Novice Double Handed - Step 1 **Instructor_____** **Session _____Year____**														
Safety	Swim Test													
	Mast Safety Check													
	Capsize Drill – Are you ok? Hand on 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													
Terminology	Windward													
	Leeward													
	Port													
	Starboard													
Right of way	Opposite Tack -Port keep clear													
	Same Tack – Starboard keep clear													
Knots	Figure 8 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													
Shore School	Points of Sail													
	Upwind Sailing													
	Flying Telltales													
Character	Helpfulness													