

HELMSMAN HOURS LOG

Your Name: _____

Hours Required: _____

A helmsman is considered “on the helm” when controlling the boat with your own hands controlling the tiller and main sheets, as well as instructing the crew in balancing the boat and rigging trimming.

Conditions for hours logged:

- The helmsman is required to be on the helm for the duration logged.
- Only 1 helmsman may log hours per boat per session.
- Rigging and derigging time does not count towards duration logged.
- capsized boat remaining under the control of the helmsman and being righted to continue sailing is considered as part of training hours.
- 50% of your hours may be done on a sailing dinghy other than a Saldanha.
- You may only claim up to 5 hours for sailing in MAC24.

It is advisable to keep your hours log sheet with you for your WAL to sign after each session.

DATE	BOAT TYPE	Sailing Conditions	Duration Logged	WAL Name	WAL signature

Completed hours sheets are to be sent to the course leader for confirmation before the final sign off of the Helmsman interest badge.