<u>Beginning Sabots</u> – Step 1 **Instructor_____** **Season _____Year_____**										
Safety	Gear Check									
	Boat Orientation + On land drill									
	Swim Test									
	Capsize Drill									
Sailing Skills and Drills	Wind Direction									
	Boat Rigging, De-rigging									
	Correct Body Position									
	Up/Down									
	“Cruise” = straight									
	Avoiding collisions									
	Trim (plus Lobster claw)									
	Ease									
	Back and forth drill									
	Points of Sail									
	Sail Luffing									
	Sail Not Luffing									
	Tack									
	Jibe									
	Facing forward on tacks/jibes									
	Tiller Switch									
	Follow the Leader									
	Docking – Slow and Safe									
Knots	Figure 8 knot									
	Two half-hitches to tie boat to dock									
Parts of boat	Boom/Mast									
	Bow / Stern									
	Outhaul									
	Mainsheet									
	Cunningham									
	Boom-Vang									
	Leeboard									
	Rudder/Tiller/Tiller Extension									
Shore School	Starboard/Port									
	Hand Switch on Maneuvers									
Character	Helpful									
	Persistent									