

# UBCSC – A2 Sailing Mentorship Checklist 2022 (RS500 with Spin)


Student Name:  Student Email:			
Mentor #1 Name:  # of mentorship hours:	Mentor #2 Name:  # 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 with 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. A spinnaker can only be used when one member of the crew has their A2 certification.</p> <p>It is the mentee's responsibility to demonstrate the following skills to (1) A2 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 three certifiers sign this document and it is delivered to the HP Fleet Captain, the mentee has officially gained the A2 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>			
<b>Equipment status and storage</b> <ul style="list-style-type: none"> <li>- Correct sail bags are used to store the mainsail, jib, and spin</li> <li>- Tiller extensions are left on the sailboat</li> <li>- Outhaul shackles remain on the boom, <b><u>NOT</u></b> on the sail.</li> <li>- All lines are stored in the appropriate bag</li> </ul>			

### Rigging and Derigging

#### **Rigging and tuning**

- Inspect the boat for damage, report damage
- Brought out a paddle
- Close the drainage plug
- Raises jib and mainsail safely based on wind conditions
- Correctly rigs up the spinnaker on their own and tests for easy hoisting/dousing
- Correctly rigs the mainsheet, jib sheets, cunningham, and outhaul

#### **Derigging/Post Sailing**

- Everything in rigging just in reverse
- RELEASES TENSION ON THE FORESTAY post sail.  

- Drains the water after finishing a sail, do this on the ramp
- Nicely rolls the mainsail and jib
- Washes the sails if they get wet
- Washes off any metal parts of the boat
- Washes ALL sand off the tiller extensions and from inside it too
- Neatly coils all rigging lines
- Inspect the boat for damage, report damage

### Launching and Landing

#### **Launching**

- Knows the role of the helm and the crew in launching, can do both roles
- Launches from asphalt ramp and immediately move over to the sand bar to launch
- Can safely launch the boat and set the rudder + centerboard
- Is careful around all the SUPers and Windsurfers and kayakers near the launching beach
- Can safely control the boat on their own while the other team member stores dolly

#### **Landing**

- Lets the sheets out as they approach shore to depower
- Knows when to popup the rudder and centerboard so they don't hit the bottom
- Sail upwind toward the beach and turns just before coming into the shore, with crew jumping off to stop the boat
- In northerly conditions, boat sails on a broad reach to the beach in a controlled manner. Boat heads up and fully eases sails just before landing.
- **Under NO circumstances should they sail the boat directly into the sand**
- Dependent on the wind, lowers the main immediately after controlling the boat
- Uses the ramp to bring the boat up, not the sandy beach

### Sailing Theory

#### **Sail Trim**

- Understands how the sail controls work
- Knows how to trim the sail for all points of sail
- Can safely hoist and douse the spin without damaging equipment
- Deliberately capsizing the boat if the kite gets sucked under the boat to avoid tears.
- Knows how to correctly trim the spin
- Jib is eased in fat puffs.
- Knows to depower by letting out the mainsail and jib

#### **Rudderless + Backwards Sailing**

- Understands the physical principles of rudderless sailing
- Understands how sail trim and heel affect CE and CLR
- Understands how to use heel and sail trim to steer the boat.
- Understands principles of backwards sailing.

### 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
- Complete gybes with the spinnaker hoisted with minimal capsizes or loss of control

<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</li> </ul>			
<p><b>Capsize Recovery</b></p> <ul style="list-style-type: none"> <li>- Demonstrates adequate communication between skipper + crew to ensure everyone is safe</li> <li>- 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</li> <li>- Safely and quickly regains control of the boat after righting the boat</li> <li>- Can demonstrate an effective scoop recovery.</li> <li>- Physical Awareness of energy levels to preserve ability to sail safely to shore in adverse conditions.</li> </ul>			
<p><b>Simulated Man overboard</b> (hat or dummy), while flying the spin</p> <ul style="list-style-type: none"> <li>- Assess the situation, let out the mainsheet and jib, head up so that the spinnaker is starting to luff, douse the spinnaker, and regain control of boat</li> <li>- Go for a tack to backtrack towards dummy</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><b>Rudderless + Backwards Sailing</b></p> <ul style="list-style-type: none"> <li>- Demonstrates applications of rudderless in sailing maneuvers (with rudder ⇒ gutbusters!!!).</li> </ul> <p><i>Mentee should be able to safely practice the following skills, although they are not required to be able to do it consistently to obtain the A2 certification:</i></p> <ul style="list-style-type: none"> <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><b>General comments from mentor(s)</b></p> <p>Please comments any additional skills acquired during the mentorship and restrictions and development needed</p>			
<p>Can the sailor safely operate the RS500 with 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 A2 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>	