



# Sailing Stage 1 Activity Badge

**You can complete most of these steps without actually being on the water, although it's best to complete them as part of a sailing activity.**

**Please take this piece of paper to your instructor and ask them to sign the bottom form.**

## How to earn your badge

Choose one of the following options:

1. Complete the following badge requirements:
  - a. Identify different types of sailing crafts.
  - b. Name three places you could safely go sailing.
  - c. Take part in a warm-up activity to prepare you for a sailing activity. You could try tacking and gybing, hiking out or syncro-jump to cross the boat together in a tack or gybe.
  - d. Dress appropriately for a sailing activity. Show you know the importance of buoyancy aids and how to put one on correctly.
  - e. Take part in a taster session that covers:
    - Naming equipment used and the parts of the boat.
    - Getting into and out of a boat safely.
    - Balancing a boat.
    - Manoeuvring your boat in different directions, including moving forward.
  
2. Complete the RYA Youth Sailing Scheme Stage 1.

More details about this scheme can be found on the [RYA website](#).

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**On behalf of 1<sup>st</sup> Locks Heath Scouts, please could you fill out the form below to help the young person presenting it to gain their badge.**

**Many thanks**

**I hereby certify that \_\_\_\_\_ has carried out the requirements of the Scout Association's Sailing Stage 1 badge (as detailed above) In my presence.**

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Print:** \_\_\_\_\_

**Capacity:** \_\_\_\_\_ **(e.g., Teacher, Leader etc.)**

**Body or Organisation:** \_\_\_\_\_

\_\_\_\_\_ **(e.g., School, Club etc.)**