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Title	Instructor	Goals

Trainees Names: Level:	Boats	Sail Area
Notes	Extras: Food/water/suncream / clothing etc	

Brief	Time	Teaching Points	De-Brief	Changes
		Plan A: **Plan B:**	Top Tips for trainees 1. 2. 3.	Trainee Comments

Wind	Dir	Sp	notes
Impact			
Tide	HW	LW	Viz/Rain
Time			
Height			

Rescue Boat Check

Fuel	☐
Hull	☐
Tubes	☐
Engine	☐
Oil	☐
1st Aid	☐
Anchor	☐
Warps	☐
Vhf	☐
Paddles	☐
PFD	☐
Bivvy Bag	☐
Air Pump	☐
Fire Ex	☐
Bailer	☐
Check in	☐
Check out	☐
Knife	☐
Extras	

Instructor Check

Knife	☐
Whistle	☐
VHF	☐
Water	☐
SunCream	☐
Clothing	☐
Sail Tape	☐
Shakles	☐
Sail Gloves	☐
Wet notes	☐
Pens	☐
PFD	☐
Watch	☐
Extra	☐