



## LEVEL 2 - SAILING



Under the supervision of a suitably qualified person:

<b>1</b>	List or state the rules for water safety and safe sailing.	
<b>2</b>	Swim 50 metres in shorts, shirt and shoes and then tread water for five minutes..	
<b>3</b>	Demonstrate how to fit and wear an approved personal flotation device (PFD). Show how the correct way to swim/float while wearing a PFD.	
<b>4</b>	Name the parts of a dinghy and explain their function.	
<b>5</b>	Show how to rig and de-rig a dinghy.	
<b>6</b>	Name three types of sailboats and explain their function.	
<b>7</b>	Explain the basic rules of sailing.	
<b>8</b>	Explain how to find information relating to the expected weather and water conditions in the area where you go canoeing. Describe the effect of adverse weather conditions on canoeing.	
<b>9</b>	Explain what the effect of wind direction and speed has on sailing.	
<b>10</b>	Demonstrate how to sail a triangular course using tacking, jibing, reaching and running square.	
<b>11</b>	Have the regular use of a dinghy and keep a record of the times and conditions that you sailed in a six month period.	

**EXAMINER:**

**DATE COMPLETED:**

<b>CUBS TESTED</b>			