



Sailing Stage 2 Assessment



- I can assist with the rigging and de-rigging of a vessel.
- I can explain what impact I may have on local vegetation when launching and retrieving a sailing dinghy.
- I have discussed “Weils disease” and the precautions necessary to take part in open water activities.
- I can put on my own personal floatation device properly.
- I know why I should wear suitable footwear.
- I know basic sailing skills including what to do in the event of a capsize.
- I know Sailing theory.
- I can make a recognised distress signal and raise the alarm if I see somebody in difficulty on the water.
- I know what hypothermia is.
- I know basic collision avoidance.
- I can conduct myself in a careful and safe way in a boat and around the water.
- I can get a weather forecast.
- I can tie the following knots; Round-turn and two-and-half-hitches, Figure-eight, Bowline.
- I have taken part in at least four half-day sailing activities consisting of a minimum of two hours afloat.