

Nautical Skills Stage 2



1. Take part in a water activity taster session for at least one hour.

You could try:

- Paddle sports**
- Rafting**
- Sailing**
- Wind Surfing**
- Pulling**

2. Show that you understand what to do in the event of a capsize or man overboard situation in your chosen activity.

3. Demonstrate that you can tie either a figure of eight or a reef knot. Describe how you use them in water activities.

4. Name the basic equipment you used during your chosen activity.

5. List some clothing that is not suitable for your chosen activity, and explain the reasons why.

6. Show that you know the safety equipment you used and why it's needed.