



**Youth Sailing @  
Chasewater**

**RYA Seamanship**

Sailor Name:

\_\_\_\_\_ Date/Initials

DATE COMPLETED:

LOG BOOK SIGNED:

CERTIFICATE ISSUED:

Description	Date	Initials
<b>Ropework</b>		
Tie a fisherman's bend and sheet bend		
Can do heat sealing and whipping		
<b>Launching and Recovery</b>		
Can leave and return to beach, jetty or mooring – windward/leeward shore		
<b>Sailing techniques &amp; Manœuvres</b>		
Is able to...		
Heave to		
Reef Afloat		
Recover MOB		
Be towed		
Anchor		
Sail backwards		
Sail in adverse circumstances		
Knows how to prepare road trailer and secure ashore		
<b>Theory</b>		
Understand terminology; windward, leeward, abeam, forward, aft, ahead, astern, to weather, downwind, amidships, quarter, pinching, sailing by the lee, luff, bear away, planning, sternway, broaching		
Knows and can apply the following international regulations for the prevention of collisions at sea (IRPCS): Meeting other sailing vessels, meeting power driven vessels, following or crossing narrow channels, action by stand-on vessels		
<b>Capsize Recovery</b>		
Knows how to recover from total inversion		
<b>Meteorology</b>		
Knows sources of information on weather patterns for day		
Can interpret and understand local effect		
Aware of Beaufort Scale and changing weather conditions		