

**Open Canoe Sailing Group - Competence Level 1 – Basic** **Name :**

Intended for those starting out with a sailing canoe, achievable after a handful of sessions on inland waters in light winds, F1-2. Shows competence to sail a canoe up to half a mile from the launch point, in light-wind conditions on simple waters with no current, supervised by a Level 2 (or higher) canoe-sailor.		Footnote	✓ With Mini Outriggers	✓ No Mini Outriggers	✓ In Trimaran	Demonstrated to OCSG Level 3 Sailor (Signature Required).
1	Sail upwind half a mile, including tacking several times. Then return, gybing at least twice.					
2	Sail away from launch site for a few hundred yards, drop or furl sail and paddle back.	B				
3	Reef afloat and continue sailing.					
4	After the canoe has been fully swamped, recover the situation by baling it out (in a couple of feet of water near the beach)	C				
5	Be rescued by another canoe-sailor following a practice capsize.					

Grey = Leave these boxes blank.

**Footnotes:**  
 B. For paddling skills requirements by those with physical disabilities, the use of an alternative power source such as an outboard motor may be appropriate.  
 C. Anyone sailing a canoe should consider both how it will behave in the event of complete swamping and how they will deal with such a situation. The key issues are how stable the boat is when swamped and whether it can be bailed out; both factors are affected by the amount and location of the buoyancy installed, as well as how effectively that buoyancy is attached to the canoe. Testing both the canoe and the user’s ability to deal with such circumstances is an essential prerequisite before going sailing in a canoe.

**Procedure:**  
 To identify your level of competence, the skills required for different activities should be developed and then demonstrated satisfactorily to an OCSG canoe-sailor holding Level 3 (Level 4 for demonstration of Level 3/4 skills). Signed off sheets should be submitted to the OCSG Safety Committee for validation.

**Open Canoe Sailing Group - Competence Level 2 – Intermediate** **Name:**

Intended for those taking part in a round trip of about 5 miles on inland waters in a Gentle to Moderate breeze, F3-4, as part of a small group taking responsibility for their own safety as well as looking out for others in the group.  Level 2 can only be achieved if you have also completed Level 1.		Footnote	✓ With Mini Outriggers	✓ No Mini Outriggers	✓ In Trimaran	Demonstrated to OCSG Level 3 Sailor (Signature Required).
1	Show effective sailing in a 'Gentle Breeze' (7>12 mph, F3) by following a Level 3 canoe sailor for a 1 mile beat in no more than 150% of their time.	D				
2	Sail away from launch site, drop or furl sail and paddle a half-mile round-trip in 15 minutes in a 'Light Breeze' (4>7 mph, F2).	B				
3	Reef afloat in a 'Gentle Breeze' (7>12 mph, F3) and continue sailing.					-
4	Heave to for 5 minutes in a stable and controlled manner in a 'Gentle Breeze' (7>12 mph F3).	E				
5	Following a practice capsize, recover and re-enter the canoe in 'Light Breeze' (4>7 mph, F2).	FGHI				
6	Take charge of a 2 person rescue of someone from the water in 'Light Breeze' (4>7 mph, F2).	FGJ				

Grey = Leave these boxes blank.

Footnotes:

B. For paddling skills requirements by those with physical disabilities, the use of an alternative power source such as an outboard motor may be appropriate.

D. 'Effective sailing' requirement to be undertaken using a similar size sail to the canoe being followed – reefing of either sail may be required (min size 25 sq ft) .

E. 'Heaving to' is a useful skill to bring the boat to a near stop, in order to bail or attend to some incident etc.

F. For those using a trimaran, rescue requirements for Level 2 can be adjusted so that capsize recovery is not expected, favouring the importance of effectively dealing with someone in the water, such as supporting and taking them to shore, either inside or outside the boat.

G. Trimarans can be defined as craft with outriggers, where each float is large enough to fully support the canoe-sailor above the water, when sitting on it.

H. Canoe-sailors undertaking Level 2 who always use small outrigger floats are strongly recommended to develop their capsize recovery skills, but are not required to demonstrate this. Small outrigger floats can be defined as of a size that can be readily submerged by the canoe-sailor during a capsize recovery, but each one must be big enough to support the canoe-sailor when sitting on the gunwale of the canoe, without the canoe swamping.

I. Canoe-sailors who sometimes but not always use small outriggers are strongly encouraged to experience the required skills both with and without outriggers fitted – particularly the rescue-related techniques.

J. 'Taking charge' of a rescue means making decisions and instructing others in what to do, but not necessarily doing all the strenuous lifting.

Open Canoe Sailing Group - Competence Level 3 – Advanced		Name:				
Intended for those taking part in a more adventurous outings on larger inland waters, in stronger wind conditions (maximum 24 mph, F5) and larger waves, as part of a small group taking responsibility for their own safety as well as looking out for others in the group. Level 3 can only be achieved if you have also completed Level 2.		Footnote	✓ With Mini Outriggers	✓ No Mini Outriggers	✓ In Trimaran	Demonstrated to OCSG Level 4 Sailor (Signature Required).
1	Show effective sailing in a 'Moderate Breeze' (12>18 mph, F4) by following a Level 4 canoe sailor upwind for 1 mile in no more than 125% of their time.	D				
2	Sail away from launch site, drop or furl sail and paddle a half-mile round-trip in 15 minutes in a 'Gentle Breeze' (7>12 mph, F3).	B				
3	Reef afloat in a 'Moderate Breeze' (12>18 mph, F4) and continue sailing.					
4	Recover from a capsize, and re-enter the canoe alone, in a 'Moderate Breeze' (12>18 mph, F4). (For a trimaran, show re-entry following a 'Man Overboard' situation).	G				
5	Rescue another capsized canoe-sailor alone, in a 'Moderate Breeze' (12>18 mph, F4).					
6	Following demonstration of the above skills, complete a real journey of at least 8 miles round trip on inland waters with a Level 3 buddy, showing understanding of basic passage planning: <ul style="list-style-type: none"> <li>• Outline a plan – Weather, Where to, Who is my rescue partner, Return plan &amp; time, Contingency plan, Told Someone ashore?</li> <li>• Canoe - Boat, Rig, Foils, Fittings all OK for conditions?</li> <li>• Skipper – Able to cope with likely Conditions and possible Emergencies?</li> <li>• Gear - Buoyancy Aid, Whistle, Paddle, Bailer, Additional Kit (calling for help, navigation or other)?</li> </ul>					
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Footnotes:						
B. For paddling skills requirements by those with physical disabilities, the use of an alternative power source such as an outboard motor may be appropriate.						
D. 'Effective sailing' requirements should be undertaken using a similar size sail to the canoe being followed – reefing of either sail may be required to achieve this (minimum size 25 sq ft).						
G. Trimarans can be defined as craft with outriggers, where each float is large enough to fully support the canoe-sailor above the water, when sitting on it.						

Open Canoe Sailing Group - Competence Level 4 – Coastal		Name:				
Intended for those taking part in serious adventures on exposed coastal waters, where higher wind and wave conditions are routinely expected, as part of a small group taking responsibility for their own safety as well as looking out for others in the group.  Level 4 can only be achieved if you have also completed Level 3.		Footnote	✓ With Mini Outriggers	✓ No Mini Outriggers	✓ In Trimaran	Demonstrated to OCSG Level 4 Sailor (Signature Required).
1	Show ability on all points of sail in a 'Fresh Breeze' (18>24 mph wind, F5) with resulting wave conditions for a 5 mile fetch.					
2	Complete an outing of 10 miles round trip on coastal waters with a Level 4 buddy. A passage plan for the outing should be submitted with this completed level 4 sign off sheet to the OCSG Safety Committee (passage plan format on OCSG website).	A				
3	Provide evidence of at least 5 more outings of at least 10 miles on a variety of coastal waters, to be submitted to the OCSG Safety Committee.					
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<p>Footnotes:</p> <p>A. In order to learn more about coastal sailing some canoe-sailors may choose to complete an 'RYA Essential Navigation and Seamanship' course, or an 'RYA Day Skipper Theory' course or 'BCU Coastal Navigation and Tidal Planning' or some equivalent course - but any of these will need to be complemented with significant experience of sailing and paddling a canoe on the sea.</p> <p>Procedure:</p> <p>To identify your level of competence, the skills required for different activities should be developed and then demonstrated satisfactorily to an OCSG canoe-sailor holding Level 3 (Level 4 for demonstration of Level 3/4 skills). Signed off sheets should be submitted to the OCSG Safety Committee for validation.</p>						