

I.C.C. Keelboat Helm Assessment. Name.....

Date.....

(To complete form please tick as appropriate)

Passed out for Squib only or Soling + Squib by :-

Entry Level to Register : **Group sailing on Saturday afternoons in season only**

Endorsements

1. Wind conditions up to Beaufort 3
2. Wind conditions up to Beaufort 5
3. Wind /sea conditions up to and above BF 5
4. Day sailing inside harbour
5. Inside harbour + at sea within "Range"
6. Spinnaker
7. Holds in date RYA Keelboat Level 1+2 plus Day sailing and Seamanship modules

Oral assessment:

General knowledge

Previous keelboat helming experience in tidal waters.

Knowledge of Rules of the Road applying to power and sail.

Appreciation of the needs of racing craft.

Knowledge of how to use a vhf in an emergency

Stopping and starting

Understanding when to leave and pick up mooring under jib alone – knowledge of signs of tide.

Knowledge of when and how to reef.

How to heave to and to hove to – purpose of close reach.

How to anchor.

Knowledge of what to do when grounded on windward and lee shore and how to get off both.

Accident prevention and recovery

Recognising the signs of hypothermia and hyperthermia and methods of recovery.

How to recover a man overboard.

Understanding how to avoid a broach- on and off the wind

Adequate knowledge of emergency signals – how to contact coastguard - when to use flares

Towing.

Grounding.

Avoiding and recovering from a knock-down

Knowledge of when to and when not to fly a spinnaker. . (Endorsement 6)

Local knowledge

Able to reading the chart of Salcombe harbour and neighbouring coastline between Dartmouth and Plymouth.

Ability to read tide tables and calculate / assess depths including dangers of spring tidal flows in /outside Salcombe

Knowledge of Channel tidal flows affecting sailing outside Salcombe

Local knowledge of Salcombe Harbour and coastline Bolt Head to Prawle Point

How to recognise fog formation and what to do if you are caught in the fog.

Knowledge of Responsibilities + Use of Club Boat Information

It is for the boat to decide whether it is fit to sail in the conditions in which it will find itself. By leaving her moorings the boat confirms that it is fit for those conditions and that its crew is competent to sail in them. Only club members can be in charge of and sail club boats.

All crew must wear automatic inflating lifejackets.

Reporting of accidents / incidents – all should be reported to the duty officer .

Payment for damage to boats + equipment – the member in charge of the boat at the time is responsible for paying for minor damage and/or losses up to the value of the Club's insurance excess. This is a condition of use of club boats/property.

No club boats can be used / sailed without being booked in with duty officer/OOD

On every occasion – person in charge of boat must report boat and crew safely back ashore to duty officer

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Practical assessment:

Demonstrate safety and efficiency sailing a triangular course.

Put the keelboat into a stable hove-to state.

Reefing on and off mooring.

Anchoring.

Knots - R/turn + 2 half hitches / Bowline / Reef knot / Sheet bend / Clove hitch / Rolling hitch

Carry out a single-handed man-overboard recovery.

Lee shores -Carry out a mud grounding and recovery.

Set, gybe and retrieve a spinnaker (Endorsement 6).

Leaving, returning and pick-up mooring under full sail (if conditions allow) and again under jib only.

Taking and letting go of a tow.

NOTES:

Club office only: Details entered on register Y / N

HELM NOTIFIED Y / N DATE