

Race Helmsman



Complete the following:

- (A) Hold the Sea Activity Log and has passed the swimming test.
- (B) Hold the Sailor (Interest) badge or the Level 2 Certificate of the Hong Kong Sailing Federation.
- (C) Hold the Level 4 Certificate of the Hong Kong Sailing Federation; or

Complete the following:

(I) Theory

Show an understand of the following:

1. Sailing principles
 - Differences between handicap racing and match racing.
 - Sailing rules in competition.
 - The procedure of the entire race from starting signals to finishing.
 - Racing rules:
 - (i) Basic definitions.
 - (ii) Sailing rules, penalties and procedure for lodging protests.
2. Meteorology
 - Where to get daily weather conditions during the race.
 - The weather conditions of the racing area.
3. Insurance
 - Take adequate and suitable accidents liability insurance.

(II) Practical

Demonstrate the following:

1. Rig the boat – Prepare and equip the boat according to the weather conditions for the day:
 - Adjust and install the equipment
 - (i) Back stay
 - (ii) Boom vang sheet
 - (iii) Main halyard
 - (iv) Mainsheet
 - (v) Centre board
 - (vi) Track
 - (vii) Leech line
 - (viii) Mast angle
2. Sailing
 - 5 sailing clues
 - Tacking and gybe
 - Turn the boat in strong wind
 - Sail into headwind
 - (i) Prevailing wind direction
 - (ii) Unobstructed wind
 - (iii) Wind shifts
 - Rounding marks technique
 - (i) How to sail near and round floats
 - (ii) Hailing for room at obstruction
 - (iii) Rounding marks position
 - Control the spinnaker and trapeze gunnel

Note: The requirements of this award are subject to latest changes made by the relevant Association.