

These notes have been compiled for your interest and guidance to checks that you can make yourself, to enable you not only to sail in safety but also to help you to take more interest in sailing.

1. Do I have a life jacket?
2. Are the Bungs in the stern of the boat. - Are the Battens located in the sail properly.
- 3 Is there a kicking strap and is it tightened up hard enough
4. Can I lower and raise the **Rudder** o/k - is the pin removed that may hold it up. Is the rudder retaining clip in place?
5. Is the **Clew Outhaul** adjusted correctly and jammed.
6. Is the Tack Down Haul adjusted, tightened and jammed
7. Will the **Centre Board** lower and pull up o/k (can I jam it down if it is too free?)
8. Check Fixed Rigging, shackles and pins for tightness
9. Check **Main Sheet (and Jib Sheet** if fitted) for free running. Is the part of the Main **Sheet** running from the Stern block, to the aft block on the Boom Twisted?.
11. Am I Wearing the proper Clothing for the day?

**If there is a cold wind blowing, do I have woolens and a windproof top, is it wet-shower proof clothing.**