

# UBCSC - Beginner Sailing Mentorship Checklist

Student Name:	Student Email:
Mentor #1 Name:	# of mentorship hours:
Mentor #2 Name:	# of mentorship hours:

*Note on work hours:* Number of hours mentored and the number of work hours received are not 1:1. A mentee can allocate a maximum of 4 total work hours to their mentors, regardless of how long mentorship takes. How they divide these 4 hours among their mentors is up to the mentee. If there is only one mentor, this mentor may receive all the work hours.

**End Goal:** Comfort on the water, comfort on the boat, comfort with tacking and gybing.

**Key Beginner Skills**

Students will be able to:

- Repair basic FJ rigging and sheets.
- Recognize and avoid hazards in the English Bay.
- Adjust the main and jib for every point of sail.
- Tack and Gybe consistently in 10-12kts of wind.
- Depower a boat to avoid capsize, and recover from a capsize.

It is the mentee's responsibility to demonstrate the following skills to three senior sailors, known as **certifiers**.

- A member can be a certifier if they have had their beginner certification for at least one full season and are intermediate certified

Certifiers, sign your initials next to each learning objective if the mentee has demonstrated each skill with the corresponding proper execution.

If three certifiers sign this document and it is delivered to the Monohull Fleet Captain, the mentee has officially gained the Beginner Sailing certification at the UBC Sailing Club.

- You may send this checklist to the FC at [monohull@ubcsailing.org](mailto:monohull@ubcsailing.org) to be signed.

Learning Objectives	Feedback (if any)	Certifier #1	Certifier #2	Certifier #3
<i>Club Responsibility</i>				
<b>UBC Orientation</b> <ul style="list-style-type: none"> <li>- Familiar with UBC Sailing facilities               <ul style="list-style-type: none"> <li>• Fix-it room, club room, etc.</li> </ul> </li> <li>- Know where gear is stored in the Club room and the boatyard.</li> </ul>				
<b>Fix-it Skills</b> <ul style="list-style-type: none"> <li>- Capable of whipping lines securely to prevent further fraying.</li> <li>- Able to fix errors in FJ rigging.</li> </ul>				

<u>On-Water Safety</u>				
<b>English Bay Safety</b> <ul style="list-style-type: none"> <li>- Avoid Spanish Banks and Stanley Park at low tide (sandbanks).</li> <li>- Steer clear of tankers, especially when tides are changing.</li> <li>- Be aware of the shipping lane, First Narrows, and False Creek.</li> </ul>				
<b>Rights of Way</b> <ul style="list-style-type: none"> <li>- Familiar with Right of Way rules: <ul style="list-style-type: none"> <li>• Starboard over Port tack</li> <li>• Leeward over Windward</li> <li>• Motorboats must steer clear of sailboats</li> <li>• Sailboats steer clear of commercial boats (tankers, tugs, commercial boats)</li> </ul> </li> </ul>				
<b>Wind Limits &amp; Entanglement</b> <ul style="list-style-type: none"> <li>- Can sail in winds up to 15 kts MAX.</li> <li>- Aware of the dangers of entanglement and how to avoid it.</li> </ul>				
<b>Self Care</b> <ul style="list-style-type: none"> <li>- Practice self-care while sailing. <ul style="list-style-type: none"> <li>• Wear sunscreen</li> <li>• Stay well hydrated</li> <li>• Bring a snack on long sails</li> </ul> </li> <li>- Check in on their sailing partner's condition and needs.</li> <li>- Wear a PFD and clothing appropriate for the weather.</li> </ul>				
<u>Rigging and Derigging</u>				
<b>Rigging</b> <ul style="list-style-type: none"> <li>- Put boat in irons before rigging.</li> <li>- Put in drain plug as FIRST STEP!</li> <li>- Rig main and jib correctly.</li> <li>- Stow sail bags in the sail box.</li> </ul>				

<p><b>Derigging</b></p> <ul style="list-style-type: none"> <li>- Put boat in irons before derigging.</li> <li>- Wash sails thoroughly and let dry.</li> <li>- Roll sails without folds.</li> </ul>				
<u>Launching and Landing</u>				
<p><b>Launching</b></p> <ul style="list-style-type: none"> <li>- Check the drain plug is in before lowering the boat into the water.</li> <li>- Lower the boat down the ramp according to wind direction.</li> <li>- Holds the boat in irons at the bow gunwale and the windward shroud.</li> <li>- Launches the boat from the beach without beaching the boat.</li> </ul>				
<p><b>Landing</b></p> <ul style="list-style-type: none"> <li>- Approaches the beach according to wind direction.</li> <li>- Approaches the beach in a slow and controlled manner.</li> <li>- Crew lifts centreboard for landing; Skipper partly lifts rudder.</li> </ul>				
<u>Sailing Theory</u>				
<p><b>Knots</b></p> <ul style="list-style-type: none"> <li>- Can tie a basic stopper knot + knows when to use one (Figure-Eight or Double Overhand).</li> <li>- Can tie a reef knot</li> <li>- Can tie a clove hitch</li> <li>- Can tie a horn cleat</li> <li>- Can tie a bowline</li> </ul>				
<p><b>Points of Sail &amp; Sail Trim</b></p> <ul style="list-style-type: none"> <li>- Can identify a boat's point of sail if given wind direction.</li> <li>- Connects sail angle to point of sail.</li> <li>- Can keep sail trimmed (not luffing).</li> <li>- Understands how to control power with the sail.</li> </ul>				

<u>Boat Handling Skills</u>				
<p><b>Heading Up</b></p> <ul style="list-style-type: none"> <li>- Sheet in as the boat heads up.</li> <li>- Use two hands to sheet in.</li> <li>- Trim sail once on the new heading.</li> <li>- Sails onto new heading without oversteering.</li> </ul>				
<p><b>Bearing Off</b></p> <ul style="list-style-type: none"> <li>- Sheet out as the boat bears off.</li> <li>- Use two hands to sheet out.</li> <li>- Trim sail once on the new heading.</li> <li>- Sails onto new heading without oversteering.</li> </ul>				
<p><b>Tacking</b></p> <ul style="list-style-type: none"> <li>- Check surroundings are clear before tacking.</li> <li>- Head up to close hauled and build speed for the tack.</li> <li>- Communicate tack with crew.</li> <li>- Lead tack with back foot.</li> <li>- Committed push of the tiller.</li> <li>- Switch sides as the jib backs.</li> <li>- Straighten tiller only when sailing on the "new close hauled".</li> <li>- Switch tiller hands after tack.</li> </ul>				
<p><b>Gybing</b></p> <ul style="list-style-type: none"> <li>- Check surroundings are clear before gybing.</li> <li>- Bear off to a training run and find balance before gybing.</li> <li>- Communicate gybe with crew.</li> <li>- Pre-gybe the tiller extension.</li> <li>- Lead gybe with back foot.</li> <li>- Gradual, controlled pull of the tiller.</li> <li>- Crew brings boom across as sailors switch sides.</li> <li>- Straighten tiller after the boom switches sides.</li> <li>- Switch tiller hands after gybe.</li> </ul>				
<p><b>Controlling Power</b></p> <ul style="list-style-type: none"> <li>- Sheet out in response to gusts.</li> <li>- Re-trims sails after a gust passes.</li> <li>- Head up in response to heeling.</li> <li>- Can stop the boat by easing sails, or heaving-to.</li> </ul>				

<b>Capsize Recovery</b> <ul style="list-style-type: none"> <li>- Check if the crew/helm are OK.</li> <li>- Point boat into the wind</li> <li>- Right boat by standing on centreboard.</li> <li>- Helm + crew able to right the boat.</li> </ul>				
<u>Community Connection</u>				
<ul style="list-style-type: none"> <li>- Aware of club events (i.e: Social sails, potlucks, races, trips)</li> <li>- Connects with other sailors</li> </ul>				
<u>Certifier name</u>	<u>Date of</u>	<u>Signature</u>		
#1:				
#2:				
#3:				
<b>Attained Beginner Level of Proficiency?</b>	Attained Skill Level / Needs Development			
<u>Fleet Captain Name</u>	<u>Date</u>	<u>Signature</u>		