Intermediate Sabots – Step II **Instructor_____** **Season _____Year _____**									
Safety	Swim Test								
	Safety Position								
Sailing Skills and Drills	Avoiding Collisions								
	Sail Luffing/Sail Not Luffing								
	Stop and Go								
	Check Luff								
	Sitting on the rail								
	Out of irons – Back-down								
	Safety position on command								
	Telltales “Flying”								
	Depowering – C, O, L								
	Reefing the sail								
	Sail close-hauled for 30 Sec.								
	Reaching/Running								
	Docking – Slow and Safe								
	Tacking on whistle								
Right of Way	What tack are other boats on								
	Opposite Tack Rule								
Parts of a Boat	Tell Tales								
	Gooseneck								
	Ratchet Block								
	Gudgeons / Pintles								
	Head/Foot/Tack/Clew of Sail								
	Luff of Sail								
Knots	Bowline								
	Two half-hitches								
Shore School	Points of Sail								
	Starboard/Port								
	Staying out of Irons								
	Flying Telltales								
	Depowering								
Character	Respect								