

# SAILING RESUME

## COLGATE SAILING ADVENTURES® FLOTILLA CRUISES

Please email this Form to [Info@OffshoreSailing.com](mailto:Info@OffshoreSailing.com)

This form is to be completed and submitted with your request to participate in a Colgate Sailing Adventures® flotilla cruise. This form will be reviewed by our management team who will decide if your sailing skills and mobility are sufficient to participate in the cruise you have chosen. If accepted, this resume will also be used by the flotilla cruise leaders to put crews together and designate a Skipper and Mate (formerly called “Navigator”) for each boat, both of which must have US Sailing Bareboat Cruising Certification.

**PLEASE SUBMIT ONE FORM PER PERSON:** If you have others in your party who have signed up, each person must fill out a separate form. Please print, do not use script.

### IMPORTANT NOTES:

- These trips are hands-on activities that require unaided mobility getting on and off docks, boats, and dinghies in various weather and sea conditions.
- Therefore, you must fully answer and attest to any medical or physical conditions that may hinder your full participation as described in the foregoing.
- There are no professional doctors assigned to be aboard these trips, nor is emergency healthcare readily available in some of the remote locations where we may sail.
- While the trip leaders have first aid knowledge, they will not administer any medication, nor will they provide any over-the-counter or prescription drugs to participants.

**Flotilla Cruise/Location Desired** \_\_\_\_\_ **Start Date** \_\_\_\_\_

**YOUR FULL NAME:** First \_\_\_\_\_ Middle \_\_\_\_\_ Last \_\_\_\_\_  
**Sex:**  Male  Female    **Age:**  18-25  26-35  36-45  46-55  56-65  Over 65    **Weight** \_\_\_\_\_

**DO YOU HAVE ANY SAILING OR POWER CERTIFICATIONS?**     Yes     No

**If YES**, check all boxes below that apply and fill in the information required on each applicable line. **If you earned certification at Offshore Sailing School, just use OSS on the School Name line.**

USSA is US Sailing Association. ASA is American Sailing Association. If you hold RYA (Royal Yachting Association) or CYA (formerly Canadian Yachting Association, now Sail Canada) please enter those in the School Name section.

Course Name	School Name	USSA	ASA	Year Earned	Size Boat
<input type="checkbox"/> Basic Keelboat 101	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
<input type="checkbox"/> Performance Sailing 102	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
<input type="checkbox"/> Basic Cruising 103	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
<input type="checkbox"/> Bareboat Cruising 104	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
<input type="checkbox"/> Coastal Navigation 105	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
<input type="checkbox"/> Coastal Passage Making 106	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
<input type="checkbox"/> Celestial Navigation 107	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
<input type="checkbox"/> Offshore Passage Making 108	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
<input type="checkbox"/> Power Cruising on Powerboat 112	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
<input type="checkbox"/> Catamaran Endorsement 114	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
<input type="checkbox"/> Other: _____	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____

**DO YOU HAVE AN INTERNATIONAL PROFICIENCY CERTIFICATE (IPC)?**     Yes     No

**If YES**, from  US Sailing,  ASA, or  International Certificate of Competence (ICC) issued in Europe.



**1. PLEASE ANSWER THE FOLLOWING QUESTIONS:**

- A. Is the port side of the boat on your right or left side as you face forward?
- B. Which of these knots do you feel comfortable tying and using? bowline clove hitch stopper knot
- C. A tack is a corner of a sail maneuver when sailing upwind side of the boat opposite the boom.
- D. Have you ever participated in reefing a mainsail? Yes No
- E. When reefing, are you aground reducing sail area?
- F. If the leeward jib telltale is fluttering, do you trim the sail or ease the sail?
- G. A wind shift towards the bow is called a header lift tack.
- H. When you enter a harbor in U.S. waters should the green buoy be to your right or left?
- I. Which of these are the five points of sail? Downwind Aft of Aft Close-hauled Upwind Close Reach Tight Reach A Run Beam Reach.
- J. If your course heading is 225° are you sailing North Northeast West Northwest South Southwest East Southeast?
- K. A divider used to separate bunks below measure distance on a chart decide how to trim sails.
- L. When a boat's main boom is on the boat's starboard side, is it on a port tack or starboard tack?
- M. When sailing upwind are your sails close-hauled luffing all the way out?
- N. What does "jibe ho" mean? You are about to turn the boat from port to starboard or vice versus while sailing upwind. Your mainsail is about to cross the boat as you change direction with the wind behind you or off your aft quarter. You are issuing a warning that you may be on a collision course with another boat.
- O. Compass error caused by metal influences on a boat is called deviation cavitation variation.
- P. Does the apparent wind change with the boat's speed and direction? Yes No
- Q. Have you calculated a Course to Steer (CTS) and Estimated Position (EP)? Yes No
- R. Are you familiar with operating a GPS (global positioning system) on a boat? Yes No

**2. HAVE YOU SAILED ON A COLGATE SAILING ADVENTURES® FLOTILLA CRUISE BEFORE? Yes No** If Yes, list the year, location, and your role aboard for the up to 3 you participated in.

- Year \_\_\_\_\_ Location \_\_\_\_\_ Skipper Navigator Crew Catamaran Monohull  
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**3. HAVE YOU BAREBOAT CHARTERED ON YOUR OWN OR WITH OTHERS IN THE PAST?**

- Yes No If Yes, list the year, location, and your role aboard for the last four you participated in.
- Year \_\_\_\_\_ Location \_\_\_\_\_ Skipper Navigator Crew Catamaran Monohull  
Year \_\_\_\_\_ Location \_\_\_\_\_ Skipper Navigator Crew Catamaran Monohull  
Year \_\_\_\_\_ Location \_\_\_\_\_ Skipper Navigator Crew Catamaran Monohull

**4. IN ADDITION TO 2 AND 3 ABOVE, IN THE PAST TWO YEARS, HOW RECENTLY AND FREQUENTLY HAVE YOU SAILED:**

- AS SKIPPER \_\_\_\_\_  
AS ACTIVE CREW \_\_\_\_\_

**5. WHICH POSITION(S) ARE YOU MOST COMFORTABLE DOING ON A SAILBOAT?**

Check all that apply. Captain in charge Steering Navigating Crewing Passenger

**6. WHICH TYPE/SIZE BOATS HAVE YOU SAILED MOST IN THE PAST 2 YEARS? Check all that apply.**

- Dinghy (14' or under)
- Small catamaran like Hobie Cat
- Daysailer: under 20' 20-25' 26-30'
- Monohull cruising boat under 30' 31-35' 36-45' 46-59' 60' or over
- Catamaran cruising boat under 30' 31-35' 36-45' 46-59' 60' or over
- Powerboats under 30' 31-35' 36-45' 46-59' 60' or over

**7. DO YOU HAVE A MARINE RADIO OPERATOR'S PERMIT FOR A VHF RADIO? Yes No**



**8. WHICH OF THESE SKILLS ARE YOU COMFORTABLE DOING ABOARD? Check all that apply.**

- Steering/helming:  On all points of sail.  In heavy seas.
- Using a GPS to plot a course.  Reading and using nautical charts to plot your course.
- Picking up mooring balls while on the helm.  Assisting as crew to pick up mooring balls.
- Docking a boat alongside in varied wind conditions and directions while on the helm.
- Docking a boat stern to or bow in (Med-mooring) while on the helm.
- Anchoring a boat while on the helm:  In windy conditions.  In crowded harbors.
- Knowing when and how to reef the main and reduce sail area:  As helmsperson.  As crew.
- Maneuvering under power while on the helm:  In windy conditions.  In crowded harbors.
- Assisting as crew, handling and cleating lines when:  Docking alongside.  Med-mooring.  Anchoring.
- Understanding and using the Rules of the Road (Col Regs) to avoid potential collisions with sailboats under sail, sailboats under power, power boats and commercial vessels in channels and open waters, vessels under tow and other situations.

**9. CHECK IF YOU WOULD YOU LIKE TO BE SKIPPER OR MATE ON THIS FLOTILLA CRUISE.**

Based on the information provided on this form, the cruise leader will designate a Skipper and Mate for each boat in the flotilla when putting the crews together. Your interest does not guarantee you will be chosen for either role.

**10. YOUR HEALTH AND PHYSICAL CAPABILITIES**

In this section, please provide accurate information about your health and capabilities aboard a 40'-50' sailboat. You must also attest to the accuracy of all your answers at the end of this section.

- A. Do you have any physical limitations that would make it difficult for you to  move on, off, or around the boat,  steer,  pull on lines,  communicate easily? **If you checked any, you must explain:**

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- B. Have you had or been treated for an illness, or had any major impairments such as,  a stroke,  heart attack, or  an injury that now limits your flexibility, strength and ability to move about the boat with ease?  No  Yes **If Yes, you must provide explanations and timeframes for each incident:**

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- C. **Without help from others**, are you able to move from a cruising boat to a small dinghy, from dinghy to shore, and back on dinghy; and from dinghy onto cruising boat under challenging wave conditions?  Yes  No **If NO, you must explain:** \_\_\_\_\_

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- D. Do you have any dietary issues that cause allergic reactions?  No  Yes. **If YES, please explain:**

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**Please note:** When provisioning is included, standard items for included meals are provided for all participants aboard. If you have specific dietary restrictions or needs, please bring those items with you.

- E. Do you require a CPAP when sleeping?  No  Yes

**If YES**, you must be self-sufficient as electricity cannot be guaranteed at all times aboard. The CPAP must be portable, able to function without boat power.

**I attest to the fact that I understand the parameters and expectations of this trip, and that all answers I have given throughout this questionnaire are true and accurately describe my health, my sailing knowledge, and my sailing/boating abilities.**

**Print Name:** \_\_\_\_\_ **Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

