

# Niveau 1

Being able to move on a course chosen, supervised by the instructor.

## Technical

- ✓ rig the boat
- ✓ inflate and deflate the sail to accelerate and decelerate.
- ✓ use the helm to head for the right way .
- ✓ move flexibly in the boat for balance
- ✓ be able to stop

## Security

- ✓ know how to arrange a towage, and get ready for.
- ✓ know the risks inherent in the practice and avoid them .
- ✓ always have a life jacket closed.

## Environment

- ✓ know two sea knots

# Niveau 2

Reach any point on the water on a route chosen, supervised by the monitor.

## Technical

- ✓ adjust the sail in relation with the sailing trim.
- ✓ keep a fixed trajectory.
- ✓ choose trajectories to get to windward or leeward
- ✓ swing over and go about
- ✓ adjust the trajectory with a given sail opening
- ✓ sail with all sailing trim

## Security

- ✓ group together
- ✓ anticipate the dangers on a course
- ✓ leave and return to the slip

## Environment

- ✓ evaluate the wind strength and the sheet of water
- ✓ know the animals you find on the sheet of water

# Niveau 3

Move freely in a supervised navigation area.

## Technical

- ✓ go about and swing over with controlling balance and sails adjustment.
- ✓ know and establish the strategies to go to any point in the area of sailing with appropriate adjustments.
- ✓ know and use the possible adaptations of the material depending on the wind.
- ✓ choose trajectories that allow to get to windward or leeward.

## Security

- ✓ evaluate the requirements (physical, mental and practical) of a situation
- ✓ to be capable to get back somebody in the water.
- ✓ arrive and leave the port with difficult conditions.

## Environment

- ✓ know the main regatta rules.
- ✓ make a temporary repairs.

# Niveau 4

Responsible and autonomous navigation.

## Technical

- ✓ adjust the settings depending on the sailing trim and conditions of sheet of water
- ✓ move to keep the longitudinal and lateral balance of the boat
- ✓ go about and swing over with controlling the exit angle
- ✓ reach a point of the sheet of water without adding unnecessary road
- ✓ coordinate with the rest of the crew with the appropriate way
- ✓ coordinate the helm and sheet actions and permanently to optimize the navigation.

## Security

- ✓ know the alarm procedure.
- ✓ control the capsize
- ✓ remove the sails on the water

## Environment

- ✓ choose a sheet of water depending on the dangers and the available meteorological informations.