

Basic Keelboat Sailing Standard (ASA 101)

Prerequisites: None

Description: Demonstrated ability to skipper a sloop-rigged keelboat of approximately 20 to 27 feet in length by day in light to moderate winds and sea conditions. Knowledge of basic sailing terminology, parts and functions, helm commands, basic sail trim, points of sail, buoyage, seamanship, and safety including basic navigation rules to avoid collisions and hazards. Auxiliary power operation is not required.

KNOWLEDGE

Basic Sailing Terminology

1. Describe and identify the following sailboat parts and their functions:

Hull	Rudder	Winch
Deck	Standing Rigging	Cleat
Transom	Shroud	Fender
Keel	Spreader	Docklines
Mast	Chainplate	Block
Boom	Headstay / Forestay	Fairlead
Gooseneck	Backstay	Cockpit
Bow	Stanchion	Cabin
Stern	Lifeline	
Helm / Tiller / Wheel	Pulpit	

2. Identify and describe the functions of the following sails, sail parts and sail controls:

Mainsail	Batten Pocket	Cunningham
Jib / Genoa	Bolt Rope	Traveler
Tack	Running Rigging	Hank
Head	Halyard	Boom Topping Lift
Clew	Mainsheet	Telltale
Luff	Jibsheet	Roller Furler
Foot	Boom Vang	Shackle
Leech	Outhaul	
Batten	Downhaul	

3. Define the following terms:

Port	Draft	Ahead
Starboard	Freeboard	Astern
Forward	Skipper	Abeam
Aft	Helmsman	Windward
Beam	Crew	Leeward
Heel	Weather helm	

Maneuvers & Points of Sail

4. Explain and identify using diagrams the following maneuvers, points of sail, and other terms:

No-Sail Zone	Closed Hauled	Sailing-by-the-Lee
In Irons	Close Reach	Stand-on
Luffing	Beam Reach	Give-way
Head-to-Wind	Broad Reach	Tacking
Port Tack	Run	Jibing
Starboard Tack		

5. Explain and correctly utilize the following helm commands and crew responses:

- 'Heading Up'
- 'Bearing Away'
- 'Ready About' ----- 'Ready'----- 'Helms a-Lee' (or 'Coming About' or 'Tacking')
- 'Prepare to Jibe' ----- 'Ready'----- 'Jibe-Ho' (or 'Jibing')

Navigation Rules

6. Apply Rule 5 (Look-out) from the publication *Navigation Rules, International - Inland*.

For items 7 through 13, describe and use diagrams to apply the *Navigation Rules*. Identify the "stand-on" and "give-way" vessel in each situation.

7. Sailing vessels with the wind on different sides (starboard / port), Rule 12(a)(i)
8. Sailing vessels with the wind on same side (leeward / windward), Rule 12(a)(ii)
9. Sailing vessel on port tack cannot determine windward sailing vessel's tack, Rule 12(a)(iii)
10. Overtaking (Rule 13)



11. Power-driven vessels approaching each other head-on (Rule 14)
12. Power-driven vessel with another power-driven vessel on starboard side (Rule 15)
13. Describe appropriate actions to be taken when sailing in the vicinity of commercial traffic, including responding to a danger signal.

Aids to Navigation

14. Identify and state the purpose of lateral aids to navigation by color, shape & numbering, including preferred channel markers.
15. Identify safe water, information, and regulatory markers.

Safety Gear & Procedures

16. List the federally required equipment for a recreational sailboat of 25-feet in length.
17. Identify the location and color of navigation lights used by a recreational vessel of 25-feet in length.
18. Describe the purpose of a Float Plan, give examples of information contained therein and to whom it should be submitted.
19. Describe when and to whom boating accidents must be reported.
20. State the Federal Blood Alcohol Content (BAC) limit for vessel operation.

SKILLS

Safety Equipment

21. Demonstrate the proper use of a lifejacket or personal flotation device (PFD).

Sailing

Rig/hoist/set sails safely and correctly to obtain proper sail trim using the following lines and controls, *if available* on the practice vessel.

22. Halyards and/or furling devices
23. Downhaul or Cunningham
24. Outhaul
25. Boom Vang
26. Mainsheet
27. Jibsheets
28. Winches
29. Traveler
30. Lower/furl/stow sails and coil/flake/stow lines properly

Without coaching or assistance from the instructor, verbalize appropriate commands and demonstrate competence, safety and good seamanship in the role of Skipper / Helmsman during the maneuvers listed in items 37 - 46. Honor all aids to navigation and use properly the basic *Navigation Rules*. Ensure sails



are trimmed correctly and the vessel is always in control.

31. Depart dock or mooring fully ready to get underway safely
32. Select and maintain a given tack and course
33. Demonstrate how to get out of "irons"
34. Head Up
35. Bear Away
36. Sail Close Hauled
37. Sail on a Close Reach
38. Sail on a Beam Reach
39. Sail on a Broad Reach
40. Sail on a Run
41. Tack
42. Jibe
43. As crew, give appropriate verbal responses and perform correct actions during the maneuvers listed above.

Crew Overboard

44. Describe and demonstrate the correct actions to be taken while under sail from the time a person falls overboard until safely recovered.

Return & Secure

45. Return to dock or mooring
46. Secure vessel, using appropriate mooring/dock lines, fenders, etc.

Knots

47. Describe the purpose of, and construct without assistance in a timely manner, each of the following knots and hitches:
 - Figure-8 Knot
 - Square (Reef) Knot
 - Clove Hitch
 - Round Turn & 2 Half Hitches
 - Cleat Hitch
 - Bowline

