

Renton Sailing Center

Intermediate Level Signoff Sheet

SAILOR NAME: _____

- Once the intermediate level signoff sheet has been completed, including the volunteer commitment, an RSC sailor may use any sailboat 20 feet or under when a Dockmaster is on duty, within sight of the RSC dock (to the south end of Mercer Island).
- RSC Dockmasters and Instructors are authorized to sign off on skills.
- The sailor may sign off on their volunteer service.
- Once the signoff sheet is completed, please send to the Chief Dockmaster (ChiefDockmaster@rentonsailing.org). Please keep a copy of the sheet.

Preparing for Intermediate Level Signoff

There are multiple ways to build your knowledge and skills in preparation for getting signed off as an Intermediate sailor, including: taking a small boat sailing class, sailing with other RSC members, reading the US Sailing small boat sailing textbook, and working with Dockmasters or instructors when they are available at the dock or by appointment.

Note: Capsize recovery can be completed by contacting an instructor and making an arrangement to attend a portion of the small boat sailing class. If you have any questions, contact the Lead Instructor.

Approved By

Tie the following knots correctly in 30 seconds or less per knot

- Square knot
- Cleat hitch
- Bowline
- Round turn with two half hitches
- Figure eight

Today's current and forecasted weather conditions: wind direction/speed, air and water temperature, significant weather patterns.

Right-of-way rules: sailboat vs. sailboat (e.g., starboard/port tack), sailboat vs. powerboat, sailboat vs. self-propelled vessel

Rig vessel: proper procedure, safety equipment, and terminology

Leaving the dock: appropriate course for prevailing wind direction/speed and obstructions

Demonstrate points of sail: proper heading, boat control, and sail trim

- Close-hauled
- Close reach
- Beam reach
- Broad reach
- Run

Basic maneuvers: proper technique, weight balance, boat control

- Upwind and downwind legs
- Tacking
- Jibing
- Irons recovery
- Safety position

Overboard recovery of an object: appropriate maneuvering, controlled stop in safety position

Capsize recovery: scoop method with crew, both helm and crew duties

Return to dock: correct approach for prevailing wind direction/speed and controlled stop

De-rig: proper procedure and stowage of sails and equipment

Participate in either five club projects or provide 5 hours of service to RSC: examples of projects are maintenance, cleaning, instruction, holding an officer position, or support for an event. List your service and initial/date:

- 1.
- 2.
- 3.
- 4.
- 5.
