

# Sailing



## Stage 1

- I can assist with the launch and recovery of a sailing dinghy.
- I know about the Buddy system.
- I know the importance of a personal floatation device.
- I know the correct clothing to wear when sailing.
- I can take the helm and steer a reasonably straight course.
- I know I cannot go afloat if the wind is greater than Force 4.
- I can point out the bow, stern, port and starboard of a boat.
- I know how to contact the emergency services.
- I know why it is important to stay with a capsized boat.
- I understand why I should follow directions from an instructor.
- I can show the limits of where I may go each time I go afloat for sailing.
- I know basic Sailing Theory.
- I have taken part in two half-day sailing exercises consisting of a minimum of two hours afloat.

Earned on

## Stage 2

- I can assist with the rigging and de-rigging of a vessel.
- I can explain what impact I may have on local vegetation when launching and retrieving a sailing dinghy.
- I have discussed "Weil's disease" and the precautions necessary to take part in open water activities.
- I can put on my own personal floatation device properly.
- I know why I should wear suitable footwear.
- I know basic sailing skills including what to do in the event of a capsize.
- I know Sailing theory.
- I can make a recognised distress signal and raise the alarm if I see somebody in difficulty on the water.
- I know what hypothermia is.
- I know basic collision avoidance.

- I can conduct myself in a careful and safe way in a boat and around water.
- I can get a weather forecast.
- I can tie the following knots; Round-turn-and-two-half-hitches, Figure-eight, Bowline.
- I have taken part in at least four half-day sailing activities consisting of a minimum of two hours afloat.

Earned on

## Stage 3

- I can assist with rigging and de-rigging, launch and recover.
- I can put on my personal floatation device and adjust it properly.
- I know why wearing layers of clothing is a good idea.
- I know basic sailing techniques.
- I know the basics of sailing theory.
- I have taken part in a capsize drill.
- I can get into the dinghy from the water in a safe way.
- I know how to do CPR and place a victim in the recovery position.
- I know that I should follow the instructions of the person in charge of the boat.
- I understand the terms that are used in a maritime weather forecast.
- I have taken part in at least three full day sailing activities consisting of a minimum of four hours afloat.

Earned on

## Stage 4

- I can assist in launching, rigging and recovering a small sailing dinghy.
- I know the main principles of "Leave No Trace."
- I know that there are different types of Personal Flotation Device and know when and where each should be used.
- I can explain why wearing the correct outerwear is important.
- I can paddle or row a boat in a straight line.

- I can demonstrate all points of sailing with assistance as both crew and helm.
- I can help another person safely into a sailing dinghy from the water.
- I can coil a line and heave it to a casualty to affect a simulated rescue.
- I know the safety precautions required for water based activities.
- I can describe the implications of offshore and onshore winds, high winds and no winds when sailing.
- I can describe how often high and low tides take place, and the implications these might when going afloat
- I know that where I may go boating may change in different conditions.
- I have taken part in six full-day exercises afloat.

Earned on

## Stage 5

- I can rig and equip a sailing boat for safe use in a variety of weather conditions.
- I can demonstrate how to manoeuvre a sailing boat as a member of the crew.
- I know the five essentials and can apply them to all points of sailing
- I can take a leading role in mooring and unmooring a sailing boat including sailing on and off the mooring.
- I can assist in the anchoring of a sailing boat.
- I can identify and name the main parts of common anchor types.
- I know why it is important to have some training in first aid and can show how to care for someone who is very cold.
- I know the parts of the International Regulations for the Prevention of Collisions at Sea that apply to my boat and local boating waters.
- I can obtain a weather forecast and know how the information might affect planned activities afloat.
- I know how currents and the ebb and flow of the tide affect my local boating waters.

- I know how to use Channel 16 on marine VHF and have an understanding of the use of distress flares.
- I have taken part in six full-day exercises afloat
- I have taken part in one expedition afloat.

Earned on

## Stage 6

- I can rig, de-rig, secure and care for the hull of the sailing boat that I use including using the listed control lines to set the boat up to sail efficiently upwind, downwind and on a reach demonstrating optimum sheeting.
- I can carry out the routine inspection of a personal flotation device.
- I can take the helm of a sailing boat and demonstrate how to undertake various manoeuvres, demonstrating a constant awareness and application of the five essentials.
- I know how to obtain maximum leverage when hiking or trapezing.
- I know how sails and foils work and interact to drive a sailing boat.
- I can take a leading part in anchoring a sailing boat including knowing how and when to use a tripping line.
- I know what to do if someone is caught under an inverted boat and can right an inverted boat.
- I know what causes tides and how spring and neap tides might affect sailors.
- I can recognise the main weather patterns illustrated by a synoptic chart and can interpret the forecast.
- I can identify common weather conditions and describe how they may affect boating activities.
- I am familiar with the main features of restricted waters as defined for my group.
- I know how and when to make Distress and Urgency calls and Safety Announcements on Marine VHF.
- I have taken part in eight full-day exercises afloat.
- I have taken part in one expedition afloat.
- I have instructed at least four people in four of the areas up to Stage 3

Earned on

## Stage 7

- I can take a leading part in the manual handling of a sailing boat ashore ensuring safe handling procedures including preparing a sailing boat for safe transportation by road.
- I can rig any sailing boat and identify all of the parts.
- I know under which circumstances different personal flotation devices are appropriate.
- I can take charge of a sailing boat in moderate winds and carry out all the required manoeuvres including holding a course using instruments and transits.
- I can take a leading part in selecting a good anchorage.
- I can take charge of a boat and respond efficiently to a (simulated) emergency
- I know what lights should be shown by the most common vessels in my area and know what lights should be shown by a sailing boat
- I know the International regulations for the Prevention of Collisions at Sea.
- I can interpret the current forecast and make sound decisions on planned activities in view of expected weather and sea conditions and tidal effects.
- I know the hazards and how the weather may affect “Restricted Waters” for my group.
- I know how to get suitable information for “Safe Enclosed” boating waters that are not my groups local waters (e.g. for camp).
- I can assist in developing a passage plan for a day trip.
- I know how to read and set a chart, plot and estimate positions.
- I have a working knowledge of GMDSS (Global Maritime Distress Safety Systems) as it applies to EPIRBs (Emergency Position-Indicating Radio Beacons ) and DSC (Digital Selective Calling).
- I have taken part in ten full-day exercises afloat
- I have taken part in one overnight expedition afloat outside my normal boating waters
- I have instructed at least four people in at least six of the areas up to Stage 5.

Earned on

## Stage 8 Sailing

- I can take a leading part in the safe handling of a sailing boat ashore.
- I can rig any sailing boat including optimizing the rig and boat for a given set of conditions.
- I understand the different safety precautions that must be taken when a group of boats is operating together.
- I can carry out all the sailing manoeuvres in strong winds including setting up and controlling the boat while on the plane.
- I can describe how sails interact and demonstrate techniques to maximise this effect.
- I have a good understanding of the merits of different anchor types for different locations and conditions.
- I can carry out man over board and capsize drills in test conditions.
- I know what sound signals the most common types of vessel in my area should make.
- I have researched at least five pieces of weather lore.
- I am familiar with 'Day Cruising Waters' for my group
- I can use the information from a charts etc. to plan an expedition in restricted waters.
- I have an understanding of the 'capture effect' as it applies to marine VHF.
- I have taken part in ten full-day exercises afloat.
- I have taken part in an overnight expedition involving more than one boat.
- I have instructed at least four people in at least seven of the areas up to Stage 6.

Earned on

## Stage 9 Sailing

- I can rig any sailing boat and identify all the parts.
- I can carry out all the sailing manoeuvres for this to a very high standard.
- I can use an outboard engine to manoeuvre a boat while in displacement mode.
- I have the skills and knowledge required to spend a night on board or camping.
- I can anchor a boat efficiently to two anchors.
- I can jury-rig a sailing boat, improvise and deploy a sea anchor and know what spares and tools should be carried aboard.
- I have completed the requirement for the Emergencies Skills Stage 7
- I know how to interact with the emergency services.
- I know what sound signals the most common types of vessel in my area should make
- I can identify the type aspect and behaviour of vessels by day or night from lights, shapes and sounds.
- I know the procedure for entry to and departure from a harbour and understand the requirement to file a passage plan under SOLAS regulations.
- I can complete a rough synoptic chart from a maritime weather forecast or similar data and use this information to make sound decisions on planned activities in view of expected weather and sea conditions.
- I am familiar with any local rules and bylaws that apply to Day Cruising Waters for my group.
- I can devise a pilot/passage plan and programme that plan into a GPS.
- I have taken part in ten full-day exercises afloat.
- I have taken part in an overnight expedition in coastal waters.
- I have instructed at least four people in at least five of the areas up to Stage 8.

Earned on