
  - g. Run
  - h. Sailing-by-the-Lee
  - i. In Irons
  - j. Luffing
  - k. Port Tack
  - l. Starboard Tack
  - m. Tacking
  - n. Jibing
  - o. Stand-on
  - p. Give-way
2. Explain and utilize correctly the following helm commands and crew responses:
  - a. "Heading Up"
  - b. "Bearing Away"
  - c. "Ready About" - "Ready" - "Helms a-Lee" (or "Coming About" or "Tacking")
  - d. "Prepare to Jibe" - "Ready" - "Jibe-Ho" (or "Jibing")

## Navigation Rules

For following items 1-8 describe, using diagrams as appropriate, the applicable rules for a 25-foot recreational sailing vessel, as found in the *USCG Navigation Rules and Regulations Handbook*. Identify the "stand-on" and "give-way" vessel in each situation.

1. Look-out (Rule 5)
2. Sailing vessels with the wind on different sides (starboard / port), Rule 12(a)(i)

**Navigation Rules** (Cont'd)

3. Sailing vessels with the wind on same side (leeward/windward), Rule 12(a)(ii)
4. Sailing vessel on port tack cannot determine windward sailing vessel's tack, Rule 12(a)(iii)
5. Overtaking (Rule 13)
6. Power-driven vessels approaching each other head-on (Rule 14)
7. Power-driven vessel with another power-driven vessel on starboard side (Rule 15)
8. Describe appropriate actions to be taken when sailing in the vicinity of commercial traffic, including responding to a danger signal.

**Aids to Navigation**

1. Identify and state the purpose of lateral aids to navigation by color, shape & numbering, including preferred channel markers.
2. Identify safe water, information and regulatory markers.

**Safety Gear & Procedures**

1. List the federally required equipment for a recreational sailboat of 25-feet in length.
2. Identify the location and color of navigation lights used by a recreational vessel of 25-feet in length.
3. Describe the purpose of a Float Plan, give examples of information contained therein and to whom it should be submitted.
4. Describe when and to whom boating accidents must be reported.
5. State the Federal Blood Alcohol Content (BAC) limit for vessel operation.

**Safety Equipment**

1. Demonstrate the proper use of a lifejacket or personal flotation device (PFD).

**Sailing**

A Certified Sailor has successfully demonstrated his or her ability to:

Rg/hoist/set sails safely and correctly to obtain proper sail trim using the following lines and controls, if available on the practice vessel:

1. Halyards and/or furling devices
2. Downhaul or Cunningham
3. Outhaul
4. Boom Vang
5. Mainsheet
6. Jib sheets
7. Winches
8. Traveler
9. Lower/furl/stow sails and coil/flake/stow lines properly

Without coaching or assistance, verbalize appropriate commands and demonstrate competence, safety and good seamanship in the role of Skipper / Helmsman during the maneuvers listed as follows. Honor all aids to navigation and use properly the basic Navigation Rules. Ensure sails are trimmed correctly and the vessel is in control at all times.

1. Depart dock or mooring fully ready to get underway safely
2. Select and maintain a given tack and course
3. Demonstrate how to get out of "irons"
4. Head Up
5. Bear Away
6. Sail Close Hauled
7. Sail on a Close Reach
8. Sail on a Beam Reach
9. Sail on a Broad Reach
10. Sail on a Run
11. Tack
12. Jibe
13. As crew, give appropriate verbal responses and perform correct actions during the maneuvers listed above.

**Crew Overboard**

1. Describe and demonstrate the correct actions to be taken while under sail from the time a person falls overboard until safely recovered.

**Return & Secure**

1. Return to dock or mooring
2. Secure vessel, using appropriate mooring/ dock lines, fenders, etc.

**Knots**

Describe the purpose of, and construct without assistance in a timely manner, each of the following knots and hitches:

- Figure-8 Knot
- Square (Reef) Knot
- Clove Hitch
- Round Turn & 2 Half Hitches
- Cleat Hitch
- Bowline

