

Too Much Heeling Force	
Failure to ease main sheet	Head in boat, poor reaction, mainsheet not free (cleated, knotted, block twisted, tangled around foot, too thick to run through blocks, improper grip, too much purchase), boom not free to move to leeward
Low margin	Over-heeled, traveler on center, too much vang, over-sheeted for the point of sail
Losing grip on tiller	While tacking, gybing, standing, or resting
Not Enough Righting Moment	
Passive body position	Leg muscles not engaged, feet not planted, shoulders slumped or too far in
Weight distribution	Skipper/crew out of position, too much weight in one place, falling in or out of the boat, missed hiking straps, broken hiking straps, water in the boat
Offwind Balance	
Unstable sail trim	Too little vang downwind, sail too far out downwind
Unbalanced sail trim	Over- or under-sheeted for heading, too much helm
Not steering for balance on a reach	Not steering down in a puff
Rudder-induced heel downwind	Not bearing off in response to roll to windward
Wrong board position	Board too far down (tripping over the board), board too far up (no opposition to roll)
Waves	
Inadequate steering	Plowing bow into face of wave downwind due to failure to concentrate or inability to maintain balance while steering (see balance section)
Quartering wave effects	Not anticipating effects of quartering waves
Failure to Avoid Other boats	
Unable to respond to actions of other boats	Failure to anticipate, have escape plan, or give a wide berth