

Sailing Stage 1



1a. Identify different types of sailing crafts.

1b. Name three places you could safely go sailing.

1e. Take part in a taster session that covers:

- Being able to name equipment used and the parts of the boat.
- Getting into and out of a boat safely.
- Balancing a boat.
- Manoeuvring your boat in different directions, including moving forward.

1c. Take part in a warm up activity to prepare you for a sailing activity. You could try tacking and gybing, hiking out or syncro-jump to cross the boat together in a tack or gybe.

1d. Dress properly for your a sailing activity.

Show you know the importance of buoyancy aid and how to put one on correctly.

A 'RYA YOUTH SAILING SCHEME STAGE 1' CERTIFICATE AUTOMATICALLY COMPLETES THIS BADGE. PLEASE BRING IN YOUR CERTIFICATE.