

Community Sailing of Fairfield 2024 Safety Program

Introduction: The purpose of the CSF safety program is to ensure that all members possess a basic understanding of the following:

1. Knowledge of sailing.
2. The CSF member handbook.
3. The primary components and operating limits of the Ideal 18 1. sailboat.

Scope: The CSF safety program applies to all CSF active members.

2. Safety Requirement: CSF members with less than two years consecutive membership must pass a knowledge test and demonstrate sailing competency with a Safety Certified CSF member⁽¹⁾.
(1)CSF members selected by the CSF board of directors to perform competency checks.
3. CSF members with two or more years consecutive membership must pass a knowledge test on an annual basis.
4. Recordkeeping: The CSF safety and standards committee will maintain training records for all active members.
5. Compliance: Each season active members must pass the knowledge test before sailing a CSF boat. Each season members with two or less consecutive years membership must pass the knowledge test and competency test before sailing a CSF boat.
6. Verification: CSF members who fail to satisfy annual compliance training will not be permitted to sail a CSF sailboat.
7. Penalties: The CSF board of directors in conjunction with recommendations from the CSF safety and standards committee will assess penalties to members who violate the CSF safety program.
8. Knowledge Testing: The CSF member handbook discusses much of the material required to successfully complete the knowledge test.

Additionally, all CSF members must demonstrate knowledge of the following:

- Basic Sailing Knowledge
- Identify the basic parts of the Ideal 18 and their function
- Define the five points of sail
- Demonstrate how to cleat a line, tie a bowline and a stopper knot and how to coil and toss a line
- Discuss basic weather precautions
- Discuss basic LI Sound weather conditions and how to obtain them
- Discuss emergency procedures
- Person overboard procedures
- Towing procedures
- Anchoring procedures
- Identify the compass direction of the harbor
- Identify the compass direction in LI Sound
- Pre-Sail Planning
- Boat sign-out procedures
- Boat condition reports
- Current tide conditions
- Forecast tide conditions
- Current wind conditions
- Forecast wind conditions
- Harbor tide boundaries
- Harbor wind conditions
- Small craft advisories
- Proper positioning for rigging
- Boat and personal equipment check
- Hoist the sail, unfurl the jib, set appropriate luff tensions, coil and hang halyards and other lines
- Sailing
- Takeoff from the dock
- Maneuvering efficiently in and out of the harbor
- How to get free from running aground
- Day mark and channel boundaries
- CSF boundaries
- Safe operating practices
- Right of way rules
- Landing and mooring
- Post Sailing
- De-rigging operations
- Stowing the boat
- Applying the M line
- Hosing down the boat
- Maintenance write ups

Ideal 18 Boat Dimensions

- Length Overall (LOA) 17.85'
- Waterline Length 14.35'
- Maximum Beam 6.2'
- Draft 3.25'
- Displacement 1240 lbs.
- Ballast/Displ. Ratio 55%
- Sail Area 168 sq. ft.
- Mainsail Area 108 sq. ft.
- Jib Area 60 sq. ft.
- Optional Spinnaker 245 sq. ft

The CSF Knowledge Test (Revised 2024)

CSF Member Name _____

Date: _____

1. Southport Harbor runs predominately:
 - A. East – West
 - B. North – West
 - C. North – South
 - D. West – South

2. Name a great wind indicator you can use to show the direction of the wind in the harbor at Ye Yacht Yard.

3. T F When someone tells you the wind is out of the North, he/she means the wind is blowing from the South to the North.

4. Always know the _____, _____, and _____ before heading out to sail.

5. List the required and recommended safety equipment already on board the Ideal 18s.

6. What personal safety equipment does CSF require and recommend that you bring?

_____, _____, _____, _____,
_____.

7. T F Always position your boat facing into the wind before hoisting your sails.

8. The line used to raise the main sail is the _____.

9. _____ is the line that controls the angle of the sail in its relation, to the wind.

10. No more than _____ persons are permitted in a CSF sailboat at one time.

11. A beginner sailor must never sail a boat when the winds exceed _____ knots.

12. An intermediate sailor must never sail a CSF boat when the winds exceed _____ knots.

13. The CSF boats must never be sailed when the wind exceeds _____ knots.

14. T F The CSF boats may be sailed if there is small craft advisory in effect.

15. T F Even if you have a reservation, you must sign out on the sailing schedule calendar in the oar shed before sailing a CSF boat.

16. If you are not at the dock by _____ minutes past the hour, your boat reservation is voided.

17. T F You do not need to cancel a reservation if your plans change as a courtesy to other members.

18. T F When you arrive back to the dock and the person who has the next reservation is not right there, you can lower the sails and cleat the boat off on the side of the dock.

19. T F Not wearing a PFD by any member in your boat may result in the loss of your CSF sailing privileges.

20. Name the five points of sail: _____

21. Tacking is when the _____ crosses the wind.

22. Gybing is when the _____ crosses the wind.

23. A _____ tack vessel must give way to a _____ tack vessel.

24. The prevailing breeze comes from the _____ which means that you generally have to _____ out of the harbor.

25. On the way in, returning to the harbor, you generally are on a _____ which means you have to have your sail _____ in order to sail efficiently in.

26. A Northwest breeze is tricky to sail in because it is usually _____ and _____.

27. An effective way to get out of irons is to _____ the jib.

28. List three ways you can effectively get off from running aground.

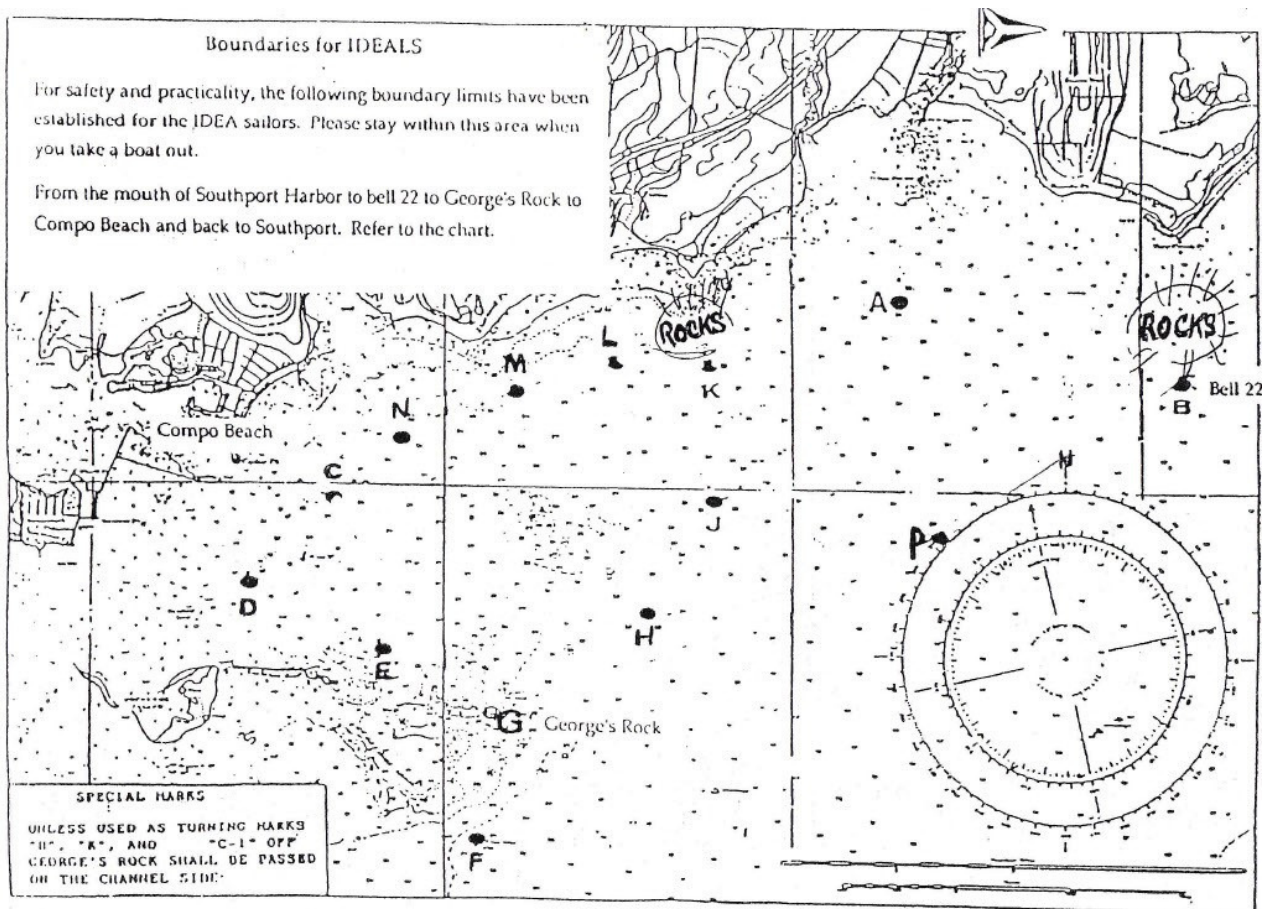
_____, _____, _____

29. If you run aground, you must report the incident to CSF so the boat can be checked for damage:
- A. Only if you had to be towed
 - B. If you hit rocks
 - C. If you hit mud
 - D. All of the above
30. T F If you hit another boat and even if there is no apparent damage, you must leave a note for the boat owner and notify CSF of the incident immediately.
31. If you cause damage to a CSF boat or another boat while sailing, you are responsible for the first:
- A. \$250 in damages
 - B. \$500 in damages
 - C. \$1,000 in damages
32. If the tiller is hard over and the boat is NOT TURNING, what is the problem?
-
33. What is the safety position and when would you use it?
-
34. In a man overboard situation, what point of sail should you be on when you are in your final approach to the person in the water?
-
35. Should you position your boat to windward or leeward of the person in the water. Circle the answer.
36. What do you look at to know that you are sailing efficiently upwind?
-

37. In case of an emergency call _____. Their number is:

38. T F Always show courtesy and respect toward other boaters and people fishing.

39. On the attached chart, mark the CSF sailing boundaries and the shoal areas to avoid at low to middle tide.



Please check out Resources tab on the CSF website www.comunitysailingfairfield.com for Links to Weather & Tide. The links provide up to date information on the ,des, wind and weather conditions for the Southport area.