



Shawnee Yacht Club

Skills Checklist

Student Name: _____

Topic	Pages*	Instructor Initials	Date
What to bring, What NOT to bring.	4		
Safety: Know the risks, Know how to swim, Wear a PFD	5-6		
Sailing Area on Lake Shawnee	7		
Parts of the Boat	8-10		
Wind Sensing: True, Motion, Apparent, Shifts, Windward, Leeward	11		
How Sailboats Work: Push, Lift, Heel, Boards	12		
Sailing Directions: Points of Sail	13-15		
Starting the Boat	16		
Stopping. and Slowing the Boat	17		
Steering the Boat: Use of the Tiller	18		
Tacking	19		
Sailing Upwind: Beating	30		
Gybing	21		
Navigational Rules of the Road	22-24		
Capsize Recovery	25-26		
Person Overboard Recovery	27		
Knots	28		
Rigging	29-33		
Launching	34-35		
Docking	36-37		
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* In the booklet "Learning to Sail, Small Boat Sailing at the UCLA Marine Aquatic Center" http://marinaaquaticcenter.org/sailing/PDFs/sailing_manualsmall.pdf