

List of Skills by Area for Opti and X Boat Kits

Area	Skill
Personal Protection and Safety	
	Safety and personal gear
	Avoiding unsafe situations
	Recovering
Seamanship	
	Sailing knowledge
	Wind awareness
	Rigging and tuning
	Launching, trailering, anchoring
	Docking, mooring, towing
	Knots
	Boat and sail care
Boat Handling and Performance	
	Boat handling
	Upwind technique
	Downwind technique
	Reaching technique
	Tacking
	Gybing
	Mark rounding technique
	Penalty turns
	Heavy air and waves
Strategy and Tactics	
	Starting strategy and tactics
	Upwind strategy and tactics
	Mark strategy and tactics
	Downwind strategy and tactics
	Reaching strategy and tactics
	Finishing strategy and tactics
Competition	
	Sportsmanship
	Teamwork and communication
	Mental skills and preparation
	Racing procedures and rules