

Basic Small Boat Sailing Standard (ASA 110)

Prerequisites: None

General Description: Able to sail a centerboard or multihull sailboat in light to moderate winds and sea conditions in familiar waters without supervision. A preparatory Standard with no auxiliary power or navigation skills required.

It is a daysailing standard on monohull or multihull sailboats less than 20 feet in length and without a **fixed, weighted keel**. Separate Basic Small Boat Certifications are provided for centerboard and multihull sailboats.

SAILING KNOWLEDGE

A Certified Sailor has successfully demonstrated his or her ability to:

1. Identify and describe the following:

hull	deck	bow & stern
transom	mast	mast step
boom	gooseneck	shrouds
forestay	centerboard	daggerboard trunk
spreader		

2. Identify and describe the functions of the following items on a sailboat:

mainsheet	jib sheet(s)	rudder
tiller	traveller	tiller extension
halyard(s)	outhaul	cunningham
boomvang	downhaul	boom topping lift
jib fairlead	shackle	bailers
cleats	telltails	stays & shrouds
hiking straps	fenders	buoyancy tanks
winches	centerboard/daggerboard	leeboard

3. Define the following terms:

port	starboard	skipper & crew
helmsman	forward	aft
tacking	gybing	running rigging
ahead	astern	standing rigging
windward	leeward	beam
abeam	heel	

4. Identify the following sails and parts of a sail:

mainsail	jib	spinnaker	luff
leech	head	foot	tack

clew	battens	bolt rope	jib hanks
batten pockets			

5. Describe the following terms and points of sail and identify them from diagrams:

head to wind	in-irons	luffing
starboard tack	port tack	close hauled
close reach	beam reach	broad reach
running	heading up	heading down
windward boat	leeward boat	sailing by the lee

6. Apply the "**Rules of the Road**" (International and Inland "Navigation Rules" for prevention of collision) for:

- o port tack and starboard tack sailboats
- o overtaking situation
- o windward and leeward sailboat
- o powerboat and sailboat
- o combinations of the above

7. Describe the danger and common location of overhead power lines as they relate to sailing and trailering.]

8. Describe the danger of cold and hot weather (hypothermia and heat exhaustion) and why a sailor should always wear shoes and life preserver.

9. Describe and react to local navigation hazards including tides and/or currents and how to avoid or reduce their effects.

10. Use the personal international distress signal (raising and lowering both arms at the same time).

SAILING SKILLS

A certified Sailor has demonstrated his or her ability to:

11. Tread water for a minimum of 5 (five) minutes and swim a minimum of 100 yards without touching any object.

Gear and Equipment:

12. Select, put on and properly secure a personal flotation device on land and in the water.

13. Select proper clothing for sailing.

14. Properly rig, launch, and retrieve the specified boat (dry sail -hoist, beach rack - dolly, dock, or mooring).

15. Safely get into and out of the specified boat at a dock in shallow water and in open water.

16. Properly stow and secure all loose gear and rigging on the candidate's boat.

17. Without an instructor onboard and without direction, while acting as helmsman (and again as crew), sail away from a dock and mooring, sail an upwind and a downwind course and return to the dock and mooring in familiar waters, in light to moderate winds & sea conditions.

18. Clear halyards and sails, hoist the basic sails, set appropriate luff tension, checkn for stopper knots and secure halyard tails.

19. Leave a dock, mooring or beach completely prepared, in control in various wind directions.

20. Select and use the correct approach on returning to the mooring, beach or dock while under control, at slow speed, and with various wind directions.

21. Sail closer to the womd as helmsman (on commad).

22. Quickly trim sails correctly as crew.

23. Use proper commands: "heading-up, sheet in" ... "sheeting in".

24. Steer away from wind as helsman (on Command).

25. Ease and then trim sails correctly as crew.

26. Use proper commands: "heading down, ease sheets" .."easing sheets".

27. Quickly bring the specified boat to a close reach as helmsman (on command) and immediately ease the sheets (luff sails) to stop the boat as crew.

28. Place the specified boat "in irons" (head to wind and not moving) as helmsman (as well as crew) and then sail off in a predetermined direction using proper rudder control and backing of the sails.

29. Select and maintain a given course without changing the point of sail as helmsman.

30. Trim sails correctlty as crew.

31. Maintain proper fore-and-aft boat trim as helmsman and crew.
32. Reduce excessive heel (as helmsman and crew) using:
 - weight distribution,
 - rudder control,
 - sail trim and
 - combination of these methods.
33. Select as helmsman the new close hauled course prior to a tack and then hold the new course following the tack while controlling the main.
34. Release the jib sheet as crew and trim the new sheet at the proper time and control the main when asked.
35. Use proper commands: "ready about" - "ready" - "helms-a-lee" or "hard-a-lee" - "trim the course".
36. Select as helmsman the new broad reach course prior to a gybe while controlling the main.
37. Release the jib sheet as crew and trim the new sheet at the proper time and control the main when asked.
38. Use proper commands:
 - "ready to gybe" - "ready" - "gybe-ho" - "trim to course".

Steering Rules

39. Correctly apply as helmsman the basic steering and sailing rules governing:
 - port tack and starboard tack sailboats
 - windward and leeward sailboats
 - overtaking situation
 - powerboats and sailboat
 - combination of the above

Man Overboard

40. Demonstrate as helmsman/skipper and describe the proper actions to be taken from the time a person falls overboard without warning until the crew member is safely recovered over the transom or over the side. Speed at this level, while important, is secondary to safety in performing this procedure.

Capsize and Recovery

41. Demonstrate safe capsize recovery (righting) techniques for a capsize candidate's boat. The "scoop method" may be used if appropriate.
42. Steer a sailboat by the lee for 100 yards without gybing.
43. Steer a sailboat backwards for 20 yards with sails backed.
44. Accept and secure a towline with sails up well as with sails down.
45. Pass on a towline while underway.
46. Lower and secure jib while boat is nearly head to wind.
47. Lower and furl (with Assistance) main neatly.
48. Properly fold and bag (with assistance) all sails.

Knots

49. Securely tie a sailboat to a dock and mooring.
50. Describe the function and tie the following knots without assistance:
 - bowline (20 seconds or less)
 - figure eights (15 seconds or less)
 - cleat hitch (15 seconds or less)
 - round turn and two half hitches (20 seconds or less)