

## Sailing Skills Evaluation Procedures (SEO)

The UCLA Marina Aquatic Center is primarily an instructional facility so most of our sailors have learned to sail on our boats by taking our classes. This enables us to be sure that everyone sailing our vessels in Marina del Rey and on Santa Monica Bay is able safely to operate the boats in the conditions they are likely to encounter. If you have prior small boat sailing experience and would like to be able to sail at the UCLA Marina Aquatic Center then here is what you need to do to test out of our sailing classes.

### Qualification Levels

Qualification Level	Equipment	MAX Wind	Sailing Area
Sailing I—Introduction to Sailing	Capri 14.2 — Training Sails	10 knots	Entrance Channel
Sailing II —Vanguard 15	Vanguard 15 — Training Sails	14 knots	Entrance Channel
Sailing II —Laser	Laser — Radial Sail * Laser — Regatta Sail	14 knots	Entrance Channel
Sailing II —Hobie 16 ♣	Hobie 16 — Training Sails	14 knots	Entrance Channel
Sailing III—Vanguard 15	Vanguard 15 — Regatta Sails	16 knots	Entrance and Main Channel to E Basin
Sailing III — Laser	Laser — Radial Sail * Laser — Regatta Sail	16 knots	Entrance and Main Channel to E Basin
Sailing III — Hobie 16 ♣	Hobie 16 — Regatta Sails Trapeze Harness	16 knots	Entrance Channel
Sailing IV —Vanguard 15	Vanguard 15 — Regatta Sails	20 knots	Entrance and Main Channel to E Basin
Sailing IV — Laser	Laser — Radial Sail * Laser — Regatta Sail	20 knots	Entrance and Main Channel to E Basin
Sailing IV —Catamaran Sailing	Hobie 16 — Regatta Sails Trapeze Harness ♣	18 knots	Entrance and Main Channel to E Basin
Outside Ocean Sailing — Vanguard 15	Vanguard 15 — Regatta Sails	15 knots (on the bay) Φ	Santa Monica Bay within 3 NM of MDR North Entrance
Outside Ocean Sailing— Laser	Laser — Regatta Sail ‡ Laser — Radial Sail ‡	20 knots (on the bay)	Santa Monica Bay within 3 NM of MDR North Entrance
Outside Ocean Sailing — Hobie 16 ♣	Hobie 16 — Regatta Sails Trapeze Harness	15 knots (on the bay) Φ	Santa Monica Bay within 3 NM of MDR North Entrance

- \* Laser Radial sails are designed for sailors weighing 150 pounds or less.
- ♣ Catamaran sailors must have a combined crew weight of NO LESS THAN 300 pounds to sail within the entrance channel or 320 lbs to sail on Santa Monica Bay.
- Φ If the 10-minute wind speed exceeds 15 knots or there are any gusts of wind of 20 knots or more during the past three hours, ocean sailing is expressly forbidden for V-15s or Hobie 16s.
- ‡ Under No Circumstances may Lasers be sailed unaccompanied outside the marina regardless of the qualification of the skipper. Lasers sailed outside MUST be in the company of another monohull, the skipper of which must also be Outside Ocean Sailing Qualified.

There is a Skills Evaluation for each Qualification Level and Equipment. Please note that in order to take the Outside Ocean Sailing evaluation one MUST complete the corresponding Sailing IV class. You may

NOT take the Outside Ocean Sailing evaluation without having taken Sailing IV! The Skills Evaluation for each level will include testing on both theoretical knowledge and practical skills.

### **Theoretical Knowledge-**

The tests consist of a multiple choice exam ranging from 25 to 50 questions. A score of 80% or higher is passing. All lower level written exams must be taken and passed before moving onto the higher levels. You must take the written exam(s) prior to the practical skills portion. Taking the written exams is free. The dockmaster may give you the written exam during regular business hours, but it is best to call in advance to make sure they will be able to do so (weekends are generally very busy). There are many good books to review basic sailing theory and terminology. We also have an in-house manual that has information specific to the UCLA Marina Aquatic Center and its vessels. You can purchase this from the Dockmaster for a nominal fee or download it as a PDF file from our web site at:

<http://www.macsailing.org/SailingClasses/manual.htm>

### **Practical Skills -**

To test out of each level of sailing classes you will need to demonstrate proficiency in sailing the vessel at the appropriate qualification level. You must complete a practical skills evaluation for each type of vessel (Capri 14.2, Vanguard 15, Laser, and Hobie 16). If you are doing a Skills Evaluation at the Sailing II level or higher, we will require you also demonstrate your proficiency on the Sailing I level vessel (Capri 14.2).

At a minimum the practical exam will include:

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|--------------------------|--|
| Rigging/De-rigging -     | Rig and de-rig the vessel. This includes the ability to tie basic knots such as the cleat hitch, figure-eight knot and bowline.  |
| Launching/Docking -      | Safely launch and dock the vessel. Demonstrate awareness of wind direction and local traffic patterns. Our dock is generally a lee shore.  |
| Tack & Gybe -            | Tack & gybe effectively in the wind conditions.  |
| Sail Trim -              | Demonstrate appropriate sail trim for the current conditions and for any given point of sail.  |
| Capsize Recovery -       | Successfully right a capsized vessel, preferably using the "Scoop" method on the double-handed monohulls (Capri 14.2 & V-15).  |
| Man Overboard Recovery - | Successfully retrieve a (simulated) man overboard, at least using the "figure-eight" method. The key is that the vessel is completely stopped alongside the MOB before bringing "him" aboard.  |
| General Seamanship -     | At the instructor's discretion you may be asked to demonstrate any skills deemed appropriate for the level being tested out. This may include additional practical skills, knots, answering general knowledge sailing questions as well as judgment-based scenarios. |

The practical exam is just that, an exam. Either you are able to perform the required skills and answer the questions or you are not. It is not a lesson. The instructor will only teach you about local knowledge and the MAC's policies and procedures. A Skills Evaluation and Orientation Session will take two and a half hours including rigging and de-rigging. Allow additional time prior to that for the written exam. Call or e-mail the MAC to schedule a Skills Evaluation and Orientation. When taking a practical exam it is best if you provide your own crew. You also should bring a change of clothes (you will get wet during the capsize recovery). PFDs are available at the MAC and are required to be worn at all times while on board.



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