

Small-Boat Sailing

Materials Required to Teach

- Sails/Boats
- PFD's
- Rope

Activities to be Completed:

2. Before doing the following requirements, successfully complete the BSA swimmer test.

4. (e) Prepare a typical float plan.

6. Following the BSA Safety Afloat plan, show that you and a buddy can sail a boat properly. Do the following:

- (a) Prepare a boat for sailing, including a safety inspection.
- (b) Get underway from a dock, mooring, or beach.
- (c) Properly set sails for a round-trip course approved by your counselor that will include running, beating, and reaching-the basic points of sail. While sailing, demonstrate good helmsmanship skills.
- (d) Change direction by tacking; change direction by jibing.
- (e) Demonstrate getting out of irons.
- (f) Demonstrate the safety position.
- (g) Demonstrate capsize procedures and the rescue of a person overboard.**
- (h) Demonstrate the procedure to take after running aground.
- (i) Accept a single line or side tow and maneuver the craft being towed safely for 20 boat lengths.

- (j) Upon returning to the dock, mooring, or beach, properly secure all equipment, furl or stow sails, and prepare the craft for unattended docking or beaching overnight or longer.

7. Demonstrate a working knowledge of marlinespike seamanship. Do the following:

- (a) Show how to tie a square (reef) knot, clove hitch, two half hitches, bowline, cleat hitch, and figure-eight knot. Demonstrate the use of each.
- (b) Show how to heave a line, coil a line, and fake down a line.

All Requirements:

1. Do the following:

- (a) Explain to your counselor the most likely hazards you may encounter while participating in small-boat activities, and what you should do to anticipate, help prevent, mitigate, and respond to these hazards.
- (b) Review prevention, symptoms, and first-aid treatment for the following injuries or illnesses that can occur while canoeing: blisters, cold-water shock and hypothermia, dehydration, heat-related illnesses, sunburn, sprains, and strains.
- (c) Discuss the BSA Safety Afloat policy. Tell how it applies to small-boat activities.

2. Before doing the following requirements, successfully complete the BSA swimmer test.

3. Describe the boat you will be using for the sailing requirement, naming all of the major parts and the function of those parts.*

4. Before going afloat, do the following:

- (a) Discuss the nine points of the BSA Safety Afloat plan.
- (b) Explain the rules of the road in general and any specific rules or laws that apply to your area or state.
- (c) Explain how water conditions, the hazards of weather, and heavy winds can affect both safety and performance in sailing.

- (d) Discuss the warning signs of inclement weather and what to do should heavy winds develop or a storm approach.
- (e) Prepare a typical float plan.
- (f) Discuss the proper clothing, footwear, and personal gear required for small-boat sailing in warm weather and in cool weather. Explain how choosing the proper clothing, footwear, and personal gear will help keep you comfortable and safe while sailing.

5. Discuss with your counselor how to identify the wind direction and wind indicators. Explain the importance of this task before setting sail.

6. Following the BSA Safety Afloat plan, show that you and a buddy can sail a boat properly. Do the following:

- (a) Prepare a boat for sailing, including a safety inspection.
- (b) Get underway from a dock, mooring, or beach.
- (c) Properly set sails for a round-trip course approved by your counselor that will include running, beating, and reaching-the basic points of sail. While sailing, demonstrate good helmsmanship skills.
- (d) Change direction by tacking; change direction by jibing.
- (e) Demonstrate getting out of irons.
- (f) Demonstrate the safety position.
- (g) Demonstrate capsize procedures and the rescue of a person overboard.**
- (h) Demonstrate the procedure to take after running aground.
- (i) Accept a single line or side tow and maneuver the craft being towed safely for 20 boat lengths.
- (j) Upon returning to the dock, mooring, or beach, properly secure all equipment, furl or stow sails, and prepare the craft for unattended docking or beaching overnight or longer.

7. Demonstrate a working knowledge of marlinespike seamanship. Do the following:
- (a) Show how to tie a square (reef) knot, clove hitch, two half hitches, bowline, cleat hitch, and figure-eight knot. Demonstrate the use of each.
 - (b) Show how to heave a line, coil a line, and fake down a line.
 - (c) Discuss the kinds of lines used on sailboats and the types of fibers used in their manufacture. Explain the advantages and disadvantages of each.
8. Describe how you would care for and maintain a sailboat and its gear throughout the year.
9. With your counselor, review sailing terminology and the points of sail. Discuss various types of sailboats in use today and explain their differences.

Syllabus

Day 1 :

1. Do the following:
- (a) Explain to your counselor the most likely hazards you may encounter while participating in small-boat activities, and what you should do to anticipate, help prevent, mitigate, and respond to these hazards.
 - (b) Review prevention, symptoms, and first-aid treatment for the following injuries or illnesses that can occur while canoeing: blisters, cold-water shock and hypothermia, dehydration, heat-related illnesses, sunburn, sprains, and strains.
 - (c) Discuss the BSA Safety Afloat policy. Tell how it applies to small-boat activities.

4a BSA safety afloat (PDQBEPSS) and discuss each points application to small boat sailing and the Ashaway aquatics center

2 Collect Swimmer Tags. If a scout does not have one, they must complete the swim test before continuing on in the class as per BSA policy

3. Describe the boat you will be using for the sailing requirement, naming all of the major parts and the function of those parts.*

4(b) Explain the rules of the road in general and any specific rules or laws that apply to your area or state.

4(f) Discuss the proper clothing, footwear, and personal gear required for small-boat sailing in warm weather and in cool weather. Explain how choosing the proper clothing, footwear, and personal gear will help keep you comfortable and safe while sailing.

5. Discuss with your counselor how to identify the wind direction and wind indicators. Explain the importance of this task before setting sail.

9. With your counselor, review sailing terminology and the points of sail. Discuss various types of sailboats in use today and explain their differences.

discuss with the scouts every day on how this can be applied.

if time permits, see if they can start to head out onto the water/at least set up the boat from the dock on the first day with instructor assistance. Remind them that every day after that, A guard will supervise, but they should try to become confident with the boat and its rigging process. (30min)

Day 2:

6(f) Demonstrate the safety position.

6(g) Demonstrate capsize procedures and the rescue of a person overboard.**

6(h) Demonstrate the procedure to take after running aground.

Each scout should take at least 1 to 2 minutes for adequate demonstration for each req (15 to 30min depending on group size).

Each scout should get a sail and a boat, and any buddy group paired with an instructor should be switched to only a scout-on-scout pair of two.

6(a) Prepare a boat for sailing, including a safety inspection.

6(b) Get underway from a dock, mooring, or beach.

6(c) Properly set sails for a round-trip course approved by your counselor that will include running, beating, and reaching-the basic points of sail. While sailing, demonstrate good helmsmanship skills.

6(d) Change direction by tacking; change direction by jibing.

6(e) Demonstrate getting out of irons.

The instructor should keep an eye out for any students who are struggling with the different helmsman ship skills (tacking, Jibing, Beating, and reaching). This should take the rest of the second class.

Day 3.

7. Demonstrate a working knowledge of marlinespike seamanship. Do the following:

- (a) Show how to tie a square (reef) knot, clove hitch, two half hitches, bowline, cleat hitch, and figure-eight knot. Demonstrate the use of each.
- (b) Show how to heave a line, coil a line, and fake down a line.
- (c) Discuss the kinds of lines used on sailboats and the types of fibers used in their manufacture. Explain the advantages and disadvantages of each.

Discuss how splicing works.

8. Describe how you would care for and maintain a sailboat and its gear throughout the year.

Relate this to Ashaway's boats, saltwater v freshwater maintenance, and the importance of antifouling.

9. discuss points of sail again (10min)

Use the rest of the time for scouts to sail and be proficient on req 6.

Day 4

4(c) Explain how water conditions, the hazards of weather, and heavy winds can affect both safety and performance in sailing.

4(d) Discuss the warning signs of inclement weather and what to do should heavy winds develop or a storm approach.

4E, Split the class into two+ groups and have them come up with fictional float plans and share them with the class (10 min prep, 10min share)

Sail the rest of class, and ensure that students are completing the course usually allowing for 1hr max.

6(i) Accept a single line or side tow and maneuver the craft being towed safely for 20 boat lengths.

Use the Charlie Brown to tow two boats at a time for a length of 20 boats (20x9ft=180 ft).

40 min max. Please ensure that the Charlie Brown has over 1/2 tank of gas for this req.