

# Basic Rating (Adopted 4-20-17)

A Michigan Sailing Club Basic-rated member may use the club sailboats and sailboards, and is expected to follow all club rules. A Basic rating requires an elementary level of sailing skill. A member who passes the following requirements becomes Basic-rated when the Vice Commodore signs the form or upon approval by the Executive Board.

A Key-rated member may sign any number of requirements.

## 1. SWIMMING:

- Swim 50 yards.
- Tread water for two minutes.
- Don a PFD in the water.

## 2. CAPSIZE: Know what to do in case of capsize.

Demonstrate knowledge of

- Scoop method – requiring a partner and self-rescuing (if double-handed) boat, scoop partner, then be scooped
- Solo righting – traditional or step-over technique (if single-handed ) unassisted re-boarding

## 3. FIRST AID: Attend a lecture on basic first aid or demonstrate knowledge of basic first aid.

- Know where the club phone and club address information are located.
- Know where the first aid kit, AED unit, and backboard are.

## 4. RULES: Know the club rules and right-of-way rules for general sailing.

## 5. KNOTS: Show how to properly coil line for storage.

Tie the following knots and explain their uses:

- Cleat hitch
- Chain hitch
- Figure-eight knot
- Bowline
- Sheet Bend
- Two half-hitches

## 6. NOMENCLATURE: Know the parts of the boat and other terms needed for proper sailing and maintenance.

## 7. RIGGING: - demonstrate

- Drain plugs – installed correctly
- Adequate PFDs (Class IV if boat is 16' or longer)
- Proper launching from shore
- Rudder, fins – properly rigged
- Rig sails – secure at all attachment points, adequate outhaul tension
- Secure lines, rigging, & gear – running rigging taut and secure, stopper knots, all gear properly stowed
- Raising sails – bow into wind, fully raised, halyards secure & coiled

## UNRIGGING - demonstrate

- Stowing sails – furl/roll neatly, battens parallel, secured
- Drain/bail all water – hull empty, cockpit dry
- Clean – as clean or cleaner than you found it

## 8. SAILING: Sail a boat in enough wind to maneuver and dock realistically, perhaps 5 knots or more. The following components are part of the Sailing Test.

### Departure – demonstrate

- Depart from dock or beach – execute an appropriate departure (e.g. sailing backwards) making proper allowances for wind direction, wind velocity, current, obstructions, etc.

### Steering – demonstrate

- Seating placement – windward side, ahead of tiller, inboard/outboard as appropriate for heel
- Proper tiller grasp – constant contact – never let go
- Straight course – holding a steady course for at least 30 seconds toward a designated target
- Turning – heading up (turning to windward), falling off (turning to leeward)
- Sailing on Port and Starboard Tacks

### Safety Position – demonstrate

- Close reach – maintain heading
- Full luff – entire sail surfaces
- Complete stop – exhausting all momentum

### Tacking – demonstrate

- Commands – “Ready about”, “Hard alee” or equiv.
- Steering – smooth, steady turn appropriate speed, without pause or hesitation, ending when on new course
- Switch sides – windward to windward appropriate timing
- Tiller hand exchange – behind back, constant contact

### Points of Sail – demonstrate

- Beating (Close hauled)
- Close reach – correct heading and sail trim for each on either tack
- Beam reach
- Running

**Right-of-way** – demonstrate a working knowledge of the general rules.

