

## **Keelboat Standard**

**ASA Standard: ASA 101** Keelboat

**ISSA Standard: Keelboat** Level 3

### **General Certification Requirements**

Basic Keelboat Certification holders will successfully demonstrate both practical and theoretical knowledge to requirements below. They will have demonstrated the ability to responsibly and safely skipper and crew a simple day-sailing sloop-rigged keelboat of approximately one ton displacement in familiar waters with a wind range of 5 to 15 knots in familiar waters in light to moderate wind and sea conditions.

In stronger prevailing conditions, it is acceptable if they can safely control the boat and be aware of their limitations in these conditions.

### **Course formats**

The course completion is a combination of practical and a written theoretical examination.

The theoretical elements of the course may be conducted on shore or aboard.

### **Recommended Equipment**

It is recommended that Basic Keelboat Certification courses and examinations be conducted on 18' to 27' daysailing sloop-rigged keelboats with tiller steering and with adequate equipment inventory to complete all required certification outcomes.

### **Prerequisite**

There is no prerequisite for Basic Keelboat Certification

### **Onshore**

#### **Preparation on Shore**

##### **Safety and Safety Checklist**

- Weather - Obtain Forecasts and recognize prevailing local weather conditions and be aware of weather warning sources.
- The Sailing area – conditions and potential hazards.
- Float Plan
- Communications
- Safety Equipment and Use:
  - PFD's – Personal and Throwable
  - Flares
  - How to put on a Personal Flotation Device (PFD).
  - Brief on six pertinent distress and emergency signals
  - Fire Extinguishers position and use
  - Bilge Pump use and Operation
- Crew Ability and Preparedness - clothing and sun protection
- Awareness and treatment of victims of overheating, hypothermia and seasickness.

## **Sailing Theory:**

- Basic sailboat design, sail theory and boat dynamics.
- How to read the wind and determine all points of sail and the NO GO ZONE.
- Understand the effects of wind, tide and currents.

## **Navigation Rules:**

- Be familiar with Navigation Aids and can apply Navigation Rules both international & local, while sailing in the harbor and local waters.

## **Keelboat Maintenance**

- Is familiar with elements of continuing and annual maintenance.

## **On Board**

### **Preparation to Sail:**

- Board a boat properly.
- Correctly identify and name:
  - Port Side
  - Starboard Side
  - Bow
  - Stern
  - Beam
  - Mast
  - Boom
  - Boom Vang
  - Halyards
  - Sheets
  - Backstay
  - Sails – Mainsail & Headsail - Luff, Foot, Leech & Battens
- Perform a presail check for the boat's flotation integrity, safety equipment, sailing equipment and crew safety brief.
- Demonstrate the proper rigging of the sails, halyards, sheets, and blocks
- Demonstrate correct use of sailing systems, cleats & winches.

### **Crew Operations and Skills**

- How to tie and use knots: figure eight , bowline, cleat hitch & sail lashing.
- How to use sail controls: halyards, sheets, boom vang and outhaul.

### **Leaving the Dock or Mooring:**

- Appropriate helmsman and crew coordination and skills for departure suitable to the conditions: raising sails, casting off and boathandling.
- Consider alternatives for leaving under sail and/or power in upwind, crosswind or downwind.

### **Boat Control**

- Steering control
- Crew coordination and communication
- Tacking
- Gybing
- Speed control
- Starting
- Stopping including head to wind and a gybe into a heaving-to position

- Correct sail trim with accurate sheet adjustment of the main and headsails. Make use of the sail telltales and identify points of sail.
- Awareness of the the inherent dangers of sailing "by the lee" and how to avoid it.
- Sailing a predetermined course at various wind angles and maneuvering around obstacles.
- Sailing with correct boat control and allowing for wind variations and current in a confined area with obstructions

#### **Navigation (Piloting & Rules):**

- Demonstrate collision avoidance and applications for Stand-On and Give-Way sailboats and powerboats and understand relevant boating regulations.
- Be aware of potential electrical hazards such as overhead electrical wires and lightning.

#### **Heavy Weather Sailing:**

- Understanding and demonstration of how to reef, change and depower sails.

#### **Overboard Recovery Methods:**

- Properly demonstrate the Quick-Stop and Quick-Turn overboard recovery methods, and explain which is most appropriate for: your sailing ability, boat type, crew experience, wind and sea conditions, and maintaining constant visual contact with the victim.
- Determine the communication, recovery plan, sequence of maneuvers, boat handling, course sailed, pickup approach and coming alongside the victim (or simulated object).
- Describe methods of getting an overboard recovery victim back on deck after the vessel is stopped alongside.

#### **Alternative Propulsion**

- Rocking the boat forward and paddles

#### **Returning to the Dock or Mooring:**

- Demonstrate appropriate helmsman and crew coordination and skills for arrival under sail and/or power suitable to the conditions: boathandling, stopping, tying up and lowering sails.
- Explain at least two different approach plans for other conditions.

#### **Securing the Boat Properly:**

- Demonstrate stowing of sails, rigging and equipment.
- Thoroughly clean the boat, and install any covers
- Check the locks on companionway, lockers and hatches.
- Make a final check of mooring lines, docklines, spring lines and fender placement as required.