

Sailing Section

Catamaran Assessment

Guidelines

March 2006

Author

David Clark

Candidate Details:

<i>Name</i>	
<i>Reference Indicator</i>	

PDO RC Sailing Club

Approval Requirements to obtain:

- a) Catamaran Helm's Ticket**
- b) Catamaran Experts Helm's Ticket**
- c) Catamaran Examiners Ticket**

This document shall form the basic requirement for the issuance of a Catamaran, *Helm's ticket*, *Expert's ticket* or *Examiners ticket* for the PDO RC – Sailing Section.

Each section must be successfully completed and endorsed by the assigned examiner and / or the nominated individual.

The narrative part of this assessment for the helm's ticket should not take longer than 60 minutes.

The sailing demonstration assessment for the Helm's ticket should not take longer than 60 minutes under normal sailing conditions.

The sailing demonstration for the helm's ticket as far as practically possible should be assessed in winds greater than 10 knots.

Candidate Details:

<i>Print Name</i>	
<i>Signature</i>	

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Section 1 – Ability to Swim:

<p>I certify that I am able to swim a distance of 50m whilst wearing a buoyancy aid:</p> <p>Signature of candidate:.....</p>	<p>Examiner's Initials</p>
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Section 2 – Parts of a catamaran:

<p>Identify the following parts (random selection):</p> <p>Hull & Fittings</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-bottom: 10px;"> <tr><td style="width: 33%;">Post bolts</td><td style="width: 33%;">Rudder Pins</td><td style="width: 33%;">Jib Traveller car</td></tr> <tr><td>Transom</td><td>Cams</td><td>Main Traveller car</td></tr> <tr><td>Bungs</td><td>Gudgeon plate</td><td>Mast cup</td></tr> <tr><td>Tiller</td><td>Tiller cross bar</td><td>Dolphin striker</td></tr> <tr><td>Rudders</td><td>Bow</td><td>Cleats</td></tr> </table> <p>Spars & Rigging</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-bottom: 10px;"> <tr><td style="width: 33%;">Boom</td><td style="width: 33%;">Shrouds</td><td style="width: 33%;">Circ Clips</td></tr> <tr><td>Gooseneck</td><td>Shroud connection</td><td>Jib Forestay</td></tr> <tr><td>Shackles</td><td>Hound Fitting</td><td>Righting line</td></tr> <tr><td>Rudder Circ Clips</td><td>Bridle wire</td><td>Trapeze wires</td></tr> <tr><td>Halyards</td><td>Bridle connection</td><td>Trapeze stopper</td></tr> </table> <p>Sails & Running Tackle</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 33%;">Battens</td><td style="width: 33%;">Tack</td><td style="width: 33%;">Downhaul</td></tr> <tr><td>Luff</td><td>Clew</td><td>Outhaul sheet</td></tr> <tr><td>Foot</td><td>Head</td><td>Reefing point</td></tr> <tr><td>Leech</td><td>Bridle Fly</td><td>Tell tales</td></tr> </table>	Post bolts	Rudder Pins	Jib Traveller car	Transom	Cams	Main Traveller car	Bungs	Gudgeon plate	Mast cup	Tiller	Tiller cross bar	Dolphin striker	Rudders	Bow	Cleats	Boom	Shrouds	Circ Clips	Gooseneck	Shroud connection	Jib Forestay	Shackles	Hound Fitting	Righting line	Rudder Circ Clips	Bridle wire	Trapeze wires	Halyards	Bridle connection	Trapeze stopper	Battens	Tack	Downhaul	Luff	Clew	Outhaul sheet	Foot	Head	Reefing point	Leech	Bridle Fly	Tell tales	<p>Examiner's Initials</p>
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Section 3 – Theory of Sailing:

Describe the functions of:	Examiner's Initials						
<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr> <td style="width: 33%;">Sails</td> <td style="width: 33%;">Sheets</td> <td style="width: 33%;">Slot</td> </tr> <tr> <td>Halyards</td> <td>Rudders</td> <td>Travellers</td> </tr> </table>		Sails	Sheets	Slot	Halyards	Rudders	Travellers
Sails		Sheets	Slot				
Halyards		Rudders	Travellers				
Describe the points of sailing:							
<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr> <td style="width: 33%;">Beating</td> <td style="width: 33%;">Close reaching</td> <td style="width: 33%;">Running</td> </tr> <tr> <td>Fetching</td> <td>Beam reaching</td> <td>Goosewinging</td> </tr> </table>		Beating	Close reaching	Running	Fetching	Beam reaching	Goosewinging
Beating		Close reaching	Running				
Fetching		Beam reaching	Goosewinging				
Describe the manoeuvres of:							
<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr> <td style="width: 33%;">Tacking</td> <td style="width: 33%;">Pinching</td> <td style="width: 33%;">Bearing away</td> </tr> <tr> <td>Gybing</td> <td>Luffing</td> <td>Ducking astern</td> </tr> </table>		Tacking	Pinching	Bearing away	Gybing	Luffing	Ducking astern
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Describe:							
<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr> <td style="width: 33%;">Port tack</td> <td style="width: 33%;">Windward</td> <td style="width: 33%;">Ahead</td> </tr> <tr> <td>Starboard tack</td> <td>Leeward</td> <td>Astern</td> </tr> </table>	Port tack	Windward	Ahead	Starboard tack	Leeward	Astern	
Port tack	Windward	Ahead					
Starboard tack	Leeward	Astern					
Explain how to:							
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center;">Sail away and return to the beach</td> <td style="width: 33%; text-align: center;">Reef the main sail</td> <td style="width: 33%; text-align: center;">Sail off the beach with a offshore wind blowing</td> </tr> <tr> <td style="text-align: center;">Lock the rudders down</td> <td style="text-align: center;">Return to the beach in a surf</td> <td style="text-align: center;">Right the boat from a half capsized & full turtle capsized</td> </tr> </table>	Sail away and return to the beach	Reef the main sail	Sail off the beach with a offshore wind blowing	Lock the rudders down	Return to the beach in a surf	Right the boat from a half capsized & full turtle capsized	
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Lock the rudders down	Return to the beach in a surf	Right the boat from a half capsized & full turtle capsized					

Section 4 – Ropework:

Demonstrate the ability to tie the following and explain their application:	Examiner's Initials		
<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr> <td style="width: 33%;">Bowline</td> <td style="width: 33%;">Figure of eight</td> <td style="width: 33%;">Half hitch</td> </tr> </table>		Bowline	Figure of eight
Bowline	Figure of eight	Half hitch	

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Section 5 – Safety:

Explain:			Examiner's Initials
Dangerous sailing conditions & the club rules and warning signals	Safety equipment	Buoyancy aids	
Permitted sailing area	Treatment of jelly fish stings	Location of medical box	

Section 6 – Taking / returning a boat:

Explain the procedure of:			Examiner's Initials
Filling out the log book	Cover removal	Collecting / returning the sails / sailing equipment	
Collecting the bungs	Pre-rig check at the boat park	Recording damage or required maintenance	

Section 7 – Basic Rules:

Explain:			Examiner's Initials
Port & Starboard Rule	Avoidance of Collisions	Ahead & Astern Rule	

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Section 8 – Basic Racing Rules (Optional):

Explain:			Examiner's Initials
Windward & Leeward Rule	Overlap rule general & at a mark	Infringement exoneration for a rule violation & mark touching	

Section 9 – Handling a boat ashore:

Explain & demonstrate:			Examiner's Initials
Rigging	Final boat check	De-rigging & washing down	
Launching & retrieval	Review of the current weather conditions	Storage of sails and equipment	

Section 10 – Crewing skills:

Explain & demonstrate:			Examiner's Initials
Duties of the crew when sailing away from or returning to the beach (control of the bow, weight distribution etc)	Crew's duties during a capsize	Ability to perform on all points of sail and during associated manoeuvres	
Use of trapeze	Response to commands	Stopping the boat if the helm is lost overboard	

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Section 11 – Helming skills:

Explain & demonstrate:			Examiner's Initials
Getting away from or returning to the beach, in a offshore wind, onshore wind and in surf conditions	All points of sailing	Use of trapeze whilst helming (preferred but not mandatory)	
Sailing with the crew on trapeze	Commands to the crew	Emergency stop and hove-to	

Section 12 – Righting from a half & full turtle capsize:

Explain & demonstrate:			Examiner's Initials
The need to stay with the boat	The need to rotate the mast towards the wind	The need to release the sheets	
The rationale behind which side of the dolphin striker to hold as righting reaches the point of no-return	The re-entry method to return to the boat and the importance of communication after righting the boat	Perform half and full turtle capsize	

Section 13 – Man overboard:

Explain & demonstrate:			Examiner's Initials
Clearly explain the manoeuvre before attempting the practical test	Initially sail with no assistance from the crew to simulate a man over board scenario	Perform the man over board routine	

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Section 14 – Racing (Optional):

Explain:			Examiner's Initials
General Rules	Sound & Flag utilisation	Types of races	
1 minute rule	OOD Duties	Fair sailing attitude	

Section 15 – Maintenance:

Explain the necessity / responsibility for:			Examiner's Initials
Preventive & failure mode maintenance	Removal and utilisation of spares	Recognition and reporting of common parts / areas of a catamaran that could have the potential to fail	

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Section 16 – Basic Helm’s Ticket

Explained & demonstrated:			Examiner’s Initials
The satisfactory understanding of Sections 1 through 7 & 9,10,11,12,13,15 & 16 Optional Sections 8 & 14 included Yes / No	Safely sail in wind / wave conditions in excess of 10 knots / 1m Limited up to 12 knots or a wave height > 1m	Understands the RAHBC Sailing section sailing rules & regulations	

<i>Name</i>	
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I hereby certify that the above stated candidate has fulfilled the requirements of sections 1 through 16 as detailed above and can be awarded the PDO RAHBC Catamaran Helm’s Ticket.

Examiner.....

Date.....

PDO RC Sailing Club

Section 17 – Expert’s Helm’s ticket:

Explain & demonstrate:			Examiner’s Initials
General knowledge of the applicable IASF Sailing rules and practises	Safely sail in wind / wave conditions in excess of 17 knots / 1m Limited up to 25 knots or a wave height 1m – 1.5m 1 Black Ball displayed	Sail & trapeze solo in winds in excess of 10 knots	
The experience or can prove that they have participated in 20 catamaran races or more	The experience or can prove that they have run the OOD duties for 3 catamaran races or more	Generally demonstrate that they have ability to sail without endangering lives or boats with a knowledge and competency, as highlighted in Sections 1 through 17	

<i>Name</i>	
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I hereby certify that the above stated candidate has fulfilled the requirements of sections 1 through 17 and can be awarded the PDO RAHBC Catamaran Expert Helm’s Ticket.

Examiner.....

Date.....

PDO RC Sailing Club

Section 18 – Examiners ticket:

Explain & demonstrate:			Approved by:
Comprehensively demonstrate that they have ability to sail without endangering lives or boats with a knowledge and competency	Comprehensively demonstrate that they can communicate, advise, prepare and assess individuals to the standards required by Sections 1 through 17	Comprehensive knowledge of the Sailing rules and practises and can implement / orchestrate a protest committee	Catamaran Captain
Operate with due care and attention the safety boat, either in training or in an act of an emergency	The experience or can prove that they have run the OOD duties for 9 catamaran races or more	The experience or can prove that they have participated in 40 catamaran races or more	Power Boat Manager

<i>Name</i>	
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I hereby certify that the above stated candidate has fulfilled the requirements of sections 1 through 18 and can be awarded the PDO RAHBC Catamaran Examiners Ticket.

Endorsed by the Commodore.....

Date.....

PDO RC Sailing Club

Notes