TISC - Checkout Sheet

Candidate:

Examiner:

Date:

Approval: ☐ **YES** ☐ **NO**

To the Examiner:

The proficiency required for **Level III** approval must be very high in order to ensure the safety of all parties involved. The candidate should possess all of the required skills and knowledge to a high level before this checkout is even offered. There should be little, if any, coaching done in order for a candidate to pass; the candidate should be able demonstrate all of the knowledge and skills on his/her own.

This checkout closely follows the U.S. Sailing certification standards.

1. Pass the U.S. Sailing Basic Keelboat Written Exam

If the candidate does not already have a U.S. Sailing or ASA Basic Keelboat certification or has not sailed in the last two years, he/she must first pass the U.S. Sailing Basic Keelboat Written Exam with a score of 75% or higher.

Score:

2. Demonstrate Practical Skills

For each of the skills items on the following pages, score the candidate following the system below. The candidate must score 3 or higher on ALL skills in order to be granted **Level III** Approval. A good candidate should be able to demonstrate all of these skills in two hours or less. If the checkout takes longer than two hours it is likely an indication that the candidate is not ready.

Score	Meaning	Description
1	Fail	Candidate was not able to perform the skill.
2	Needs Work	Candidate demonstrated the skill, but took many tries or made major errors.
3	Acceptable	Candidate demonstrated the skill showing understanding and practice, but took more than one try or made minor errors.
4	Solid	Candidate demonstrated the skill on the first try without hesitation, but slowly or with unpolished execution.
5	Expert	Candidate demonstrated the skill on the first try without hesitation and with no errors.

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Score	Skill	Notes
	Assess the current weather conditions (wind direction and strength) and provide a forecast for the rest of the day.	
	Demonstrate the use of a chart and dividers to make a navigation plan with an ETA for reaching a prescribed destination or for returning home.	
	Demonstrate how to properly board the boat.	
	Demonstrate proper rigging of the sails, halyards, sheets, blocks and winches.	
	Perform a pre-cruise of the boat, inspecting the rigging and identifying all safety equipment onboard.	
	Demonstrate proper donning of a Personal Flotation Device (PFD).	
	Demonstrate tying and use of the following knots: Figure 8, Bowline, Cleat Hitch, Clove Hitch, Round Turn & Two Half Hitches and Sail Lashing	
	Demonstrate the proper use of the following sail controls: Halyards, Sheets, Outhaul, Vang, Backstay, Cunningham and Jib Leads.	
	Demonstrate the ability to formulate a safe and effective departure plan from the dock suitable for the conditions.	
	Demonstrate good helm and crew coordination and skills during the departure from the dock, including raising the sails, line handling, casting off and boat handling, including properly securing the fenders and dock lines once the boat is away from the dock.	
	Demonstrate under sail: Steering, Starting, Stopping, Speed Control, Tacking, Jibing, Luffing, Getting out of Irons and Backing the Jib. Successful execution of the above skills should include proper crew coordination and communication.	
	Demonstrate sailing a pre-determined course and maneuvering around obstacles.	
	Identify nearby aids to navigation and know their meanings.	

	Properly apply the navigation rules while sailing and meeting other vessels.	
	Demonstrate proper sail trim with correct adjustment of the main and jib sheets.	
	Demonstrate the proper use of telltales.	
	Correctly identify the points of sail.	
	Demonstrate the ability to heave to.	
	Demonstrate sailing by the lee and explain the inherent dangers involved.	
	Demonstrate how to depower the sails by feathering and easing the sheets.	
	Demonstrate how to depower the main and jib using the outhaul, vang, backstay, cunningham and jib leads.	
	Demonstrate how to reef the mainsail.	
	Demonstrate how to anchor the boat under sail and how to weigh anchor.	
	Demonstrate a Figure 8 overboard recovery maneuver.	
	Demonstrate a Quick Stop overboard recovery maneuver.	
	Explain the proper procedure for signaling distress.	
	Formulate a viable docking plan for docking the boat under sail in the current conditions.	
	Describe at least two alternate approach plans for different conditions.	
	Prepare the boat for docking, including crew coordination, deploying fenders and preparing dock lines and lowering sails, as needed.	
	Demonstrate docking the boat under sail, showing good speed and helm control.	
	Demonstrate stowing of sails, securing the rigging and properly putting the boat away.	