



Outdoors Category

Sailing

1. Have at least the Canadian Red Cross Society's Blue or Small Craft Society Survival Level or the YMCA's Star IV Award, or demonstrate the following : _____
 - a) Safety knowledge in, and out of water. _____
 - b) From shore, a dock and from a boat, throw a reaching assist, a throwing assist (no line) to someone in difficulty, two metres from yourself. Bring the casualty to safety and secure, talking to the casualty throughout to calm them. _____
 - c) While fully clothed and wearing a P.F.D. jump into deep water, tread water for five minutes without sign of stress and then swim 100 metres with any stroke. _____
 - d) Demonstrate the help/huddle positions as used in a out of the water. _____
 - e) Show how to contact emergency services. _____
2. Properly select and wear a P.F.D. _____
3. Demonstrate the appropriate use of the safety equipment required for your craft by Transport Canada. _____
4.
 - a) Name and point out 25 parts of the hull and fittings, riggings, and sail. _____
 - b) Explain the difference between the following types of boats : cat-rigged, dinghy, sailboat, keelboat and catamaran. _____
 - c) Demonstrate knowledge of proper procedures of care maintenance and storage of your craft and personal equipment. _____
5.
 - a) Demonstrate the proper methods of launching and landing a boat at a dock and shoreline. Demonstrate starting and stopping a motor if applicable. _____
 - b) Correctly rig and de-rig your vessel. _____
6.
 - a) Understand the basic concepts that affect boat stability. _____
 - b) Demonstrate stability of the boat by vigorously rocking it for 30 seconds. _____

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7. a) Demonstrate safe entry and exit from craft and changing of positions in a safe manner.
- b) Demonstrate how to right a capsized boat.
(If applicable)
- c) Know how to tie and what the following knots are used for :
- Reef
 - Figure 8
 - Round turn and two half hitches
 - Bowline
 - Rolling hitch
 - Sheetbend
- d) Properly secure the vessel to a dock by the bow, or/and by the bow and stern, using any extra lines required for weather conditions
8. With adult guidance, demonstrate the following :
- a) Maneuver your boat to and from a dock, mooring and a beach.
- b) Sail a boat on both tacks.
- c) Sail a beam reach on both tacks.
- d) Sail a run on both tacks without gybing.
- e) Demonstrate how tack and gybe in both directions.
9. a) Knowledge of Scouts Canada's watercraft regulations (as per B.P. and P.)
- b) Creation and use of a Float Plan.
- c) Knowledge of the potential dangerous waters in your area.
