

# UBCSC - A1 Sailing Mentorship Checklist 2022 (RS500 No Spin)

Student Name:			
Student Email:			
Mentor #1 Name:	Mentor #2 Name:		
# of mentorship hours:	# of mentorship hours:		
<p><i>Note on work hours:</i> 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.</p>			
<p>The goal of the mentoring program is to teach other sailors how to safely operate the RS500 without a spinnaker, minimizing risks to the sailors and the equipment. At each stage, the mentor should be questioning whether the candidate is operating the boat in a safe manner. Unless sailing with an A2 sailor, an uncertified or certified A1 sailor should not be on a boat rigged with a spinnaker.</p> <p>It is the mentee's responsibility to demonstrate the following skills to (1) A1 sailor and (1) A2 sailor, known as <b>certifiers</b>.</p> <ul style="list-style-type: none"> <li>- A member can be a certifier if they are certified by the Club, and sail regularly at least 5 times per season at this level</li> </ul> <p>Certifiers, sign your initials next to each learning objective if the mentee has demonstrated each skill with the corresponding proper execution.</p> <p>If two certifiers sign this document and it is delivered to the HP Fleet Captain, the mentee has officially gained the A1 Sailing certification at the UBC Sailing Club.</p>			
<b>Learning Objectives</b>	<b>Feedback (if any)</b>	<b>Certifier #1</b>	<b>Certifier #2</b>
<u><i>Club Responsibility</i></u>			
<p><b>Equipment status and storage</b></p> <ul style="list-style-type: none"> <li>- Correct sail bags are used to store the mainsail and jib</li> <li>- Tiller extensions are left on the sailboat</li> <li>- Outhaul shackles remain on the boom, <b>NOT</b> on the sail.</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>- Brought out a paddle</li> <li>- Close the drainage plug</li> <li>- Raises jib and mainsail safely based on wind conditions</li> <li>- Correctly rigs the mainsheet, jib sheets, cunningham, and outhaul</li> <li>- Demonstrates proper bowlines</li> </ul>			
<p><b>Derigging/Post Sailing</b></p> <ul style="list-style-type: none"> <li>- Everything in rigging just in reverse</li> <li>- RELEASES TENSION ON THE FORESTAY post sail. </li> <li>- Drains the water after finishing a sail, do this on the ramp</li> <li>- Nicely rolls the mainsail and jib</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>- Neatly coils all rigging lines</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>- Launches from asphalt ramp and immediately move over to the sand bar to launch</li> <li>- Can safely launch the boat and set the rudder + centerboard</li> <li>- Is careful around all the SUPers and Windsurfers and kayakers near the launching beach</li> <li>- Can safely control the boat on their own while the other team member stores dolly</li> </ul>			

<p><b>Landing</b></p> <ul style="list-style-type: none"> <li>- Lets the sheets out as they approach shore to depower</li> <li>- Knows when to popup the rudder and centerboard 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>- Dependent on the wind, lowers the main immediately after controlling the boat</li> <li>- Uses the ramp to bring the boat up, not the sandy beach</li> </ul>			
<i>Sailing Theory</i>			
<p><b>Sail Trim</b></p> <ul style="list-style-type: none"> <li>- Understands how sail controls depower the sail</li> <li>- Knows how to trim the sail for all points of sail</li> <li>- Demonstrates proficient balancing by sail trim.</li> <li>- Knows to depower by letting out the mainsail and jib</li> </ul>			
<p><b>Rudderless + Backwards Sailing</b></p> <ul style="list-style-type: none"> <li>- Understands the physical principles of rudderless sailing</li> <li>- Understands how sail trim and heel affect CE and CLR</li> <li>- Understands how to use heel and sail trim to steer the boat.</li> <li>- Understands principles of backwards sailing.</li> </ul>			

Boat Handling Skills

**Tacking**

- Holds the tiller correctly
- Knows when to instruct the crew to swap the jib
- Can recover when they fail to make a tack - Can easily swap around, or sail backwards to account for a missed tack
- Safely completes a tack

**Gybing**

- Sheets in before the gybe
- Can safely complete a gybe with proper communication between skipper + crew

**Trapezing**

- Demonstrate the proper fit and usage of the harness
- Demonstrate how to free themselves from the hook in case of a fall
- Demonstrate proper procedure for trapezing

**Capsize Recovery**

- Demonstrates adequate communication between skipper + crew to ensure everyone is safe
- Dependent on overall weight of both sailors and wind conditions, one member can right the boat while the other holds the hiking strap, or both sailors are near the centerboard
- Safely and quickly regains control of the boat after righting the boat

<p><b>Simulated Man overboard (hat or dummy)</b></p> <ul style="list-style-type: none"> <li>- Assess the situation, and either let out the mainsheet and jib go for a tack, depending on wind conditions and control of boat</li> <li>- Approaches dummy from downwind on close reach course</li> <li>- Let out all sails to slow down</li> <li>- Dummy should be windward of boat</li> </ul>			
<p><i>Extras: These are skills that are taught in the Advanced I course. Mentors should introduce these skills to mentees, although they are <b>not</b> a requirement to obtaining the A1 certification.</i></p>			
<p><b>Rudderless + Backwards Sailing</b></p> <ul style="list-style-type: none"> <li>- Demonstrates applications of rudderless in sailing maneuvers (with rudder ⇒ gutbusters!!!).</li> <li>- Demonstrates ability to sail straight while rudderless</li> <li>- Able to tack/gype in control while rudderless</li> <li>- Demonstrates ability to sail backwards in control</li> </ul>			
<p>Can the sailor safely operate the RS500 without a spinnaker, minimizing risk to the sailors and to the equipment (YES OR NO)?</p>			
<p><u>Certifier name</u></p>	<p><u>Date of</u></p>	<p><u>Signature</u></p>	
<p>#1:</p>			
<p>#2:</p>			
<p><b>Attained A1 Level of Proficiency?</b></p>	<p>Attained Skill Level / Needs Development</p>		
<p><u>Fleet Captain Name</u></p>	<p><u>Date</u></p>	<p><u>Signature</u></p>	