- 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.

Stage1 complete



- 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-andtwo-half-hitches, Figure of eight, Bowline.
- I have taken part in at least four half-day sailing activities consisting of a minimum of two hours afloat.

Stage2 complete





- 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 a 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.

Stage3 complete





- 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.







- 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

Stage5 complete



