

# Advanced Beginner Rank Criteria

## Mate I//Mate II

### SKILLS

- ★ Wear proper sailing attire  
Student comes to sailing lessons wearing comfortable clothing in layers that can be taken off or put on depending on the weather and has extra clothing. Student comes prepared with life jacket, sunscreen, hat, and sunglasses (that will not fall off).
- ★ Parts of the hull  
Student knows the name of each part and understands its function.
- ★ Tiller extension  
Student is able to use a tiller extension//comfortable and switch it behind his/her back//without prompting.
- ★ Parts of the sail  
Student knows the name of each part, how to attach each part to the boat//and the function of each part.
- ★ Parts of the rigging  
Student knows the name of each part and understands its function>
- ★ Rig/de-rig boat  
Student can rig and de-rig boat//without help or error.
- ★ Race starting sequence  
Student understands the starting sequence
- ★ Tack  
Student understands what a tack is, how to execute a tack properly and safely, and demonstrates tacking on the water.
- ★ Gybe  
Student understands what a gybe is, how to execute a gybe properly and safely, and demonstrates gybing on the water.
- ★ Safety position  
Student demonstrates the safety position on whistle signals// and understands when and why it is needed.
- ★ Right of way rules  
Student understands the six fundamental right of way rules// and is able to demonstrate them on the water.
- ★ Wind direction  
Student is able to find the direction the wind is coming from// using multiple different methods.
- ★ Capsize recovery  
Student is able to recover a capsize// using the scoop recovery method.
- ★ Proper sail trim  
---//Student understands and demonstrates the basics of sail trim (let the sail out until it luffs and pull it in until it just stops).
- ★ Skipper  
Student is competent//and comfortable as skipper//student uses good posture and proper balance while sailing

- ★ Mark rounding  
Student can successfully round marks in the correct sequence//without getting stuck on the mark's anchor line. If boat does become stuck, student can get his/her boat free//without help.
- ★ Switching tiller behind back  
---//Student consistently switches tiller behind his/her back//without prompting from an instructor.
- ★ Points of sail  
---//Student understands the three basic points of sail both drawn and on the water.//Student understands all 5 points of sail drawn and on the water.
- ★ Docking  
---//Student is able to use the glide zone to reduce speed before docking//and consistently docks facing into the wind without collisions//student shows confidence in using the mainsail in acting like a brake to stop the boat
- ★ Windy weather sailing  
---//Student understands and demonstrates the ability to sail in moderate winds without capsizing//and in heavy winds.
- ★ Tiller extension use  
---//---//Student is able to use a tiller extension in a JY comfortably.
- ★ Sailing alone  
---//---//Student is very comfortable sailing alone and is able to tack and gybe and switch the tiller behind his/her back.

### **KNOTS**

\*Students attaining the rank of mate II will be much more comfortable with the first four knots than those attaining mate I.

- ★ 8-knot\*
- ★ ½ hitch\*
- ★ Cleat knot\*
- ★ Square knot\*
- ★ Clove hitch\*
- ★ Bowline\*
- ★ 2 ½ hitches

### **BEHAVIOR**

Students attaining the rank of mate II will demonstrate all of the following, mate I will demonstrate most of the following

- ★ Avoids collisions with other boats by looking ahead and avoiding packs of boats or pushing the tiller towards trouble.
- ★ Helps others rig/de-rig.
- ★ Avoids capsizing.
- ★ Explains concepts to other students.
- ★ Does not complain.
- ★ Picks up trash and gear.
- ★ Helps others with afternoon chores.
- ★ Demonstrates good general sportsmanship.
- ★ Picks up trash and gear.
- ★ Helps with afternoon chores other than their own.