

Basic Rating

(Adopted 7-4-22)

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. Swim Check: Declare I am able to demonstrate the following: Swimming, treading, lifejacket, in accordance with the Swim Check Policy. **Signature:** _____

2. CAPSIZE: Know what to do in case of capsiz.

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.

Getting out of Irons – demonstrate

- Prescribed tack – select starboard or port before starting
- Back sails – jib to desired windward side, main to leeward
- Tiller position – toward desired new heading when

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backing

reach, sail 6-8 boat lengths, tack, fall off to broad reach briefly until crossing your wake, head up to close reach with sails luffing

- Safety position for pick-up – close reach, full luff, correct approach angle

- Be within reach, full stop to leeward of victim - Boarding assistance – retrieve “victim” (simulated victim – cushion, fender, etc.)

Jibing – demonstrate

- Commands – “Prepare to jibe”, “Jibe ho” or equiv. -

Controlled jibe – not a flying jibe

- Appropriate turn – without pauses or roundups

- Switch sides – on windward side as soon as sails fill -

Sail trim – re-trim properly to verge of luff

Docking – demonstrate

- Return gently and safely to a full stop within a boat length of a specific location

- Dock the boat properly three times during the test

Overboard Recovery – demonstrate

- Yell “Man Overboard”

- Crew (if available) keeps eye on victim & directs helmsperson

- Figure eight recovery method – immediately steer to beam

Basic Rating Sign Off Sheet

(Adopted 7-4-22)

Name: _____
Last First

<u>Requirement</u>	<u>Signature</u>	<u>Date</u>
1. Swim Check	_____	_____
2. Capsize	_____	_____
3. First Aid	_____	_____
4. Rules	_____	_____
5. Knots	_____	_____
6. Nomenclature	_____	_____
7. Rigging	_____	_____
Unrigging	_____	_____
8. Sailing*	_____	_____

* Sailing test components include: Departure, Steering, Safety Position, Points of Sail,

Getting Out of Irons, Tacking, Jibing, Overboard Recovery, Right of Way, and Docking

Vice Commodore Date

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