



## Sailing Stage 3 Assessment



- I can assist with the rigging and de-rigging, launch and recover.
- I can put on my personal floatation device and adjust it properly.
- I know why wearing layers of clothing is a good idea.
- I know basic sailing techniques.
- I know the basics of sailing theory.
- I have taken part in a capsized drill.
- I can get into the dinghy from the water in a safe way.
- I know how to do CPR and place a victim in the recovery position.
- I know that I should follow the instructions of the person in charge of the boat.
- I understand the terms that are used in a maritime weather forecast.
- I have taken part in at least three full day sailing activities consisting of a minimum of four hours afloat.