Safety	Novice Doul	ole Handed - Step 1							
Safety	Instructor								
Mast Safety Check	Session	Year							
Mast Safety Check	Safety	Swim Test							
Boat, turtle prevention, composure Safety position Sailing Skills Boat Orientation Put up Jib – Put up Mainsail Up/Down/Trim/Ease Follow the leader Skippering Crewing Upwind Sailing Downwind Sailing Wing on Wing Depowering Points of sail Flying Telltales Triangle Course Windward/Leeward Course Windward/Leeward Port Starboard Right of way Right of way Figure 8 knot Cleat knot Cleat knot Tiller/Tiller Extension Thwart Main Sail Jib Main Sheet & Main Halyard Jib Sheet & Jib Halyard Centerboard Luff of Sail Head & Foot of Sail Upwind Sailing Nore School Shore School Flying Telltales Flying Telltales Flying Telltales Flying Telltales Flying Telltales Flying Telltales Flying Telltales Flying Telltales Flying Telltales Flying Telltales Flying Telltales Flying Telltales Flying Telltales Flying Telltales	Juicty	Mast Safety Check							
Safety position Boat Orientation Put up Jib - Put up Mainsail Up/Down/Trim/Ease Follow the leader Skippering Crewing Upwind Sailing Downwind Sailing Downwind Sailing Points of Sail Flying Telltales Triangle Course Windward/Leeward Course Windward/Leeward Ceat knot Cleat									
Boat Orientation									
Put up Jib - Put up Mainsail	Sailing Skills								
Up/Down/Trim/Ease	Janning Janning	Put up Jib – Put up Mainsail							
Follow the leader Skippering Crewing Upwind Sailing Downwind Sailing Wing on Wing Depowering Points of sail Flying Telltales Triangle Course Windward/Leeward Course Windward Leeward Port Starboard Right of way Opposite Tack -Port keep clear Same Tack - Starboard keep clear Figure 8 knot Cleat knot Thwart Main Sail Jib Main Sheet & Main Halyard Jib Sheet & Jib Halyard Centerboard Luff of Sail Head & Foot of Sail Flying Telltales									
Crewing									
Upwind Sailing Downwind Sailing Wing on Wing Depowering Points of sail Flying Telltales Triangle Course Windward/Leeward Course Windward/Leeward Port Starboard Port Starboard Cleat Knot Cleat knot Telltales Tiller/Tiller Extension Thwart Main Sail Jib Main Sheet & Main Halyard Jib Sheet & Jib Halyard Centerboard Luff of Sail Head & Foot of Sail Upwind Sailing Flying Telltales Shore School Upwind Sailing Flying Telltales		Skippering							
Downwind Sailing Wing on Wing Depowering Depowering Points of sail Flying Telltales Triangle Course Windward/Leeward Course Windward/Leeward Depowering		Crewing							
Wing on Wing Depowering Depowering Depowering Depowering Depowering Depowering Depomering D		Upwind Sailing							
Depowering Points of sail Flying Telltales Triangle Course Windward/Leeward Course Windward/Leeward Course Port Starboard Windward Leeward Port Starboard Windward Cleat knot Cleat knot Cleat knot Cleat knot Cleat knot Tiller/Tiller Extension Thwart Main Sail Jib Main Sheet & Main Halyard Jib Sheet & Jib Halyard Centerboard Luff of Sail Leeward Main Sail Jib Centerboard Cleat knot		Downwind Sailing							
Depowering Points of sail Flying Telltales Triangle Course Windward/Leeward Course Windward/Leeward Course Port Starboard Windward Leeward Port Starboard Windward Cleat knot Cleat knot Cleat knot Cleat knot Cleat knot Tiller/Tiller Extension Thwart Main Sail Jib Main Sheet & Main Halyard Jib Sheet & Jib Halyard Centerboard Luff of Sail Leeward Main Sail Jib Centerboard Cleat knot		Wing on Wing							
Flying Telltales									
Triangle Course Windward/Leeward Course Windward/Leeward Course Windward		Points of sail							
Windward/Leeward Course		Flying Telltales							
Windward/Leeward Course		Triangle Course							
Leeward									
Leeward Port Starboard Right of way Cleat knot Parts of the Boat Figure 8 knot Cleat knot Telltales Tiller/Tiller Extension Thwart Main Sail Jib Main Sheet & Main Halyard Jib Sheet & Jib Halyard Centerboard Luff of Sail Head & Foot of Sail Upwind Sailing Flying Telltales	Terminology	Windward							
Starboard		Leeward							
Right of way Opposite Tack - Port keep clear Same Tack - Starboard keep clear		Port							
Same Tack - Starboard keep clear		Starboard							
Same Tack - Starboard keep clear	Right of way	Opposite Tack -Port keep clear							
Knots Figure 8 knot Cleat knot Cleat knot Parts of the Boat Telltales Tiller/Tiller Extension Thwart Main Sail Jib Main Sheet & Main Halyard Jib Sheet & Jib Halyard Centerboard Luff of Sail Head & Foot of Sail Thead & Foot of Sail Shore School Points of Sailing Tlying Telltales	Maile Of Way								
Cleat knot	Knots	•							
Telltales									
Tiller/Tiller Extension	Parts of the	Telltales							
Thwart									
Jib Main Sheet & Main Halyard	Boat								
Jib Main Sheet & Main Halyard		Main Sail							
Jib Sheet & Jib Halyard									
Jib Sheet & Jib Halyard		Main Sheet & Main Halyard							
Centerboard		•							
Head & Foot of Sail		•							
Head & Foot of Sail									
Shore Points of Sail Upwind Sailing School Flying Telltales Image: Control of the point of the poin									
School Upwind Sailing	Shore								
Flying Telltales									
Character Helpfulness	Character			+					