

Intermediate Rank Criteria

Skipper I//Skipper II//Captain

All intermediates must demonstrate proficiency of all beginner skills and behaviors in addition to those for intermediate ranks

SKILLS

- ★ Parts of a 420
Student understands the function of each part and knows its name.
- ★ Tiller extension
Student is able to use a tiller extension//comfortable and switch it behind his/her back//without prompting.
- ★ Rig/de-rig 420
Student is able to rig and de-rig a 420//without help or error//including all standing rigging.
- ★ Race starting sequence
Student understands the starting sequence//and is able to recognize it in a racing environment.
- ★ Stopping/slowing down
Student understands how to slow or stop a boat on both upwind and downwind points of sail//and demonstrates this ability during all dockings and any other time needed.
- ★ Center/dagger board positions
Student understands lifting cent/dagger board going downwind//and other positions for different points of sail//and why a center/dagger board is necessary.//Student understands the differences between center boards, dagger boards, and keels and the advantages of each.
- ★ Correct heel
---//student demonstrates correct heel for all points of sail//without having too much heel.
- ★ Hiking
---//student understands when hiking is needed//and demonstrates the hiking position correctly.
- ★ Favored end of the starting line
---//Student understands how to find the favored end of the starting line in the classroom//and on the water//and consistently demonstrates this knowledge during races.
- ★ Navigation
---//Student understands the principles of basic navigation both on a chart//and on the water//and is able to use these skills when applicable.
- ★ Lay lines
---//Student understands the principles of lay lines (especially to the windward mark//and is able to find the correct lay line to a mark and understand when he/she is on it on land//and on the water.
- ★ Tell tales
Student understands what tell tales are//their function//how to use them// and demonstrates this ability constantly on the water.
- ★ Sail trim
Student understands how to correctly trim both a main and jib//why proper trim is needed//and demonstrates this skill both on land and on the water//without prompting.
- ★ Capsize recovery
---//Student understands the scoop//and walkover methods of recovery//and is able to demonstrate them both when necessary.

- ★ Man over board drill
---//Student understands the principles of recovering an MOB//and is able to demonstrate the proper method on the water.
- ★ Outhaul/downhaul/Cunningham tension
---//Student understands what each does to the sail//and is able to display proper trim on the water//without being prompted.
- ★ Roll tack/gybe
Student understands why a roll is beneficial//and is able to demonstrate a roll both during a race//and in other sailing without being prompted//and does not over flatten the boat.
- ★ Rudderless sailing
---//student understands the use of sails and weight to minimize rudder use//and demonstrates this ability constantly on the water//and can sail a boat without a rudder.
- ★ Mooring
---//---//Student understands the basic concept of mooring//and is able to demonstrate this skill on the water without prompting.
- ★ Spinnaker use
---//---//---//Student understands the basics of rigging a spinnaker and how to fly it.
- ★ Wind shifts
---//---//Student is not tricked into unfavorable wind shifts/lulls and adjust his/her sail trim and course appropriately as shifts occur
- ★ Upwind and Downwind Race Tactics
---//Student uses appropriate upwind and downwind race tactics to consistently maintain a lead in races//student is able to consistently make come from behind victories to win races

KNOTS

Slip knot, halyard knot//rolling hitch//sheep-shank, bowline on a bight//Spanish bowline

BEHAVIORS

All behaviors should be done without prompting from an instructor and should be done at all times—not just when an instructor is watching. A student with a skipper I ranking will demonstrate less of these behaviors than a student with a captain ranking.

- ★ Helps beginners rig and learn concepts.
- ★ Explains a concept to a fellow student.
- ★ Does not complain.
- ★ Tries to fix his/her own problem before coming to an instructor.
- ★ Practices good racing sportsmanship.
- ★ Participates in Monday night racing.
- ★ Volunteers for chores, less desirable boats, etc.
- ★ Avoids collisions.
- ★ Picks up trash and gear.
- ★ Avoids capsizing.
- ★ Helps other students rig and de-rig.
- ★ Helps with afternoon chores other than there own.
- ★ Practices good general sportsmanship and seamanship.