**Candidates Sailing Evaluation Log**

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| **Name** | **Safety and Clothing Equipment** | **Tides and Meteorology** | **The 5 essentials** | **Rigging and Launching** | **Close quarter manoeuvres and man over board** | **Capsize and recovery** | **Landing and**  **de rigging** | **Knots**  **Figure 8**  **Bowline etc** |
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