

Bowman skills assessment

Background

This document is designed to be used for skills assessment against the identified skills of a competent bowman. The term bowman is not gender specific.

To assess against a particular item, the following scale should be used:

<i>Not yet</i> (blank)	<i>Aware</i> A	<i>Capable</i> C
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My opinion Assessed

General

Balance, agility and fitness		
Communications skills, verbal and non verbal		
Owns (or can borrow) appropriate clothing and equipment		
Can lead the foredeck team		
Understands basic rules of sailing, particularly the start (eg who has rights)		
Can follow typical race start procedures (eg timing, flags and horns)		
Can estimate the position of the start line (eg pick a transit)		
Aware of the role of mastman during hoists, gybes and retrievals		
Aware of the role of headsail/spinnaker trimmer during hoists, gybes & retrievals		
Aware of the role of the pitman during hoists, gybes and retrievals		

Pre race preparation and post race pickup

Can set up foredeck for a race (sheets, braces etc) (Noting there will be items which are boat specific)		
Can pack a spinnaker (Noting boat specific possibilities for zips and/or Velcro)		
Can check a spinnaker that has already been packed, identifying tack/clew/head		
Can prepare headsails ready for use (eg battens, flaking etc)		
Can prepare main sail ready for use (eg battens, flaking etc) (Noting boat specific possibilities for batten cars & square top batten set up)		
Can assess general condition of foredeck, identifying potential problems and carry out basic repairs		
Can assess general condition of rig, identifying potential problems (Noting this includes the ability to climb a rig)		
Can store sails below deck appropriate to conditions and race		
Can flake and/or roll head sails and spinnakers ready for storage		
Can coil up ropes ready for storage		

Headsails

Uses correct terminology (eg Tack, Clew etc), can identify the Tack end of bag		
Can connect and hoist head sail - Optional boat specific additions for foil vs furler vs hanks - Optional boat specific additions for car positions vs in/out haul systems		
Can pull down headsail, disconnect, flake and store in bag		
Can change headsail while sailing – Tack change (Incl supervise packing old sail on deck)		
Can change headsail while sailing – In line change (Incl supervise packing old sail on deck)		
Can set up for outboard sheeting - Optional boat specific systems such as a reaching strut		
Can connect and hoist a storm jib		

Main sails

Uses correct terminology (eg Tack, Clew, Cunningham and Outhaul)		
Can connect and hoist main sail		
- Optional additions for square top and/or halyard locks		
Can pull down main, flake/roll, and cover or remove as required		
Can do mast component of a reef in		
Can do mast component of a reef out		
Can connect and hoist a Trysail		
Option – Prepare and remove third reef (if fitted)		

Spinnaker

Uses correct terminology (eg Head, Clew etc)		
Can connect and hoist a Symmetrical spinnaker (bear away set)		
- Optional additions for sock		
Can connect and hoist an Asymmetrical spinnaker (bear away set), setting up for inside or outside gybe		
- Optional additions for sock or furler		
(If symmetric) Can disconnect and reconnect headsail on the other side of kicker/downhaul during a downwind leg		
Can retrieve Symmetric spinnaker and cleanup (Incl headsail prep and hoist)		
Can retrieve Asymmetric spinnaker and clean up (Incl headsail prep and hoist)		
- Optional spike Tack or use of a Marten breaker		
Pre gybe check (risk mitigation) including;		
- Symmetric – sheet flick to get above pole end		
- Symmetric – Sufficient lazy brace, reconnection of Brace clip if required		
- Asymmetric – lazy sheet above tack, inside/outside verify and set up		
Can assist gybe of a Symmetrical spinnaker (bow component) including;		
- End for end		
- Dip pole		
Can assist gybe of an Asymmetrical spinnaker (bow component) including;		
- Inside		
- Outside		
Can do bow component of a Gybe set spinnaker hoist		
Can do bow component of a windward or during gybe spinnaker hoist (pole last)		
Can do bow component of a float drop using human brace (pole away first)		
Can do bow component of a Mexican drop (gybe drop)		
Can peel to a different spinnaker including;		
- Symmetric		
- Assymmetric		
- Furled sail (eg Code zero)		

Offshore skills

Can hand over bow when changing watch (eg halyard use)		
Can be safely hoisted up a rig while at sea, eg to retrieve a halyard		
Can safely work on the bow in heavy weather (clipped on)		
Can monitor bow and rig for equipment function and condition while at sea incl basic repairs		
Can monitor foredeck team condition and well being		