

## SMALL BOAT SAILOR BOATHANDLING SKILLS

SKILLS	STANDARD
<b>5. DEPARTURE/LANDING</b> Embark from dock or beach	Execute an appropriate departure making proper allowance for wind direction, wind velocity, current, obstructions, etc.
<b>6. STEERING</b> Straight course  Proper tiller grasp Complete stop	holding a steady course for at least half a minute toward a designated target  constant contact – never let go exhausting all momentum
<b>7. SAFETY POSITION</b> Close Reach Full luff Complete stop	maintain heading entire sail luffing exhausting all momentum
<b>8. TACKING</b> Steering  Switch sides  Tiller hand exchange	smooth, steady, turn appropriate speed, without pause or hesitation, ending when on new course windward to windward, appropriate timing behind back, constant contact
<b>9. POINTS OF SAIL</b> <i>Demonstrate:</i> Beating Close Reach  Beam reach Broad reach Running	correct heading and sail trim for each, on either tack

## 10. JIBING

Command  
Controlled jibe  
Appropriate turn  
Switch sides  
Sail trim

“Prepare to jib,” “Jibe ho,” or equivalent  
pre-trimmed mainsail, not a flying jibe  
without pauses or round-ups  
on windward side as soon as sail fills  
retrim promptly to verge of a luff

## 11. CAPSIZE RECOVERY

*Demonstrate one of these:*  
Scoop method

requiring a partner and a self-rescuing  
(if double-handed) boat, scoop partner,  
then be scooped

## 12. OVERBOARD RECOVERY

Appropriate turn  
Safety position for pick-up  
  
Close proximity  
  
Boarding assistance

jibe in light air, tack in stronger wind  
close reach, full luff,  
correct approach angle  
within reach, full stop to leeward of  
victim  
retrieve “victim” – lifejacket or fender  
(simulated victim)

## 13. GETTING OUT OF IRONS

Prescribe tack  
Back sails  
  
Tiller position

select starboard or port before beginning  
jib to desired windward side,  
main to leeward  
toward desired new heading when  
backing

## 14. UPWIND SAILING

*Demonstrate:*  
Helmsmanship  
  
Finding a layline  
  
Sail trim  
Hull trim

consistent, without excessive luffing  
or falling off  
without excessive overstanding or  
pinching  
close-hauled  
moderate leeward heel, balanced fore/aft

From the “*Small Boat Sailor Certification Record Book*” also known as “*The Little Red Book*.” Published by the US Sailing Association.