

INSTRUCTOR NAME: \_\_\_\_\_ QUARTER: \_\_\_\_\_ DATE: \_\_\_\_\_

STUDENT NAME: \_\_\_\_\_  PASS  PLAN OF IMPROVEMENT

In order to pass Singlehanded Sailing - Laser, you must demonstrate abilities in all of the following areas:

- Attendance of each day of class with punctuality
- Abides by all MAC Facility Rules
  - Proper wearing of lifejackets (Coast Guard Approved Type III PFD)
  - Proper equipment care
  - Respectful demeanor
- Enters class demonstrating proficiency in all Level I skills- terminology, points of sail, sailing concepts, basic rules of the road, maneuvers, etc
- Scoring 80% or higher on a 25-question multiple choice test based on lecture and the Learning to Sail Manual – Section 2 (Laser), including questions on parts of the boat, navigation rules, terminology, proper sail trim/use of tell tales, techniques to maximize speed
- Proper Rigging and Derigging of boats
  - Ability to tie the following knots: sheet bend (to secure boat to dock), double overhand knot
  - Can rig and de-rig vessel without assistance from instructors
  - Puts all equipment away properly
- Ability to right a capsized boat using the daggerboard and to board the boat unassisted
- Ability to safely execute and demonstrate the following sailing maneuvers with a tiller extension:
 

<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Tacking</b> <ul style="list-style-type: none"> <li>Turns less than 120 degrees when beating</li> <li>Maintains control of tiller</li> <li>Looks before tacking and is aware of surroundings</li> <li>Crosses boat effectively and on time, maintains good body positioning</li> </ul> </li> <li><input type="checkbox"/> <b>Jibing</b> <ul style="list-style-type: none"> <li>Avoids crash jibing, boat and sails are controlled through maneuver</li> <li>Maintains control of tiller</li> <li>Looks before jibing and is aware of surroundings</li> <li>Crosses boat effectively and on time, maintains good body positioning</li> </ul> </li> <li><input type="checkbox"/> <b>Steering</b> <ul style="list-style-type: none"> <li>Can steer to a target in a relatively straight line</li> <li>Understanding of tiller movement through maneuvers</li> <li>Adjusts sails when adjusting course</li> </ul> </li> <li><input type="checkbox"/> <b>Proper Sail Trim</b> <ul style="list-style-type: none"> <li>Sails must be trimmed according to course and should not luff but also should not be over trimmed</li> <li>Understanding of points of sail using tell tales to determine where sails should be in relation to wind</li> </ul> </li> <li><input type="checkbox"/> <b>Getting out of irons efficiently</b></li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Launching</b> <ul style="list-style-type: none"> <li>Checks for oncoming traffic</li> <li>Turns the boat perpendicular to the dock before getting in</li> <li>Enters boat safely, without jumping/falling/etc</li> <li>Gains control of tiller quickly and effectively</li> </ul> </li> <li><input type="checkbox"/> <b>Docking</b> <ul style="list-style-type: none"> <li>Appropriately determines where/when it is safest to dock</li> <li>Approaches dock slowly and in control</li> <li>Slows boat parallel to the dock and safely exits boat</li> </ul> </li> <li><input type="checkbox"/> <b>Hiking</b> <ul style="list-style-type: none"> <li>Proper hiking form</li> </ul> </li> <li><input type="checkbox"/> <b>Proper use of tiller extension</b> <ul style="list-style-type: none"> <li>Ability to move extension without moving tiller</li> <li>Two-hand sheeting when trimming mainsail</li> <li>Proper overhand grip (microphone)</li> <li>Proper hand exchange with tiller and mainsheet</li> </ul> </li> <li><input type="checkbox"/> <b>Understanding Sail Controls</b> <ul style="list-style-type: none"> <li>Ability to depower vessel</li> </ul> </li> <li><input type="checkbox"/> <b>Follows directions of Instructor/TAs and maintains calm demeanor</b> <ul style="list-style-type: none"> <li>Reacts appropriately and quickly to outside influences</li> </ul> </li> </ul>
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Demonstrates awareness of other vessels and individuals on the water

Comments:

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**Next Steps after taking Singlehanded Sailing – Laser:**

- If you passed the class:  
You are now eligible to rent a Laser Sailboat in up to 14 knots of wind! You may sail with someone who did not take a class, but only you may skipper the boat. Please visit [recreation.ucla.edu/mac](http://recreation.ucla.edu/mac) for current rental hours and information. You are also now eligible to register in our “Sail Rental on the Santa Monica Bay” that we hold once each quarter. You may also now check out tiller extensions if you choose to rent an RS Quest instead of a Laser.
- If you received a Plan of Improvement:  
You are not yet ready to rent a Laser on your own, but there are a few options to continue your sailing education. Based on your ability to complete the course expectations (outlined on front of this sheet) and with instructor recommendation, you can decide which option works for you.
  1. Private or Semi-Private Lessons: If you are deficient in one area, need more practice with certain maneuvers, or would benefit from individualized instruction, please contact the MAC office to schedule a private lesson. We recommend a minimum of 2 hours, but cannot guarantee that you will be able to complete all course requirements in that time.
  2. Retake Singlehanded Sailing with a 50% discount: If you feel that you would benefit from additional class time and repeat instruction, you are eligible to retake the weekend course at 50% off. This discount cannot be applied online, so you will need to contact the office to schedule.
  3. If need to retake the written exam only: Please schedule a time with the MAC office to retake the test and have it graded.
  4. If you need to complete capsized recovery only: You will need to coordinate with the MAC office to arrange a weekend where you will join in with another class to complete the capsized recovery drill.

\*MAC Office Contact Information: Please call 310.823.0048 or send an email to [mac@recreation.ucla.edu](mailto:mac@recreation.ucla.edu)