

BASIC COASTAL CRUISING SAILING PRACTICE SHEET

To advance to Bareboat level, we recommend the following regimen of practice drills. These drills should be practiced in moderate winds of 10-15 knots. **Docking practices should be at Marina Bay only. No practicing in Brickyard Cove.**

RECORD DATES OF THE FOLLOWING PRACTICE ROUTINES AS 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* 5 man-overboard drills.

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6. Using L.O.T., Do 20 dock departures & returns under power.

5 upwind dockings

5 downwind dockings

5 crosswind dockings

5 emergency rotations

7. Sail up to side tie and dock, going both upwind and downwind.

8. Reef 3 times in winds less than 15 knots and in smooth water.

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9. Sail a compass course for one hour.

10. Anchor 4 times.

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11. Know these knots

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

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, please call the office at (510) 232-7999.

Safe & Fun Sailing To You!!!