

ASC sailing NOWS sailing skills list for ASC Skippers

v051121

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

Operation #1: Prepare to depart. The skipper 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, and participants.
- 1.2/.3 A: Put on a life jacket.** B: ensuring yourself and others have correct type, size, and fit of life jacket(s).
- 1.4 A: Inspect the sailboat.** B: using checklist to confirm a safe boat and required equipment is on board.
- 1.5 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: follow rigging procedures for the boat, sail controls okay, with proper knots.
- 1.7 A: Communicate safety-related information to others on board.** B: briefing participants and 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 needs and concerns, and address them.
- 1.8 A: Ready the sailboat and crew for departure.** B: position the boat properly using lines/fenders/other volunteers, considering wind and current. Communicate departure plan.
- ASC 1.9 A: Learn and follow through with the concerns, goals, and limitations** of participants onboard.
- ASC 1.10 A: Learn and follow all applicable Federal/State/City** watercraft and waterway laws and rules.

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

- 2.1 A: Secure positions of rudder and centerboard (if applicable).** B: adjusting centerboard and rudder for departure, ensuring neither comes in contact with the ground or objects in the water.
- 2.2 A: Raise the sails.** B: position boat correctly relative to the wind and conditions, use appropriate and safe sail raising techniques, maintain control of the boat/sails throughout. **ASC.** Show proper use of mooring buoy.
- 2.3 A: Get underway and start sailing.** B: checking for clear departure, push or turn the boat in appropriate direction and coordinate sails and tiller adjustments to get boat under control.

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

- 3.1 A: Turn the sailboat in a 360-degree circle.** B: using proper tiller, sail, and weight positioning, and turning within a distance of four boat lengths around a mark coordinating with crew/participants on board.
- 3.2 A: Turn the sailboat out of a head-to-wind position (i.e., get out of irons).** B: getting boat sailing again on intended tack, properly adjusting sails and tiller.
- ASC 3.3 A: Describe and navigate** the safe channel out of the Inlet to open water (and back in again).

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

- 4.1 A: Steer the sailboat in a straight line (hold a steady course).** B: using sail trim and tiller to adjust for changes in the wind (speed or direction) to maintain course within +/- 10 degrees for 20 boat lengths.
- 4.2 A: Place 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 tiller.
- 4.3 A: Turn the sailboat away from the wind.** B: adjusting sails, tiller, communicating to crew/participants.
- 4.4 A: Turn the sailboat toward the wind.** B: adjusting sails, tiller, communicating to crew/participants.
- 4.5 A: Slow and then accelerate the sailboat maintaining constant heading.** B: adjusting sails and tiller.
- 4.6 A: Tack the sailboat.** B: using proper sail control, tiller movement, and body movement; and communicating to crew/participants (both preparation and action commands).
- 4.7 A: Sail the boat upwind while close-hauled.** B: using proper sail trim and tiller control.
- 4.8 A: Sail the boat on a reach/across the wind (deep close reach, beam reach and a shallow broad reach).** B: using proper sail trim and tiller control.
- 4.9: A: Sail the boat downwind (deep broad reach and a run).** B: using proper sail trim and tiller control.

4.10 A: Sail directly downwind. B: for 20 boat lengths while winging & avoiding unintentional jibe. **ASC.** Communicate with crew and participants the possibility of, and dangers associated with, an accidental jibe.

4.11 A: Jibe the sailboat. B: using proper/safe sail control, tiller movement, and body movement; and communicating to crew and participants (both preparation and action commands).

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: Reads 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) making contact. The skipper will be able to:

5.1 A: Ready the sailboat for arrival. B: using appropriate boat position relative to arrival point (e.g., dock, mooring, shoreline), sail configurations, and dock lines/fenders, taking wind and current into consideration.

5.2 A: Secure positions of rudder and centerboard. B: adjusting centerboard and rudder for arrival, ensuring neither comes in contact with the ground/objects in the water while maintaining stability and control.

5.3 A: Bring the sailboat to a stop at a specified location. B: checking for a clear approach, turning boat in the appropriate direction and using proper control of tiller and sails to arrive smoothly to a stop.

5.4 A: Lower the sails. B: positioning boat correctly relative to the wind using safe/appropriate sail lowering techniques. Maintain control of the boat, balance, and sails throughout. **ASC.** Gently flake/secure sails.

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

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

7.2 A: Avoid collisions. B: by maintaining a proper lookout, assessing potential risk of collision and taking early and appropriate action.

7.3 A: Accept/handle a single line or side tow. B: maneuvering safely for at least 20 boat lengths.

7.4 A: Return to man overboard (MOB). B: using a suitable method to maneuver boat (e.g., Figure-8, Quick Stop, Quick Turn) and stopping the boat at a reasonable distance from mob (e.g., arms' reach for sailing dinghy) in a reasonable period of time for the situation (i.e., boat size/configuration, wind/water conditions). Use of gait belt.

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 back on board. **ASC.** Bring a participant with a disability back on board by the scoop method or other method as appropriate to the situation.