

# UBCSC - C3 Sailing Mentorship Checklist 2021 (F18 - Infusion)

Student Name:	Student Email:
Certifier #1 Name and level:	# of mentorship hours:
Certifier #2 Name:and level:	# of mentorship hours:
Minimum mentorship hours for this level is <b>10</b>	<b>Total hours:</b>

*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.

It is the mentee's responsibility to demonstrate the following skills to 1 C3 sailor and 1 C3 sailor, known as **certifiers**.

- A member can be a certifier if they are certified by the Club, have more than 2 seasons as a C3 and sails regularly, at least 5 times per season at this level
- A member can be a certifier if they are certified by the Club, have more than 1 seasons as a C3 and sails regularly, at least 5 times per season at this level

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 HP Fleet Captain, the mentee has officially gained the C3 Sailing certification at the UBC Sailing Club.

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

Learning Objectives	Feedback (if any)	Certifier #1	Certifier #2
<u>Club Responsibility</u>			
<b>Equipment status and storage</b> <ul style="list-style-type: none"> <li>- Sails for a named boat go in the same names bag</li> <li>- Tiller extensions are <b>NOT</b> stored with the pin down</li> <li>- Pins are to be kept with the pulley and tiller, do not leave them at the boat</li> </ul>			
<u>Rigging and Derigging</u>			

<p><b>Rigging and tuning</b></p> <ul style="list-style-type: none"> <li>- Inspect the boat for damage, report damage</li> <li>- Sail bag names match the boat</li> <li>- Uses the correct (nacra) traveller and not the hobie one</li> <li>- Uses the proper tiller extensions,</li> <li>- Knows if the rudder latches need to be set or not, and can set them</li> <li>- Brought out a paddle, the black ones and put it in the trampoline mesh</li> <li>- <b>Tightened <u>ALL</u> the batons on the main sail</b></li> <li>- Can tie in the main sail block to the traveler correctly, and puts knots in it to prevent it hitting the ends of the rail</li> <li>- Close the pontoons drainage plugs</li> <li>- Attaches the tiller extension before going to the beach, if you drop the ring on the sand you won't find it</li> <li>- Raises jib on land and the main on the beach, could also raise the main on the water, but this is harder</li> <li>- Knows how to use cat tracks to transport the boat to the water/beach</li> <li>- Knows how to rig for high/medium/low wind</li> <li>- How tight to rig the jib and where to put the screws in the plate for the jib connecting to the front of the boat.</li> </ul>			
<p><b>Derigging/Post Sailing</b></p> <ul style="list-style-type: none"> <li>- Everything in rigging just in reverse</li> <li>- Drains the pontoons of water after finishing a sail, do this on the ramp</li> <li>- Loosens <u>ALL</u> the batons on the main sail</li> <li>- Washes the sails if they get wet</li> <li>- Washes off any metal parts of the boat</li> <li>- Washes <u>ALL</u> sand off the tiller extensions and from inside it too</li> <li>- Can properly wrap up the traveler, doesn't make a noose</li> <li>- Puts the tarp on the boat when done sailing</li> <li>- Inspect the boat for damage, report damage</li> </ul>			

<u>Launching and Landing</u>			
<p><b>Launching</b></p> <ul style="list-style-type: none"> <li>- Knows the role of the helm and the crew in launching, can do both roles</li> <li>- Can accurately articulate to another person they will sail with how to set the rudders</li> <li>- <b>Connects the main traveler to the main sail immediately before sailing, <u>NOT</u> earlier</b></li> <li>- Is careful around all the SUPers and Windsurfers and kayakers near the launching beach</li> </ul>			
<p><b>Landing</b></p> <ul style="list-style-type: none"> <li>- Lets the traveler out as they approach shore to depower and loose the jib</li> <li>- Knows when to popup the rudders so they don't hit the bottom</li> <li>- Sail upwind toward the beach and turns just before coming into the shore, with crew jumping off to stop the boat</li> <li>- <b>Under <u>NO</u> circumstances should they sail the boat directly into the sand</b></li> <li>- Disconnects the main sail from the main traveler before getting off the boat</li> <li>- Lowers the main immediately after controlling the boat</li> <li>- Secures the cat tracks before attempting to bring the boat up the ramp</li> <li>- Uses the ramp to bring the boat up, not the sandy beach</li> </ul>			
<u>Sailing Theory</u>			
<p><b>Sail Trim</b></p> <ul style="list-style-type: none"> <li>- Understands how the sail controls work</li> <li>- Full spinnaker sailing (hoisting, setting/flying, dousing) <ul style="list-style-type: none"> <li>• understand how the just jib is used</li> <li>• Knows to depowerby letting out the main traveler and jib</li> </ul> </li> </ul>			
<u>Boat Handling Skills</u>			

<p><b>Tacking</b></p> <ul style="list-style-type: none"> <li>- Holds the tiller correctly, it's not like a monohull</li> <li>- Knows when to instruct the crew to swap the jib</li> <li>- Realizes their tacks will be larger than on a monohull, if they try to pinch too much they will blow the tack</li> <li>- Can recover when they fail to make a tack - Can easily swap around, or sail backwards to account for a missed tack</li> <li>- This happens a lot to beginners in low wind, they should be prepared for it.</li> </ul>			
<p><b>Gybing</b></p> <ul style="list-style-type: none"> <li>- Sheets in before the gybe</li> <li>- The sail is huge and if you accidentally gybe people can easily get hurt, this is very good practice on all boats, but should always be done on a nacra for beginners.</li> </ul>			
<p><b>Trapezing</b></p> <ul style="list-style-type: none"> <li>- Demonstrate the proper fit and usage of the harness</li> <li>- Demonstrate how to free themselves from the hook in case of a fall</li> <li>- Demonstrate proper procedure for trapezing in both positions skipper and crew</li> </ul>			
<p><b>Capsize Recovery</b></p> <ul style="list-style-type: none"> <li>- Is careful about the hook poking a hole into the hull</li> <li>- Knows the proper technique for righting a nacra - This is when you bounce on the righting line with your partner in time with the waves to right the boat if you are on the light side</li> <li>- Loosen everything before righting the boat as cats can start sailing after righting them much more easily than monohulls</li> <li>- Is aware of what causes a pitchpole and how to avoid it <ul style="list-style-type: none"> <li>• Shift weight back if the hull tips are getting close to the wave peaks</li> </ul> </li> </ul>			

<ul style="list-style-type: none"> <li>- Knows how to use the water bag to right the boat after a capsize (more important for light people than heavy ones)</li> </ul>			
<p><b>Simulated Man overboard</b> (hat or dummy)</p> <ul style="list-style-type: none"> <li>- Let jib out</li> <li>- Approaches dummy from downwind on close reach course</li> <li>- Lets out all sails to slow down</li> <li>- Dummy should be windward of boat</li> </ul>			
<p><b>General comments from mentor(s)</b> Please comments any additional skills acquired during the mentorship and restrictions and development needed</p>			
<u>Certifier name</u>	<u>Date of</u>	<u>Signature</u>	
#1:			
#2:			
<b>Attained C3 Level of Proficiency?</b>		<b>Attained Skill Level / Needs Development</b>	
<u>Fleet Captain Name</u>	<u>Date</u>	<u>Signature</u>	