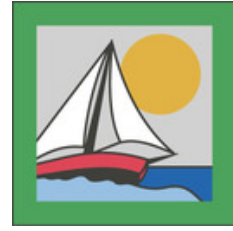


Sailing

Level 1



Under the supervision of a suitably qualified person:

1. Explain the basic safety rules for sailing.
2. Swim 50 metres.
3. Demonstrate how to fit and wear a personal floatation device (PFD).
4. Name the parts of a sailing dinghy.
5. Explain how to rig and de-rig a sailing dinghy.
6. Assist in rigging a sailing dinghy, sail a short course and show that you can safely control the dinghy.

Sailing

Level 2



Under the supervision of a suitably qualified person:

1. List or state the rules for water safety and safe sailing.
2. Swim 50 metres in shorts, shirt and shoes and then tread water for five minutes.
3. Demonstrate how to fit and wear an approved personal flotation device. Show the correct way to swim/float whilst wearing a PFD.
4. Name the parts of a dinghy and explain their function.
5. Show how to rig and de-rig a sailing dinghy.
6. Name the three types of sailboats and explain their function.
7. Explain the basic rules of sailing.
8. Explain how to find information relating to the expected weather and water conditions in the area where you go sailing. Describe the effect of adverse weather conditions on sailing.
9. Explain what the effect of wind direction and speed has on sailing.
10. Demonstrate how to sail a triangular course using tacking, jibing, reaching and running square.
11. Have the regular use of a dinghy. Keep a record of the times and conditions that you sailed in over a 6-month period.