

# Skill Up How-To for Sailors



*You must have a current US Sailing Membership to access the content in this app.*

# SKILL UP PHONE APP FOR SAILORS

1. How to Sign In
2. Navigating Home Page
3. Explore Skill Up
  - Lessons
  - Videos
  - Educational Material
  - Drills
4. Skill Tracker



# 1. How to Sign In

## STEP 1

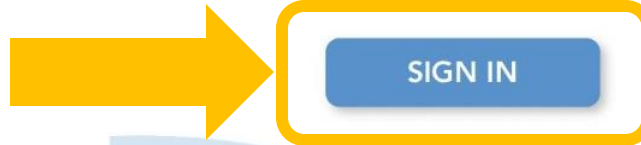
Download “US Sailing Skill Up”

## STEP 2

Sign in with:

YOUR US Sailing Member ID

AND US Sailing Account Password



ENTER AS GUEST



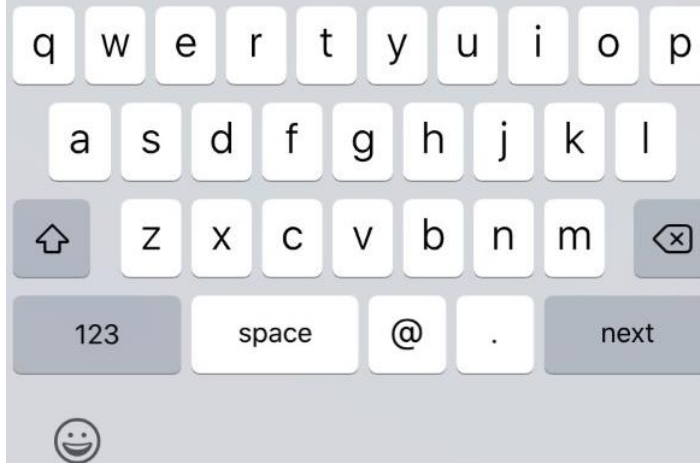
Cancel

## Sign in

SIGN IN

[Forgot Password?](#)

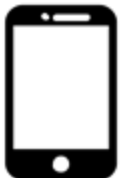
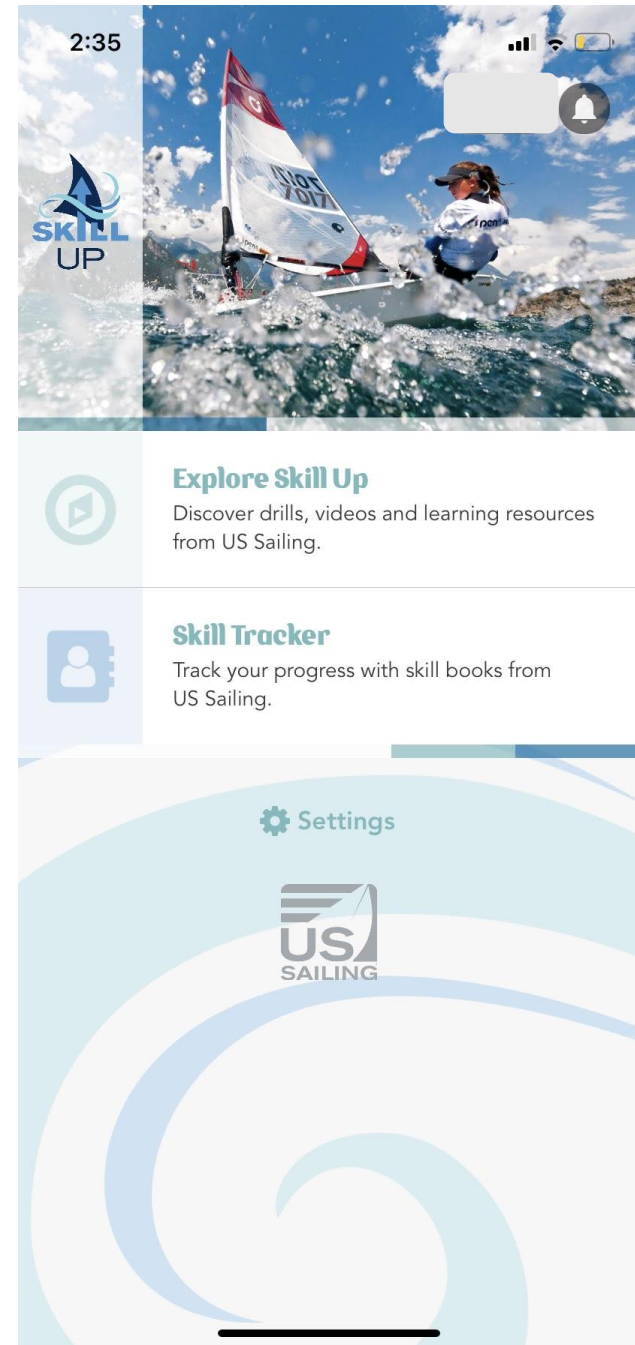
[Forgot Member ID?](#)



## 2. Navigating Home Page

### The Home Page

- *Explore Skill Up* includes already published resources created by US Sailing
- *Skill Tracker* lets you see your individual sailing skills progress.

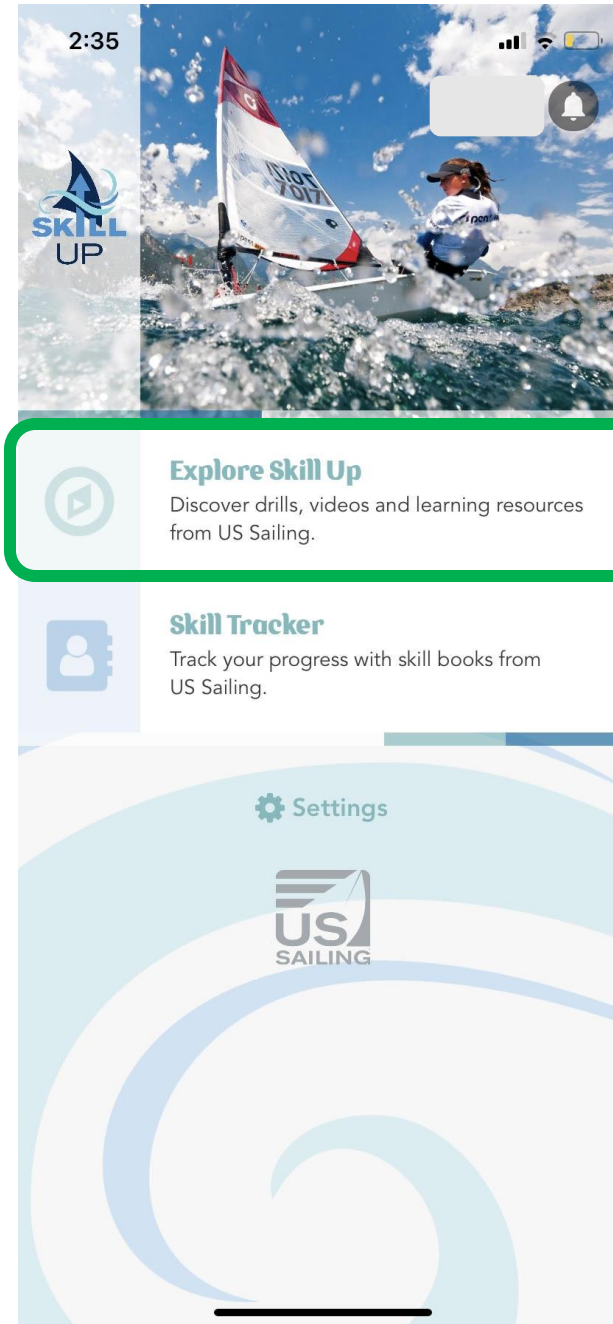


# 3. Explore Skill Up

## Explore Skill Up:

Includes already published resources created by US Sailing

- Lessons
- Videos
- Educational Material
- Drills



## Explore



### Lessons

Ready-made lesson plans.



### Videos

Watch videos of skills, drills, and more.



### Educational Material

Educational material for sailors, parents, and instructors.



### Drills

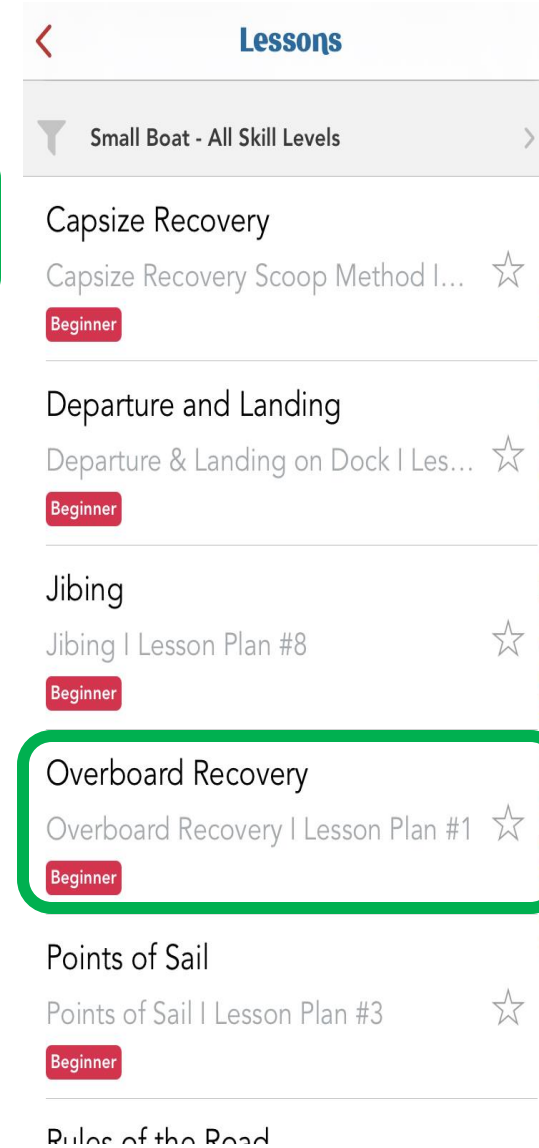
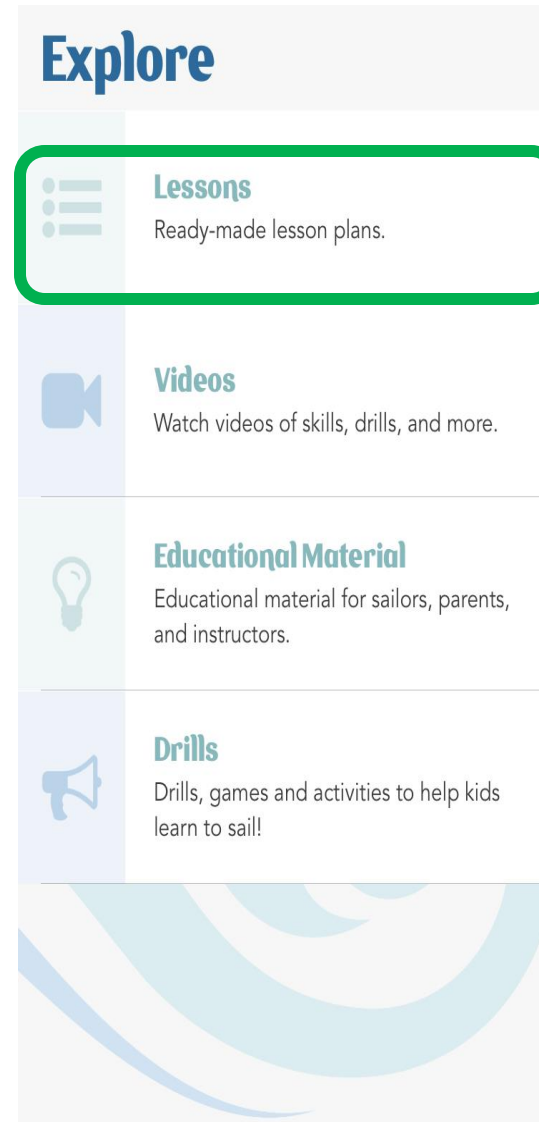
Drills, games and activities to help kids learn to sail!



# 3. Explore Skill Up

## Lessons:

- 10 ready-made lessons from the Small Boat Beginner Curriculum.
- Lesson plans can be downloaded onto both your phone (Android or iPhone) or onto your computer.



## Level 1 Instructor Lesson Plan: #1



Focus Skill

Overboard Recovery

Goal(s) What do you hope to accomplish?

Students will learn to complete an overboard recovery by alerting those around them and executing the Figure-8 Rescue.

Contents

- [Chalk Talk](#)
- [Land Drill](#)
- [Instructor Demonstration](#)
- [Student Practice](#)
- [Debrief](#)

Setup 11 minutes

Materials needed to teach each step in the progression of learning, prep before students arrive.





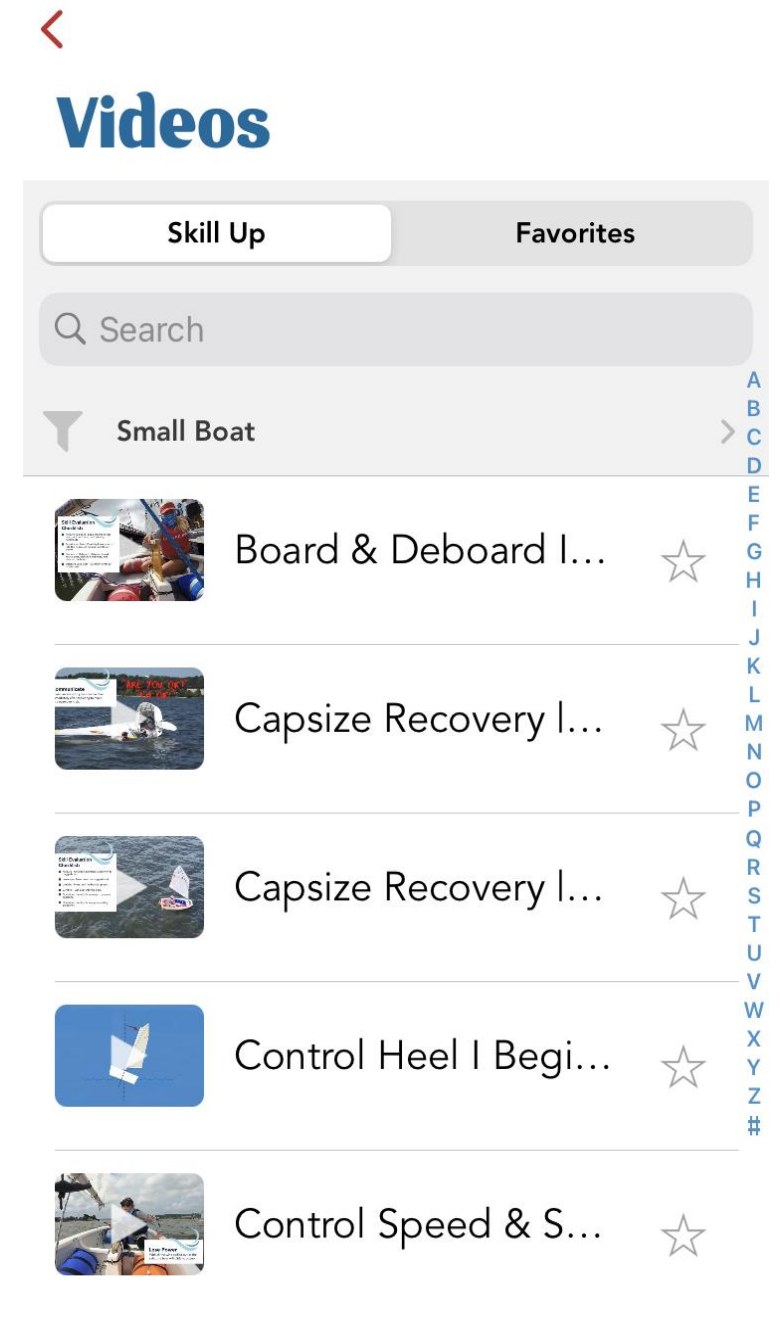
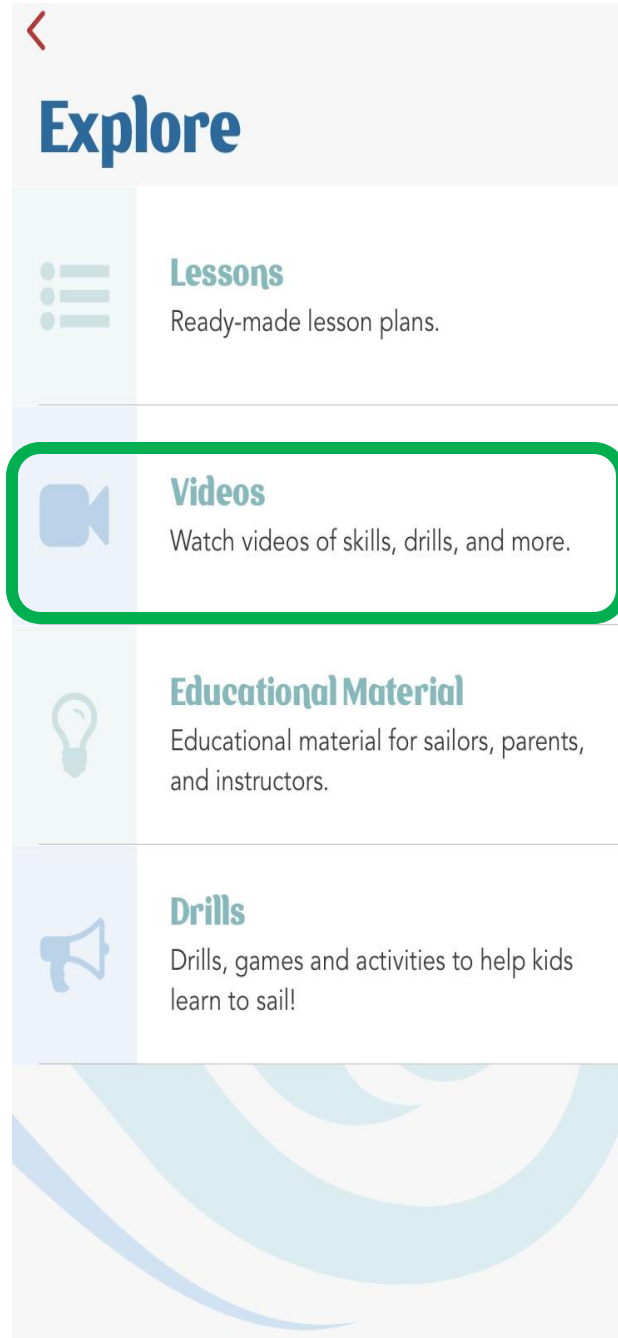
# 3. Explore Skill Up

## Videos:

Watch videos of beginner skills, drills, and more.

★ Videos are also embedded into your Small Boat Beginner Curriculum Skill Evaluation Checklists

*Watch these videos so you can improve your sailing skills!*

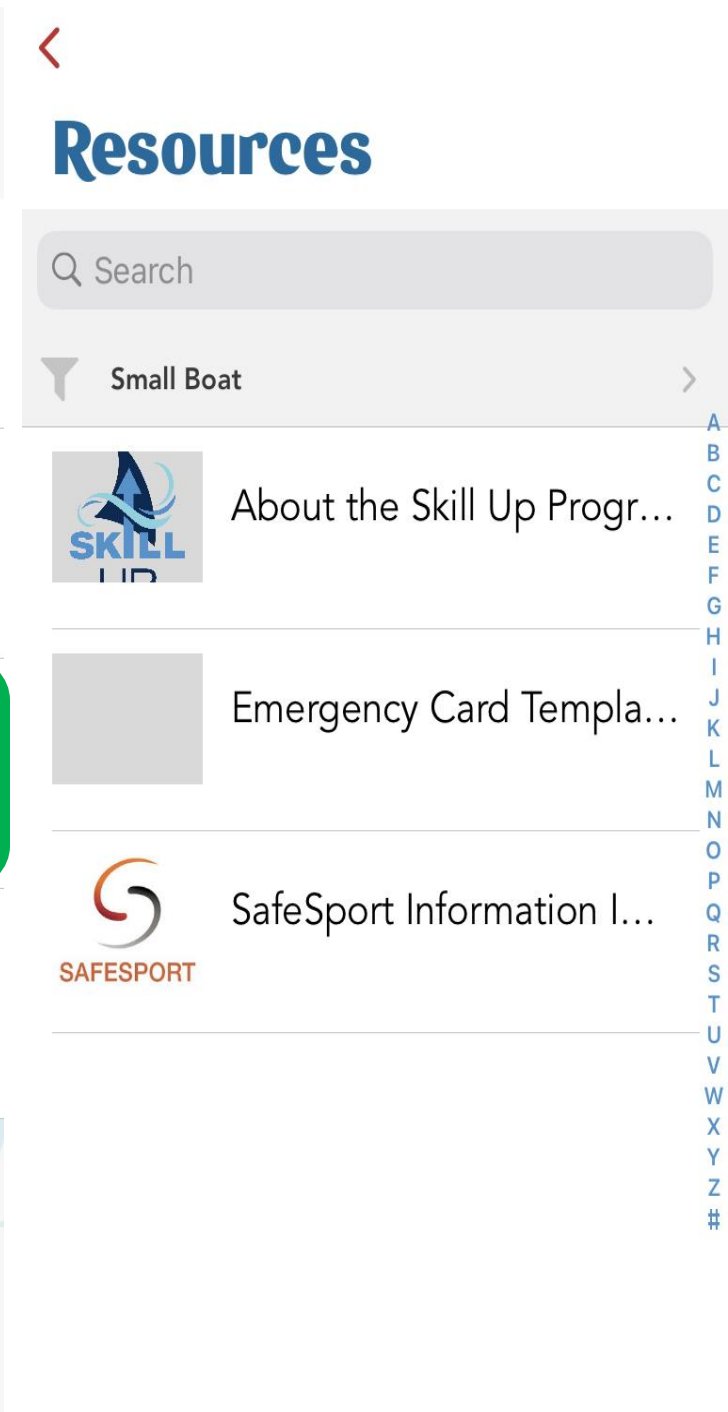
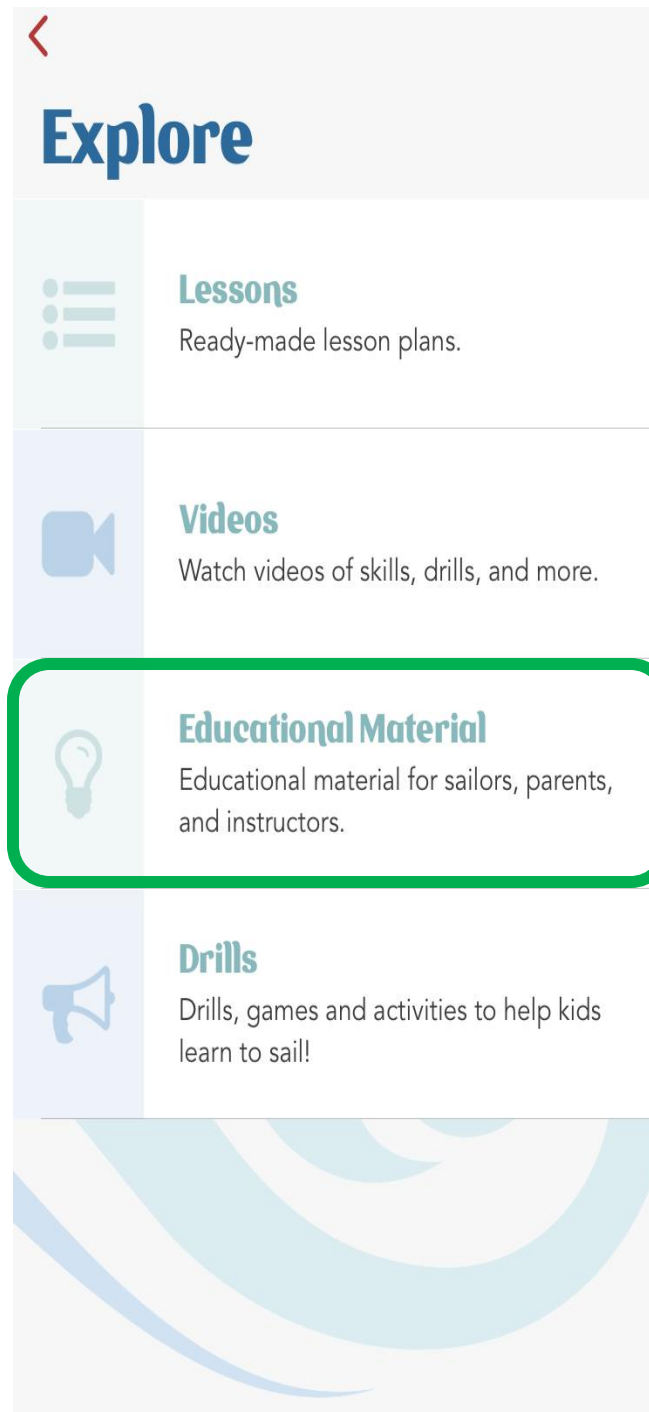


# 3. Explore Skill Up

## Educational Material:

Education Material for sailors, parents, and instructors including:

- About the Skill Up Program
- Template of an Emergency Card
- SafeSport Information



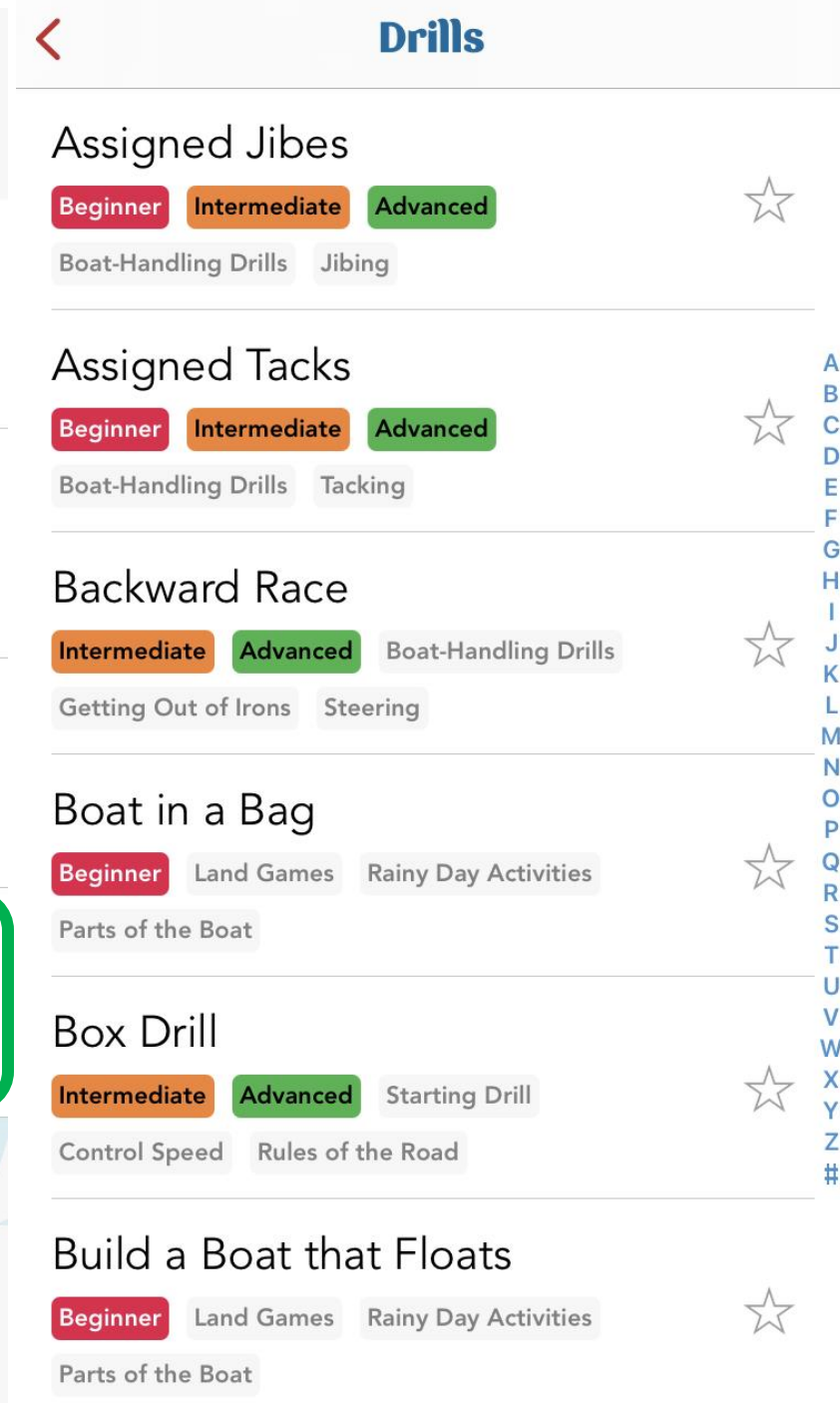
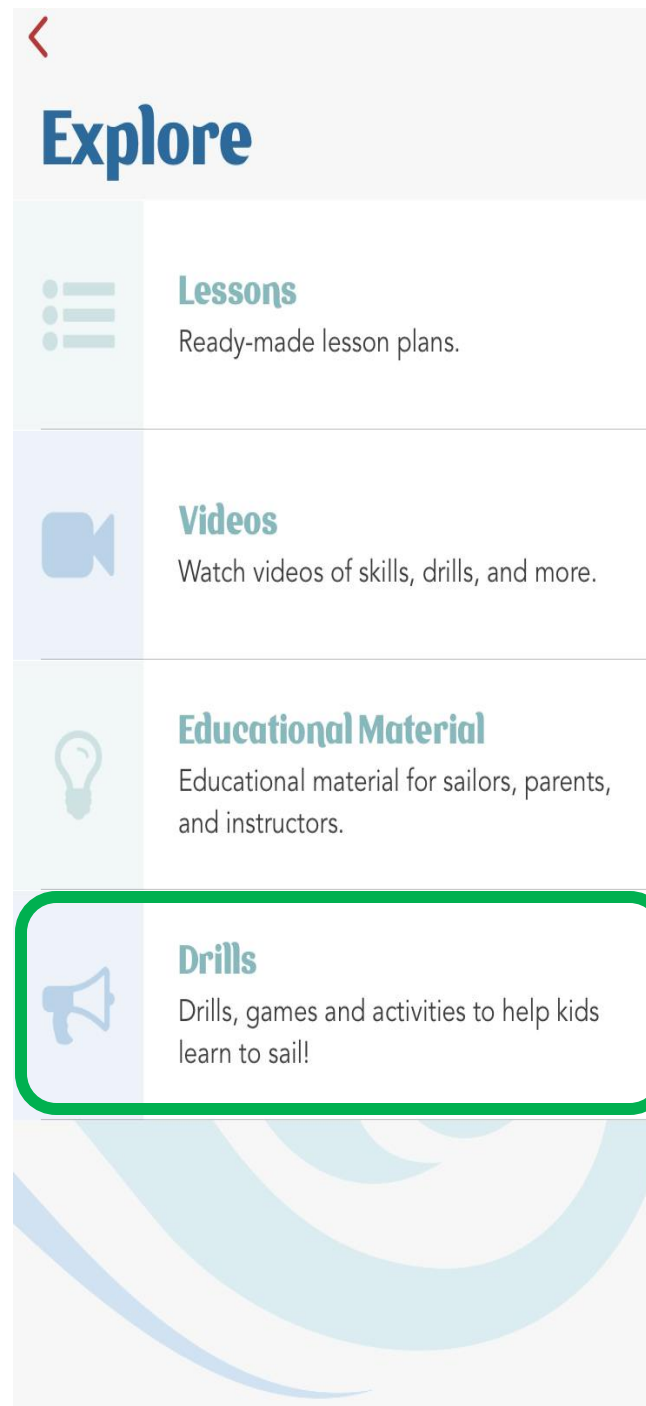


# 3. Explore Skill Up

## Drills:

Drills, games, and activities to help sailors learn to sail that are labeled by:

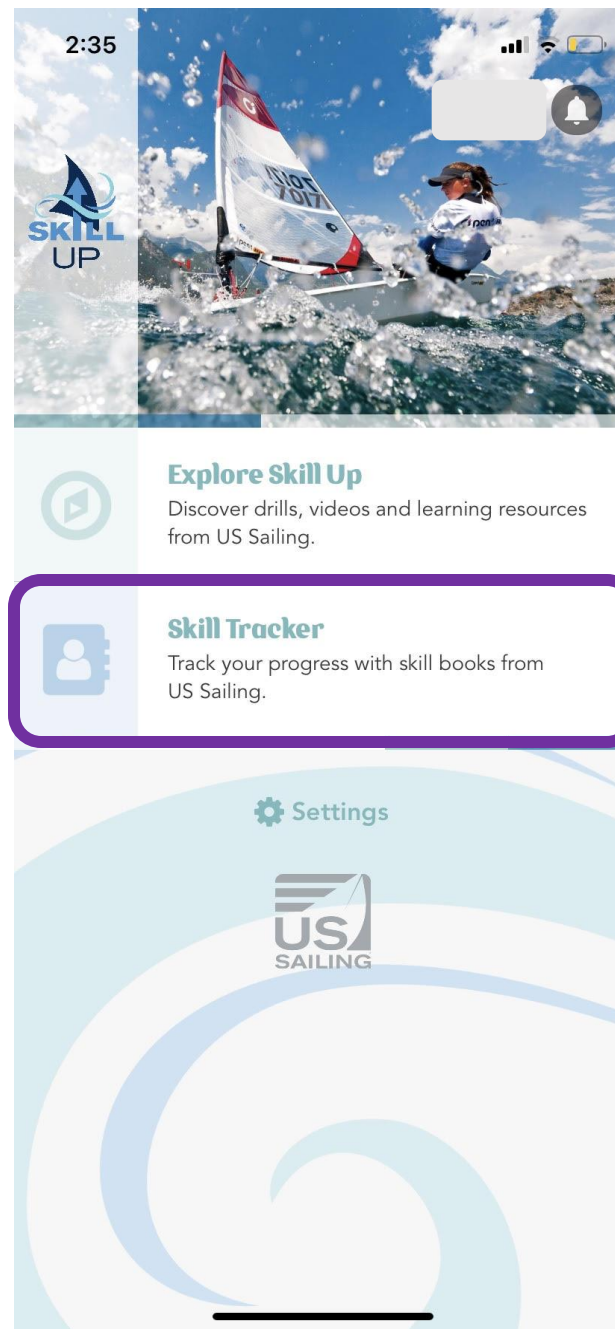
- Skill Level
- Land Games
- Rainy Day Activities
- Skill Type (starting, boat handling, etc.)



# 4. Skill Tracker

## Skill Tracker:

- Track your skill progression.
- *Parents-- add your sailors using their Name & US Sailing Member ID*

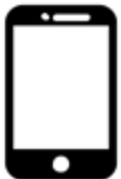


## My Students

[+ Add Student](#) [Help](#)

John Pearce >  
Member # [redacted]

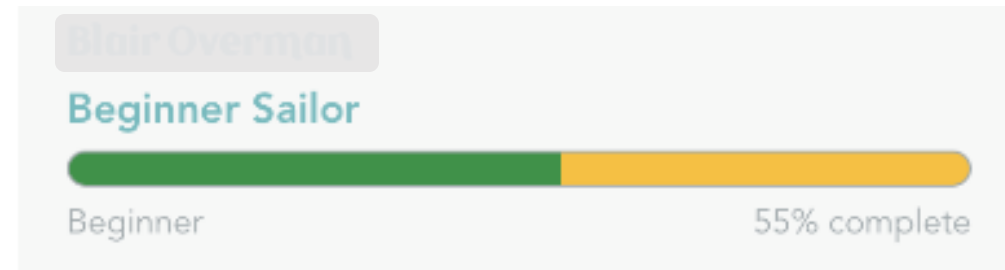
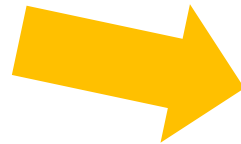
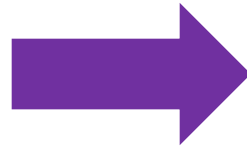
Olivia Colquitt >  
Member # [redacted]



# 4. Skill Tracker

## Looking at My Progress:

- Pick your level (Beginner & Intermediate)
- Progress Bar—tells you what percentage of skills you have completed or are practicing.



# 4. Skill Tracker

Blair Overman  
Beginner Sailor  
Beginner 55% complete

## Phase 2 Sailing Skills

### Steering with Rudder

**Focus Skill** - the topic I am practicing

**Cues**- Helpful words for you to remember when practicing this skill.

- Prepare** - Properly adjust your body position, tiller hand, and mainsheet hand.
- Steer** - Use the tiller or tiller extension to turn the boat to port and back to starboard.
- Avoid Collisions** - Move the "Tiller Towards Trouble," using just the tiller you can steer away from trouble.

**Skill Evaluation Check List:**  
What I am supposed to do practice or do.

Watch Video

**Videos** - video I can watch on the skill I am practicing.



**Progress Bubbles:**  
How I am doing on this skill.



## 4. Skill Tracker

**Student Progress Bubbles** have three steps to choose from:

- **Introduced** means you have taught the topic once.
- **In Progress** means the you are currently practicing the student evaluation checklist.
- **Completed** means you have completed the student evaluation checklist for that skill.

### Understanding Wind

Identify the wind direction and three wind indicators.



Janel Zarkowsky - 12/9/20

### **Instructor Sign Off:**

Name of Instructor and date they checked off the skill.



# Skill Up Overview

All Sailors must have a current US Sailing Membership in order to access many of the features of this app. Please contact US Sailing at [info@ussailing.org](mailto:info@ussailing.org) if you would like to become a US Sailing Member.

If you are having an issue with Skill Up please contact **US Sailing** at [skillup@ussailing.org](mailto:skillup@ussailing.org).

