

INSTRUCTOR NAME: _____

QUARTER: _____

DATE: _____

STUDENT NAME: _____

PASS PLAN OF IMPROVEMENT

In order to pass Intro to Sailing, 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
- Scoring 80% or higher on a 25-question multiple choice test based on lectures and the Learning to Sail Manual, including questions on points of sail, parts of boat/sails, basic rules of the road (COLREGS), sailing concepts, terminology, etc
- Proper Rigging and Derigging of boats
 - Ability to tie the following knots: figure 8 knot, cleat hitch, ball stopper knot, reef knot
 - Can rig and de-rig vessel without assistance from instructors
 - Puts all equipment away properly
- Ability to right a capsized boat and to board the boat from the water (with crew assistance if necessary)
 - Demonstrates the scoop recovery from both the skipper and crew positions
- Ability to safely execute the following sailing maneuvers:

<ul style="list-style-type: none"> <input type="checkbox"/> Tacking <ul style="list-style-type: none"> Turns less than 120 degrees when beating Faces forwards through tack Maintains control of tiller Avoids irons Looks before tacking and is aware of surroundings Crosses boat effectively and on time Maintains good body positioning <input type="checkbox"/> Jibing <ul style="list-style-type: none"> Boat and sails are controlled through maneuver Maintains control of tiller Faces forwards Looks before jibing and is aware of surroundings Crosses boat effectively and on time Maintains good body positioning <input type="checkbox"/> Steering <ul style="list-style-type: none"> Can steer to a target in a relatively straight line Understanding of tiller movement through maneuvers Adjusts sails when adjusting course <input type="checkbox"/> Crewing <ul style="list-style-type: none"> Proper weight placement to balance the boat, keeping it relatively level while sailing (including hiking in stronger wind) Successfully trimming the jib and switching sail on maneuvers 	<ul style="list-style-type: none"> <input type="checkbox"/> Launching <ul style="list-style-type: none"> Checks for oncoming traffic Turns the boat perpendicular to the dock before getting in (wind dependent) Enters boat safely, without jumping/falling/etc Gains control of tiller quickly and effectively <input type="checkbox"/> Docking <ul style="list-style-type: none"> Appropriately determines where and when it is safest to dock Approaches dock slowly and in control Slows boat parallel to the dock Safely exits boat at the beam <input type="checkbox"/> Sail Trim <ul style="list-style-type: none"> Sails must be trimmed according to course and should not luff but also should not be over trimmed Understanding of points of sail and where sails should be in relation to wind <input type="checkbox"/> Follows directions of Instructor/TAs and maintains calm demeanor <ul style="list-style-type: none"> Reacts appropriately and quickly to outside influences Demonstrates awareness of other vessels and individuals on the water, practicing COLREGS (“rules of the road”)
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Comments: _____

Next Steps after taking Sailing I – RS Quest:

- If you passed the class:
You are now eligible to rent an RS Quest Sailboat in up to 10 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 for current rental hours and information.

- If you received a Plan of Improvement:
You are not yet ready to rent an RS Quest 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 Sailing I – RS Quest 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 RS Quest 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