

VENICE WOMEN'S SAILING SQUADRON
LEARN TO SAIL COURSE
SWIM/LIFT/CAPSIZE REQUIREMENT



For the well-being and safety of Learn To Sail students and Venice Women's Sailing Squadron Members, anyone not being able to accomplish all of these requirements will **NOT** be allowed to continue with the subsequent phases of the course. Each student will be given one opportunity to pass each test. Final authority over the testing process will be delegated to the appointed Test Requirement Committee.

LIFT:

Each four-person team will remove an IOD without the rudder and daggerboard in the boat (approximately 75 pounds) from its hanger in the IOD shed, carry and place it on the dock (approximately 25 feet).

The team will then carry the IOD back into the shed and re-hang it.

You must be able to lift 40 pounds!

CLIMB IN AND OUT OF BOAT:

Each person must be nimble enough to get in and out of the IOD (International Optimist Dinghy) by themselves. The boat will be held stable while floating at the dock.

SWIM:

In a swimsuit, swim 25 yards (any stroke) without using PFD and tread water for 5 minutes, using a PFD. PFD must be a Coast Guard Approved Type I, II, or III Personal Flotation Device.

CAPSIZE:

1. A student will sit in an International Optimist Dinghy (IOD) boat size is 7'9" length X beam 3'8" wearing her life jacket and tied-on-shoes. The IOD will be equipped with a bailer.

2. When given the capsize signal, the student will move out to the leeward side of the IOD and slide her backside onto the gunwale, so that she gently enters the water on her back.

Do Not Dive Face First.

3. Swim aft keeping free of any lines. Turn the bow into the wind as soon as possible. Pushing down on the daggerboard from the underside of the boat to "right" the boat.

Make Sure No One Will Be In The Way As It Pops Up.

4. Keeping bow into the wind, grab onto the hiking strap and pull yourself into the boat. Holding onto the tiller extension and pointing the boat into the wind continue to bail the water out of the boat. Keep sides of the boat above water to prevent water from re-entering boat.

5. Exit boat back into the water without capsizing and swim to the Safety boat climbing up the ladder into the Safety boat.