



Sailing Stage 1 Assessment



- I can assist with the launch and recovery of a sailing dinghy
- I know about the Buddy system
- I know the importance of a Personal Flotation Device.
- I know the correct clothing to wear when sailing.
- I can take the helm and steer a reasonably straight course.
- I know I cannot go afloat if the wind is greater than force 4.
- I can point out the bow, stern, port and starboard of a boat.
- I know how to contact the emergency services.
- I know why it is important to stay with a capsized boat.
- I know why I should follow directions from an instructor.
- I can show the limits of where I may go each time I go afloat for sailing.
- I know basic Sailing Theory.
- I have taken part in two half-day sailing exercises consisting of a minimum of two hours afloat.