

# ASC sailing NOWS sailing skills list for ASC sailboat Crew

v051721

Based on the National On Water Standards (NOWS) adapted for Adaptive Sports Connection

## Operation #1: Prepare to depart. The Crew will be able to:

- 1.1 A: Determine suitability for departure.** B: using information gathered about weather, hazards, and other relevant factors. **ASC:** Including abilities of the boat, crew (including yourself), and participants.
- 1.2 A: Put on a life jacket.** B: ensuring it is the correct type, size, and fit (adjusted correctly).
- 1.3 A: Confirm that all crew and participants put on their life jackets.** B: ensuring all are the correct type, size, and fit (properly adjusted).
- 1.5 A: Inspect the sailboat.** B: using checklist to confirm a safe boat and required equipment is on board.
- 1.4 A: Board and move about the sailboat.** B: maintaining balance while keeping boat stable (minimal rocking) while boarding and distributing persons and gear. **ASC:** Safely load participants.
- 1.6 A: Rig sails and lines.** B: following rigging procedures for the boat, sail controls okay, use proper knots.
- 1.7 A: Communicate safety-related information to others on board.** B: brief participants and other crew prior to departure (location of safety items, key safety concerns, anticipated weather and water conditions, rescue procedures, etc.). **ASC:** Pay close attention to participant concerns and needs, and address them.
- 1.8 A: Ready the sailboat for departure.** B: Help position the boat properly using lines/fenders/other volunteers, considering wind and current. Understand and follow the departure plan.
- ASC 1.9 A: Learn and follow through with the concerns, goals, and limitations** of participants onboard.

## Operation #2: Leave point of departure (dock, mooring, shoreline, etc.). The Crew will be able to:

- 2.1 A: Secure positions of rudder and centerboard (if applicable).** B: adjusting centerboard and/or rudder for departure, ensuring neither comes in contact with the ground or objects in the water.
- 2.2 A: Raise the sails.** B: helping position boat correctly relative to the wind and conditions, using appropriate and safe sail raising techniques, maintain control throughout. **ASC:** Use mooring buoy properly.
- 2.3 A: Get underway and start sailing.** B: checking for clear departure, properly trimming sails, shifting weight to maintain a balanced/level boat to get boat underway.

## Operation #3: Maneuver in close quarters. The Crew will be able to:

- 3.1 A: Assist in turning the sailboat in a 360-degree circle.** B: using proper sail trim and weight positioning.
- 3.2 A: Assist in turn the sailboat out of a head-to-wind position (get out of irons).** B: assist in getting boat sailing again on intended tack while properly trimming sails and adjusting weight position.
- ASC 3.3 A: Describe and help navigate** the safe channel out of the inlet to open water and back in again.

## Operation #4: Operate in open water. The Crew will be able to:

- 4.1 A: Promptly and properly trim jib/sails while the sailboat is steered in a straight line.** B: compensate for changes in apparent wind direction and speed while maintaining boat balance by shifting weight.
- 4.2 A: Assist in placing the sailboat in the safety position (including heave to for boats with two sails) and then resume sailing on a specific tack.** B: using proper control of sails and balancing the boat with shifting weight.
- 4.3 A: Continually maintain proper sail trim/balance while the sailboat is turned away from the wind.**
- 4.4 A: Continually maintain proper sail trim/boat balance while the sailboat is turned towards the wind.**
- 4.5 A: Maintain appropriate sail trim to slow the boat and then accelerate the sailboat while on a constant heading.** B: adjusting sails and weight positioning.
- 4.6 A: Properly control sheets/sails/weight position when the sailboat is tacked.** B: Responds to "Ready About" by the skipper and lets the jib luff past the mast (prevent sail damage) before trimming on new tack.
- 4.7 A: Sets proper sail position when the boat is sailed upwind.**
- 4.8 A: Maintains proper sail trim and weight position when the boat is sailed on a reach (from close beam to shallow broad reach).**
- 4.9: A: Maintain proper sail trim and weight position when the boat is sailed downwind (a deep broad reach or run).** B: adjust board per skipper's instructions and return board to proper position for sailing upwind.

**4.10 A: Assist sailing directly downwind.** B: adjust/wing sails/weight position. Look for accidental jibe situations. **ASC:** Communicate with participants and others the possibility of, and dangers associated with, an accidental jibe.

**4.11 A: Assist in jibing the sailboat.** B: adjust jib & weight position. Assist bringing boom over if requested.

**ASC 4.12 A: Keep participants safe.** B: constantly scan for any potential dangers to participants/others and prevent injury or accidents through actions and communications. Head strike by boom must not happen.

**ASC 4.13 A: Read the wind: Observe, prepare for, and communicate** all significant changes in wind strength and direction (increases/decreases/lifts/knocks). B: Good/constant scan and situational awareness.

**Operation #5: Arrive at destination (dock, mooring, shoreline, etc.). The Crew will be able to:**

**5.1 A: Ready the sailboat for arrival.** B: luffing or dropping sails safely when instructed (inform and watch out for participants), readying docking lines, mooring lines, fenders as appropriate.

**5.2 A: Secure position of the centerboard (if applicable).** B: adjusting centerboard for arrival, ensuring it does not come in contact with the ground or objects in the water.

**5.3 A: Assist in bring the sailboat to a stop at a specified location.** B: be the lookout for a clear approach and be ready to stop the boat at a dock, snag a mooring, drop an anchor, or stop from running around.

**5.4 A: Lower the sails.** B: if not already lowered, lower the sails safely (watch out for participants), secure sails so they do not go overboard and are not in the way of participants/people. **ASC:** Gently flake/secure sails.

**Operation #6: Secure the boat (preparing to leave craft unattended). The Crew will be able to:**

**6.1 A: Secure the sailboat.** B: using appropriate lines, knots, and proper fender positioning (if applicable), allowing for possible changes in wind and current. **ASC:** avoid underwater and other navigation hazards.

**6.2 A: Ready the sailboat to be left unattended.** B: stowing properly all equipment/gear, lines, and sails.

**6.3 A: Get off the sailboat.** B: keeping the boat stable (minimal rocking) while offloading yourself, persons, and gear paying close attention to participant needs and concerns while they disembark.

**Operation #7: Perform general safety/emergency procedures/maneuvers. The Crew will be able to:**

**7.1 A: Depower the sailboat quickly.** B: adjusting sails appropriately to control the boat.

**7.2 A: Avoid collisions.** B: by maintaining a proper lookout, assessing potential risk of collision and alerting to early and substantial action.

**7.3 A: Assist in setting up a single line or side tow.**

**7.4 A: Assist in returning to person overboard (POB).** B: maintain sail trim and weight position during maneuvering (e.g., Figure-8, Quick Stop, Quick Turn) to stop the boat at a reasonable distance from POB. Be able to assist in getting the person back into the boat (know how to use a Gait belt or other devices/strategies).

**7.5 A: Recover a capsized sailboat.** B: using proper techniques to return the boat to an upright position, re-enter boat, and ready boat for sailing with all people onboard. **ASC:** Bring a participant with a disability back on board by the scoop method or other method as appropriate to the situation.