



2014 FBYC Crew Training Program On the Water Checklist

Review these items with your skipper before leaving the dock and be sure to cover them while you are on the water. It'll be a little hard to keep this sheet dry, but do your best to remember and cover as many as possible.

NAME _____

Date _____ **Boat** _____

At the Dock Checklist:

- Identify how to board the boat and any safe/unsafe locations to sit/stand
- Inform the skipper of any medical conditions or physical restrictions you may have
- Discuss the location/use of all safety equipment and life jackets
- Review location of sail controls for this boat
- Review the man overboard procedure

1st Day:

- Use bowline/stopper knot
- Use cam cleat, jam cleat, horn cleat
- Raise main (& jump/tail halyards)
- Trim/Ease/Tack main
- Raise jib/genoa (& jump/tail halyards)
- Trim/Ease/Tack jib/genoa
- Grind/tail a winch (single person, w/ & w/o self tailing if available)
- Winch: Add/Remove a wrap while under load
- Winch: Ease while under load
- Grind a winch in a tack (two person)
- Tail a winch in a tack (two person)
- Break a winch

2nd Day:

- Demonstrate head to wind and effect on sails and speed
- Demonstrate other sail controls: vang, cunningham, backstay, outhaul, traveler, other
- Explain telltales
- Demonstrate sheet/line organization
- Explain telltales
- Practice MOB
- If sufficient crew and skill, put up spinnaker/gybe/etc

Both Days - Heading to Dock/At Dock:

- Drop headsail, fold and stow
- Drop mainsail, fold and stow
- Stow lines
- Dock and put away boat