Basic Sailboard Rating Sign Off Sheet

Adopted by MSC Members 7/04/22

A Michigan Sailing Club Basic Sailboard-rated member may use the club sailboards without supervision and is expected to follow all club rules. A Basic Sailboard rating represents an elementary level of windsurfing skill. A member who passes the following requirements becomes Basic Sailboard-rated when the Vice Commodore signs the form or upon approval by the Executive Board. Any Basic Sailboard-rated member may sign any one requirement other than the sailing test; a Helm or Skipper-rated member who also has a Basic Sailboard rating may sign any two requirements, including the sailing test. The first four requirements are identical to those found on the MSC Basic rating.

1. SWIMMING:
- Swim 50 yards.
- Tread water for two minutes.
- Don a life jacket while in the water.

2. FIRST AID:
   Attend a lecture on basic first aid or demonstrate knowledge of basic first aid.
- Have a basic understanding of how to use the rescue tube and its location.
- Know where the club phone and address information are located.
- Know where the first aid kit, AED unit, and backboard are.

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

4. KNOTS:
Show how to properly coil lines for storage.

Tie the following knots and explain their uses:
   Cleat hitch
   Chain hitch
   Figure-eight knot
   Bowline
   Sheet Bend
   Two half-hitches

5. SAFETY:
Demonstrate knowledge of sailboard safety rules and self rescue.

6. RIGGING & UNRIGGING:
Demonstrate proper rigging, unrigging, and storage of a sailboard.

7. SAILING:
Demonstrate sailing on a triangle course in winds up to 10 knots. Test components include Launching, Tacking, Jibing, Points of Sail (Beating, Reaching, Running), Right of Way, and Landing

Name: _____   _____
                   Last   First

Requirement	Signature	Date
1. Swimming	_____	_____
2. First Aid	_____	_____
3. Rules	_____	_____
4. Knots	_____	_____
5. Safety	_____	_____
6. Rigging/Unrigging	_____	_____
7. Sailing*	_____	_____

_____   _____
              Vice Commodore   Date

Note: It is your responsibility to keep a digital copy of this form while it is in process and/or

completed in the case it becomes lost or missing.