



LEVEL 1 - SAILING



Under the supervision of a suitably qualified person:

1	Explain the basic safety rules for sailing.	
2	Swim 50 metres.	
3	Demonstrate how to fit and wear a personal flotation device. (PFD).	
4	Name the parts of a sailing dinghy.	
5	Explain how to rig and de-rig a sailing dinghy.	
6	Assist in rigging a sailing dinghy, sail a short course and show that you can safely control the dinghy.	

EXAMINER:

DATE COMPLETED:

CUBS TESTED			