

	Mirror Sailing introductory sessions		
	The top 20		
	Name of student :		
Topic	Activity	Date performed	Teachers signature
1	Basic safety - Handling boats ashore – position boat into wind and moving a rigged boat.		
2	Basic parts of a boat.		
3	Leaving and returning to the ramp.		
4	How wind gives us power. Steering and sheet handling.		
5	Crew responsibilities when leaving from and returning to the ramp.		
6	Understanding how a boat works. Basic points of sailing - no go zone.		
7	Beam reach, luffing to stop.		
8	Capsizing.		
9	Figure 8 knot and half hitch.		
10	Tacking and 'in irons', backing the jib, sailing backwards		
11	Reef knot		
12	Sailing downwind and gibing		
13	Bowline		
14	Man overboard drill		
15	Basic rules Port / Starboard - windward / leeward - overtaking boat		
16	Avoiding collision, sail versus power, keeping right in channels		
17	Rounding marks		
18	Race -starts, sequence, choosing a position, getting a slot.		
19	Windshifts, tides, <i>covering, luffing</i>		
20	Using a spinnaker		