



## Skipper Checklist – LHYC Youth Program

Completion of demonstrating the skills below by the youth sailor to the adult sponsor will allow the youth sailor to check out sailboats in accordance with the LHYC Youth Program Policy posted at <http://www.lhycsailing.com/YouthPolicies>.

Youth Sailor Name: \_\_\_\_\_

Adult Sponsor Name: \_\_\_\_\_

Boat Class: Optimists / Club 420 (circle one)

Sponsor must be a member adult approved by the youth program director. The role of the sponsor is to witness a demonstration of the skills below and insure completion of all areas prior to awarding a skipper rating to the candidate sailor. The candidate sailor can only skipper in the highest wind conditions experienced during the demonstration below.

Checklist of Skill Requirements – Off the Water	Complete
Understands points of sail and naming the parts of the boat	
Understand the right of way rules	
Demonstrate how to check-out a boat	
Demonstrate how to properly rig the boat	
Demonstrate how to de-rig the boat and stow rudders, boards, sails, tillers	

Checklist of Skill Requirements – On the Water	Complete (Wind Speed)	
	<12 mph	12-20 mph
Launch the boat from the dock and safety navigate to the lake		
Demonstrate tacking and gybing		
Demonstrate a capsize recovery without help from a safety boat		
Demonstrate man overboard recovery		
Dock the boat safely and secure boat to the dock		

Notes for ongoing skill development: \_\_\_\_\_

\_\_\_\_\_

Sailor \_\_\_\_\_ has successfully completed demonstration of all skills required to meet the skipper rating at the wind speeds indicated above.

Sponsor Signature: \_\_\_\_\_ Date: \_\_\_\_\_