



**Youth Sailing @
Chasewater**

Youth Sailing Scheme Stage 1

SAILOR NAME:

DATE COMPLETED:	date/ Int
LOG BOOK SIGNED:	
CERTIFICATE ISSUED:	

Rigging	date/Int	Clothing and Equipment	date/Int
Can assist with rigging a boat		Can put on personal buoyancy correctly	
Launching and recovery		Is confident in the water wearing personal buoyancy	
Can launch a dinghy and get under way with instruction		Capsize recovery	
Can secure boat to a trolley		Understands the importance of staying with the boat	
Can assist with recovery and stowage of dinghy and gear		Sailing Background	
Ropework		Can name basic parts of a boat (I.e. hull, mast, rudder, tiller, centreboard, sheets etc)	
Can tie a figure of eight and cleat to a halyard		Understands what action to take to help those in distress	
Sailing techniques & manoeuvres		Understands local hazards	
Can be a responsive crew under instruction		Understands how to prepare for a tow	
Can steer when sailing and being towed		Clothing and equipment	
Can steer on a reach and go about reach to reach		Understands personal safety and knows what to wear for sailing (including head and footwear)	
understands the effect of basic boat controls		Meteorology	
Understands the basic principles of stopping, controlling speed and getting out of irons		Has knowledge of wind direction	
Can paddle or row (with sprit, paddle or oars)			
Can call for assistance			