

## BAREBOAT CHARTERING PRACTICE SHEET

We recommend the following regimen of practice drills. These drills should be practiced in a minimum of 15 knots of wind. **Docking practices should be at Marina Bay only. No practicing in Brickyard Cove.**

### RECORD DATES OF THE FOLLOWING PRACTICE ROUTINES (Per Skipper):

1. Sail close hauled to within 35° degrees relative to the apparent wind. Pick an objective directly upwind and sail as effectively as possible toward it.
2. Do 20 tacks while sailing upwind.

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3. Do 20 controlled jibes.

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4. Sail by the lee, **without jibing**, for 5 minutes.

5. Do *at least* 10 man-overboard drills.

Figure 8

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Quick Stop

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6. Heave To 5 times.

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7. Reef underway 10 times in winds more than 15 knots

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8. Anchor 5 times for each type of anchoring

Single Anchor

Anchor off the bow

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Two Anchors

2 anchors off the bow

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1 anchor off the bow

1 anchor off the stern

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9. Practice backing upwind 100 yards under complete control making three course changes. Practice this until you can do this maneuver under complete control.
10. Practice backing downwind 200 yards under complete control making five course changes. Practice this until you can do this maneuver under complete control.

11. Practice navigation into the marina, from the Bay, 2 times, plotting course and ETA.

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12. Using speed markers in the Marina Bay Harbor, practice “picking up” a mooring can 4 times (get within a boat hook length)

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**L.O.T. – Location, Orientation, Transition:** Wind, Current, Prop Walk, Lines, Steerage, & Inertia.

13. Using L.O.T., Do 30 dock departures & returns under power.

10 upwind dockings

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10 downwind dockings

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10 crosswind dockings

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14. Do 360° turns using LOW torque of the engine. Use a mooring can for reference.

15. Do 2 emergency rotations (turning 180°) in the fairway area.

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16. Sail into an empty slip in Marina Bay

17. Steer boat with sails only (lash wheel) and weight.

18. You should feel in total control of the boat under power and sail.

19. Know how to tie these knots:

- Bowline, Cleat Hitch, Clove Hitch, Coil, Figure 8, Full Round & 2 Half Hitches, Square (Reef), Sheet Bend, Rolling Hitch, Trucker’s Hitch.

Note: These are minimum requirements. Do as many additional exercises as time allows, focusing on the areas you feel you need to improve.

Questions or problems doing these practice routines, please call the office at (510) 232-7999.

Safe & Fun Sailing To You!!!