

Outdoor Adventure Skills by Topic

Sailing Skills, Stages 1-4 by topic

	Adventure	Health / Safety / Environment	Swim	Technique	Navigation	Knots
	1.10 I have taken part in a short sailing adventure of ≥ 1 hour.	1.1 I can explain the risks of cold water . 1.2 I can explain what PFD is for. 1.3 I can put on my PFD / how it should fit. 1.4 I can show how to avoid sunburns . 1.5 ... to contact the emergency services .	1.7 I can jump into chest-deep water wearing my PFD . 1.8 I can blow bubbles in the water for 10 sec.	1.6 I can show where the bow and stern are in a sailboat. 1.9 I can explain and have demonstrated how to behave safely in my sailboat. 1.11 I have participated in a fun physical fitness program designed for sailing .		
	2.14 2 daysails of 4 hours or 4 daysails of 2 hours	2.1 ... explain the safety rules ... near water . 2.2 ... signs/symptoms of mild hypothermia . 2.3 ... explain ... care for my PFD . 2.4 ... difference .. PFD and a life jacket . 2.5 ... three common whistle signals ... 2.9 I have used a throw bag .	2.12 I can swim 50 metres wearing my PFD .	2.6 I can describe five appropriate actions I should take if I capsize in a sailboat. 2.8 I can identify 12 key parts of my sailboat. 2.10 I can lift a boat with ..., rig a sailboat , and practice getting into and out of my boat safely. 2.13 I can sail away from dock, hold the tiller, pull in the mainsheet, ease the sheets, & sail straight 1 min.	2.11 Before I launch my boat, I can show where I am allowed to go sailing .	2.7 I can demonstrate how to tie reef knot, sheet bend and figure-eight .
	3.12 3 daysails of 4 hours, or 6 daysails of 2 hours.	3.1 I can get help if I see somebody in difficulty... 3.2 I can explain why I should not drink the water from the lake, river or ocean I am sailing on . 3.5 I can explain what impact I have on the environment while sailing.	3.14 While fully clothed and with a properly fitted PFD , I can tread water for five minutes, then swim 100 metres using any stroke.	3.3 I am familiar with common hand signals ... 3.4 I can identify the equipment Transport Canada requires me to have in my sailboat. 3.6 I can identify six types of sailcraft . 3.9 I can rig my boat and then practise getting into and out of my boat safely . 3.10 I can tack, gybe, sit on gunwale, hike, slow down, speed up, bail the boat & balance the boat. 3.11 ... de-rig ... dry the sails and store ... properly.	3.7 I can identify the signs of dangerous weather and water conditions . 3.13 I know how and where to get the latest weather forecast for the area where I will be sailing.	3.8 I can tie the reef knot, sheet bend, figure-eight and bowline .
	4.17 4 daysails of 4 hours, or 8 daysails of 2 hours, on safe, familiar waters.	4.1 I know how to find an appropriate PFD that is the right size and fit for me. 4.2 ... everyone must wear ... PFD while in a boat. 4.3 ... signs and symptoms of severe hypothermia . 4.4 I can describe and demonstrate safety in/on the water . 4.18 I can toss a throw bag	4.19 I can swim and demo. the HELP and huddle positions while in the water wearing a PFD . 4.20 ... self-help procedures and can explain how to perform the HELP position by myself and the huddle position with others.	4.7 I understand balance ... how to sail the boat flat . 4.8 ... how to trim my sail to get the best performance ... 4.10 Under the direction of the Skipper, I have sailed my sailboat forward for 200 metres. 4.11 I can demonstrate how to steer a sailboat going upwind or downwind. 4.12 I can demonstrate balance ... how to sail the boat flat . 4.13 I have capsized & recovered to an upright position. 4.14 I can get back into the sail boat solo, or with help from the Skipper, if my boat capsizes. 4.15 ... help my Skipper to return sailboat to dock/beach safely. 4.16 I can de-rig ... dry the sails and store ... properly.	4.6 I know the hazards for sailing in different weather conditions	4.5 I know how to properly secure a towline to my sailboat. 4.9 I can tie eight knots that are useful when sailing, canoeing

Edited for brevity. Be sure to consult the official documentation www.scouts.ca/scoutinglife/wp-content/uploads/oas/sailing-skills-en.pdf as well as the complete wiki references wiki.scouts.ca/en/Sailing_Skills and wiki.scouts.ca/en/Sailing_Skills_by_Topic.