

# Lansing Sailing Club

## Level 1 Sailing Certification – Light Wind up to 8 mph

*Note: This Certification is for Lansing Sailing Club use only and is not comparable to certification programs by U.S. Sailing or others.*

*Level 1 Sailing Certification entitles a member to sail a Club owned Sunfish in light wind conditions, provided the member also holds LSC Sunfish Certification. Light wind has small wavelets with crests that are not breaking – generally up to approximately 8 mph and no whitecaps.). Junior Sailors holding this certification must confine their sailing to an area of the lake near the Sailing Club and have an adult available on shore to monitor the Junior Sailor. The adult must be able to provide assistance to the Junior Sailor if necessary.*

Requirements:

- Knots:** Demonstrate the ability to tie a figure eight knot and cleat hitch (*these are the knots required to rig a Sunfish*).
- Safety Position:** While sailing, show how to bring the boat into the "safety position" (*the safety position allows the sailor time to rest*).
- Get Out of Irons:** Show how to get out of "irons" by sailing the boat backwards and turning the boat while going backwards until the wind comes across the side of the boat - then sailing the boat forward (*being in irons is a common sailing problem and sailors need to know how to solve it*).
- Stop at a Mark:** Show the ability to stop the boat at a mark by turning the boat into the wind and drifting to a stop (*this skill is required to be able to pick someone/something up, stop at a dock or return safely to the launch area*).
- No-Go Zone:** Show an understanding of where the no-go zone is (boats cannot sail in the direction of the no-go zone)
- Upwind Sailing – Tacking:** Sail to an upwind destination by sailing next to both sides of the no-go zone, demonstrating the skill of tacking including going from one side of the boat to the other without losing control of the tiller or mainsheet (*tacking is one of two ways to change directions and sailing upwind is critical to being able to reach most destinations and return*).
- Downwind Sailing – Gybing:** Sail to a downwind destination, demonstrating the skill of gybing including going from one side of the boat to the other without losing control of the tiller or mainsheet (*gybing is one of two ways to change directions and sailing downwind is critical to being able to reach most destinations and return*).
- Sailing Safely With Other Boats:** Show the ability to sail in proximity of other boats and avoid collisions (*avoiding collisions is important*).
- Capsize Recovery:** Capsize the boat and demonstrate the ability to right the boat, climb back in and sail away (*capsizes are a normal part of sailing small boats and knowing how to recover is an important skill*).