

Adventure Skills

Adventure Skills Requirements

Short Version - levels 1 - 5





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Poster Handbook'

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Introduction

This handbook presents the Adventure Skills.

There are nine different Adventure Skills and they cover the following areas – Camping, Backwoods, Pioneering, Hillwalking, Emergencies, Air Activities, Paddling, Rowing and Sailing.

The Adventure Skills present many opportunities for Scouting adventures and activities. As you progress through each stage you will become more expert, and can pass on your skills to other Scouts as they too learn about Scouting.

The Adventure Skills Stage Badges show that you have achieved a specific level of knowledge and ability in an Adventure Skill. Therefore, you must be able to carry out the skill safely and properly and have the knowledge required.

When you are seeking to fulfill a requirement your Scouter will be checking out your skills. It is important to understand that the requirements are specific. It is not about 'doing your best effort' helping someone else or undertaking perhaps 60% of the work, this is not sufficient to fulfill the requirement.

Your Scouter will support you in planning, tracking progress and focusing on improving your skill and expertise.



The Adventure Skills are presented in a series of nine stages. Each stage is progressive and as you complete each stage you will take on new adventures and improve your skills. Everyone starts at the first stage, no matter what Section you are a member of. If, for example, you are new to Scouting as a Venture Scout you still have to start at Stage 1 and work your way up.

To earn an Adventure Skill all you have to do is take part in your Scouting programme. During your many adventures you will learn many new skills. After a while you will have enough knowledge to be able to fulfill some of the requirements for an adventure skill. It is not possible to “study” for an Adventure Skill. Knowledge gained from reading must be supported by real and practical experience in the selected Adventure Skill. So, the earning of an Adventure Skill Stage Badge is a gradual thing, in fact you may have the knowledge to fulfill various requirements from a number of badges at any one time. Usually, the practical element of the Stage badge will take a little longer to earn.

The Adventure Skills requirements have been designed to be the same as those of outside bodies in the relevant skills areas. This means that progress in the Adventure Skills will also mean you will gain the knowledge necessary to attain an equivalent outside qualification e.g. from Mountaineering Ireland, Irish Canoe Union, Irish Sailing Association, etc.

You can also plan your progression in an Adventure Skill so as to meet the requirement of acquiring or improving on a skill contained in the Chief Scout Award, President’s Award and Duke of Edinburgh Award.

When you are planning your programme, the various Adventure Skills should be kept in mind and examined. It will be possible to add into your programme many elements to help you to fulfill a Stage badge.

Wearing Badges

You wear the highest Stage you have earned. You will start off with your Stage 1 Badge and when you have earned the Stage 2 Badge you replace the Stage 1 Badge. You may have a number of Stage Badges of different levels displayed on your arm.



Beaver Badges

PERSONAL JOURNEY



ADVENTURE SKILLS

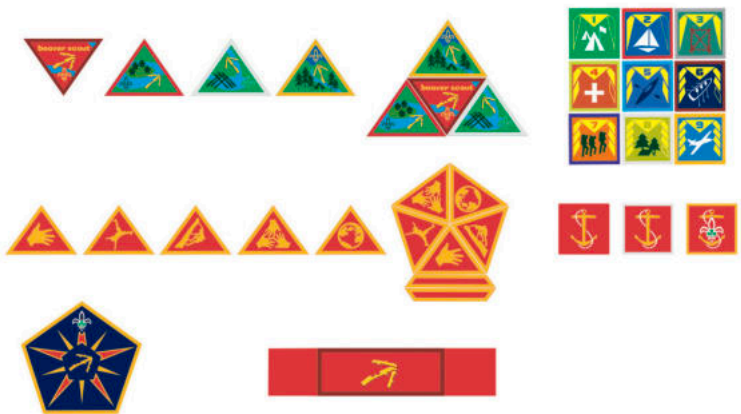


NAUTICAL



SPECIAL INTEREST





beaver scouts

Cub Scout Badges

PERSONAL JOURNEY



ADVENTURE SKILLS



NAUTICAL



SPECIAL INTEREST





CUB SCOUTS

Scout Badges

PERSONAL JOURNEY



ADVENTURE SKILLS



NAUTICAL



SPECIAL INTEREST





SCOUTS

Venture Scout Badges

PERSONAL JOURNEY



ADVENTURE SKILLS



NAUTICAL



SPECIAL INTEREST





VENTURESCOUTS

Rover Scout Badges

**PERSONAL
JOURNEY**



**ADVENTURE
SKILLS**

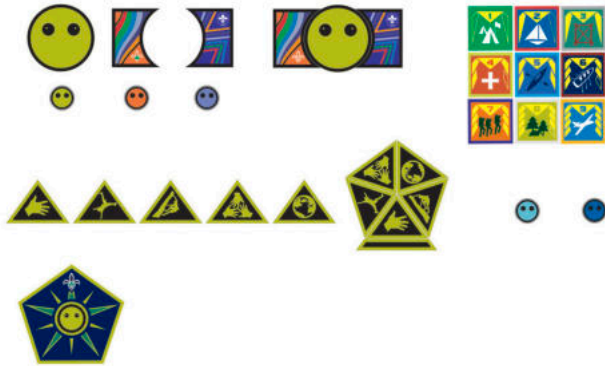


NAUTICAL



**SPECIAL
INTEREST**





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Camping



Stage 1

- I know the main personal gear to bring on camp.
- I know how to care for my personal camping gear.
- I know what clothes I should bring on camp.
- I know how to set out my sleeping area for a good night's sleep.
- I can collect small sticks suitable for fire-making.
- I know about the Buddy System.
- I can help pitch a tent.
- I can pack my rucksack for camp.
- I can keep my camping gear neat and tidy while on camp.
- I know the different emergency services that are available and how and when to call them
- I know the main parts of a tent.
- I have spent at least one night on camp.

Earned on

Stage 2

- I know about the food pyramid and can discuss it with a Scouter.
- I know about food hygiene.
- I can get a weather forecast.
- I can help prepare food for cooking on camp.
- I know how I would get help if someone is hurt.
- I know how to behave safely around fires.
- I can demonstrate my understanding of the fire triangle.
- I know how to be safe while cooking.
- I understand why I should follow directions from an instructor.
- I have spent at least two nights on camp (outside).

Earned on

Stage 3

- I know how to care for all my personal gear.
- I know about safe food storage.
- I can help make a hot drink using a fire.
- I can help clean up a fireplace after camp.
- I know how weather can affect our camp.
- I know why we bring certain gear on camp for our team.
- I can use camp tools safely on camp.
- I know how to clean and treat a small cut or scratch.
- I know the main principles of “Leave No Trace”.
- I can show a younger member of my team how to pitch a tent with the help of others.
- I can assist in the cooking of a meal while on camp.
- I can help others to learn about camping.
- I have spent at least two consecutive nights on camp.

Earned on

Stage 4

- I know what personal gear I should bring on a lightweight and standing camp.
- I can pack my rucksack properly for a lightweight camp.
- I know how to use our team gear correctly and safely.
- I know how to care for our team equipment during and in between camp.
- I know the best place to pitch our tent and I can explain why.
- I know how to use and store tools safely.
- I know what to do in the case of cuts and minor burns.
- I can be safe around fires and cooking equipment.
- I can be a constructive member of my team while on camp.
- I can assist in the pitching of a tent with my team.
- I have spent at least four nights on camp.

Earned on

Stage 5

- I know what you need for building shelters and bivvys.
- I can explain how you choose the best type of tent for a specific camp.
- I know how to store and cook food safely on camp.
- I know what team equipment to bring on various types of camps.
- I can plan a balanced menu with my team for a camping adventure.
- I can select suitable locations for a standing or lightweight camp.
- I can show the best layout for a team campsite.
- I can use at least two different types of cooking fires and stoves.
- I can give a weather report to our Scouter for the duration of our camp.
- I can show the best location on camp for a chopping pit.
- I can show a younger Scout how to pitch a tent.
- I know how to pitch and set tents correctly for bad weather conditions.
- I understand the importance of proper waste management on camp.
- I can light and maintain a cooking fire.
- I know how to cook a good balanced meal on a fire.
- I have spent at least five consecutive nights on camp.
- I have spent at least one night lightweight camping.

Earned on

Backwoods



Stage 1

- I know what kinds of clothes to wear when going out into nature.
- I know how to prepare food for cooking.
- I know what a basic survival kit should contain.
- I know how to behave safely around fires.
- I know how to use hand tools safely.
- I can build a simple shelter.
- I have participated in at least two backwoods activities.

Earned on

Stage 2

- I know how to cook some food using tin foil instead of pots and pans.
- I know the important things to remember when building a simple shelter using plastic sheeting.
- I know how to treat simple cuts and scratches in a hygienic way.
- I know how to set up a fireplace and assist in fire lighting.
- I can prepare and cook food properly in backwoods conditions.
- I know about food hygiene in the outdoors
- I can use hand tools correctly.
- I have attended at least an additional two backwoods activities.

Earned on

Stage 3

- I know how different weather conditions can affect a backwoods activity.
- I know how to get help when someone is in trouble.
- I know the main principles of “Leave No Trace”.
- I can build a shelter for up to six people.
- I can use camp tools safely on camp.
- I know about food storage.
- I can light a fire using natural tinder, fuzz sticks and matches.
- I can make a simple fish hook.
- I can prepare my own survival kit.
- I can teach another Scout about preparing a survival kit.
- I have attended at least an additional three backwoods activities.

Earned on

Stage 4

- I know what equipment I need to bring with me on a backwoods activity.
- I know how to set up a tarp bivvy shelter suitable for two people.
- I know how to prepare a fire place and light and maintain a fire using minimum resources.
- I can make simple containers using natural materials.
- I know how to treat cuts and minor burns.
- I can make camp bread such as twists and scones.
- I know about nature and what you are likely to see and experience as part of a backwoods activity.
- I can find directions by using star constellations and the sun/watch method.
- I have attended at least one backwoods based overnight activity.

Earned on

Stage 5

- I know how to use and care for tools (of all kinds) safely.
- I know how to build a backwoods shelter using natural materials and how to return this material to nature.
- I know how to cook a variety of foods using different backwoods methods.
- I know the safety considerations that are necessary before embarking on any activity or adventure.
- I can make a length of cordage using naturally found fibres.
- I can light a fire using flint and steel.
- I can make myself comfortable on an overnight backwoods adventure using available natural materials.
- I can carve a wooden spoon from a piece of wood.
- I have attended backwoods based activities lasting at least two nights.

Earned on

Pioneering



Stage 1

- I know what equipment is needed for making pioneering gadgets.
- I know how to build a gadget using elastic band techniques.
- I can be responsible for myself while we are pioneering.
- I know the different emergency services that are available and how and when to call them.
- I understand why I should follow directions from an instructor.
- I have built at least two simple pioneering gadgets.

Earned on

Stage 2

- I know how to get help if someone is hurt during a pioneering activity.
- I can tie the basic knots I need for pioneering.
- I can prepare ropes for use in pioneering.
- I can coil a rope.
- I can undertake tasks assigned to me while we are pioneering.
- I have made a knot board.
- I have built at least three simple pioneering gadgets using elastic band techniques.

Earned on

Stage 3

- I know what equipment I need for making various pioneering gadgets.
- I know how to treat basic cuts and scratches.
- I know about the safety precautions that are needed when pioneering.
- I know the main principles of 'Leave No Trace'.
- I have taught other Scouts how to tie some basic knots.
- I have built at least two gadgets using ropes and poles.

Earned on

Stage 4

- I know the correct use, care, and storage of the tools we use in pioneering.
- I know the different types of rope used in pioneering.
- I know how to take care of all kinds of rope.
- I know how to tie the knots necessary for building pioneering structures safely.
- I know the safety precautions to be observed for the safe lifting of pioneering spars.
- I can use guy ropes to make pioneering gadgets stable.
- I know the basic components of pioneering structures and how to make them.
- I can tie the main lashings necessary to make most pioneering gadgets.
- I can be responsible for myself while pioneering.
- I have built gadgets on camp and assisted my 'team' in building a tower or a bridge.

Earned on

Stage 5

- I know how to select suitable poles and spars for a pioneering project.
- I know how to treat cuts and sprains.
- I know what to do in case of an accident while pioneering and how to be safety conscious.

- I can help a younger Scout to build a pioneering gadget.
- I can set up a simple pulley system for lifting and tensioning ropes.
- I can coil, whip and splice a rope.
- I am aware of the building process/procedure while pioneering.
- I have taken part in the construction of at least two pioneering projects.

Earned on

Hillwalking



Stage 1

- I can pack my rucksack for a day hike.
- I know what to wear and what extras I need to bring on a hike.
- I know what food to bring on a hike.
- I know how to behave safely while hiking.
- I can read a simple map.
- I can point out and name the main features of a map.
- I can be responsible for myself while we are hiking.
- I can recognise the main distress signals.
- I know about the Buddy system.
- I understand why I should follow directions from an instructor.
- I have attended at least two hikes.

Earned on

Stage 2

- I know what gear I need depending on the weather.
- I know why you bring certain foods and drinks on hikes.
- I can point out the main parts of the compass.
- I know how to get help if someone is hurt.
- I can point out the different symbols and colours on a map and I know what they mean.
- I can be responsible member of my team while we are hiking.
- I can get a weather forecast.
- I have attended at least three hikes.

Earned on

Stage 3

- I know how to treat simple cuts and scratches.
- I know why you bring certain clothing on hikes.
- I know the main principles of “Leave No Trace”.
- I know how to cross boggy ground.
- I know how and when to use the main distress signals.
- I can use a compass to find direction.
- I can point out the features of a map.
- I can be responsible for myself and aware of my surroundings while hiking.
- I can follow a route on an orienteering map.
- I have attended at least three hiking activities and been on the top of a mountain.

Earned on

Stage 4

- I know how to pack a rucksack for weekend hikes.
- I can care for all my personal hiking equipment.
- I know what team equipment to bring and why.
- I know how to treat simple sprains and blisters.
- I know the different emergency services that are available and how and when to call them.
- I can follow our route on a map and find the main points using a compass.
- I can be responsible for younger members of my team while we are hiking.
- I have led a leg of a hike.
- I have attended three hikes including an overnight.

Earned on

Stage 5

- I know the potential dangers of weather on hikes.
- I know how to pack a rucksack for a hillwalking expedition.
- I know when to cross a river and some different methods for crossing.
- I know all about the “Leave No Trace” principles.
- I know the main principles of navigating using a map and compass.
- I can complete and use a route card.
- I can be an active member of my team while hiking.
- I have taken part in three hikes.
- I have taken part in a two night hike in the mountains, based out of one campsite.
- I have written a log for at least two of these activities.

Earned on

Emergencies



Stage 1

- I know what should be in my personal First Aid kit.
- I know the basic rules of First Aid.
- I know the different emergency services that are available and how and when to call them.
- I know how to use the “Buddy” system.
- I know how to treat minor cuts.
- I can get help and make a report properly if someone is hurt.
- I can be responsible for my own health and safety.

Earned on

Stage 2

- I have made my own First Aid kit and I know how and when to use it.
- I know how and when to place someone into the recovery (safe airway) position.
- I know the importance of providing shelter and insulation.
- I know how to use a Scout neckerchief as a makeshift bandage in an emergency.
- I understand why I should follow directions from an instructor.
- I know how to keep myself safe in an emergency.
- I can direct help/rescue services to a location.

Earned on

Stage 3

- I know how to deal with a bleeding injury and nose bleeds.
- I know how to treat minor burns and sunburn.
- I know the international distress signal and when to use it.
- I can treat bee stings and nettle stings.
- I know how to check for the A B C of basic First Aid.
- I know how to use CPR.
- I can assess an emergency situation quickly, and summon help.

- I know how to create an escape plan for a building or activity location in case of fire.
- I know the international distress signal and when to use it.
- I know how to care for an injured person until help arrives.

Earned on

Stage 4

- I know what should be in our Team First Aid Kit, and know how to use it correctly.
- I know how to move an injured person safely to shelter if appropriate or necessary.
- I know how to apply bandages for different types of injury.
- I know how to check if someone is choking and how to help them.
- I know how to clean dirt from an eye.
- I know how to recognise sprains, strains and fractures.
- I know how to deal with blisters.
- I know what actions to take with suspected poisoning.
- I can use various means to show the location of an accident to rescue services.
- I know how to build a stretcher from improvised materials.

Earned on

Stage 5

- I know how to treat an eye injury.
- I know what to do and what not to do in the case of emergencies.
- I have acted as a Team First Aider on at least one activity.
- I know how to take care of and reassure a casualty.
- I know how to recognise and assist someone suffering from the effects of asthma, epilepsy and diabetes.
- I know how to deal with an accident in open countryside and how to summon help.
- I know how to treat a serious bleeding injury.
- I know how to escape to safety from various emergency situations.
- I know how and when to use flares and other long-distance signalling devices.

Earned on

Air Activities



Stage 1

- I can name all the things that I know can fly.
- I can show pictures of and be able to talk about different types of flying machines.
- I can build a paper airplane from an A4 sheet that will fly, climb and turn.
- I can discuss the features of an airport from a model or picture (Runway, Terminal, Control Tower).
- I know how to be safe around aircraft.
- I have visited an airport.

Earned on

Stage 2

- I can make a small parachute using a piece of light material and string.
- I can show my Scouter the five main parts of an airplane (Cabin, Wing, Tail, Wheels, Engine).
- I can launch a number of parachutes from a stand and see which parachute falls the slowest.
- I can discuss with my Scouter how the wind affects a parachute.
- I know what you should do if somebody gets hurt.
- I know the safe way to be on an airport and can discuss this with my Scouter.
- I can build a kite and fly it.
- I know where it would be safe to fly a kite.

Earned on

Stage 3

- I know the difference between airside and landside.
- I can discuss the first flight by the Wright Bros.
- I know the main parts of an airplane.
- I know the rules of safety around an airplane.
- I can discuss why communication is important to aircraft.
- I know the phonetic alphabet.
- I can name the planets in our Solar System.
- I know the main points of 'Leave no Trace and why it's important at airports.
- I have built a scale model aircraft to a satisfactory standard from a plastic kit and can explain its features and history.
- I can discuss with my Scouter Hot Air balloons how hot air balloons work and how they are controlled.

Earned on

Stage 4

- I know the rules relating to airfields.
- I understand how a wing derives lift.
- I can discuss with my Scouter - Lift, Drag, Gravity and Thrust .
- I know the control surfaces of an aircraft.
- Using a model, I can explain how an airplane climbs, dives and turns.
- I can explain the causes of stalling.
- I know the logos of the various airlines.
- I can build a model hot air balloon.
- I have produced a project based on the Moon Landings.
- I have taken part in a Water Rocket Launch.

Earned on

Stage 5

- I understand what FOD is.
- I know how to approach an aircraft.
- I know the signs that an aircraft is about to start an engine.
- I know where the safe jet blast zones are on an aircraft.
- I know how to identify different aircraft types from their features.
- I understand how weather affects air activities.
- I can show a younger Scout how control surfaces work.
- I can build a scale model aircraft to a satisfactory standard from paper and balsa wood.
- Using a computer simulator, or other method, I can identify some aircraft instruments.
- Using a computer simulator, or other method, I can show how to take off and fly through various weather conditions and land safely.
- I can discuss with my Scouter how the Earth's atmosphere affects air travel.
- I can build and launch a Water Rocket.
- I have taken part in at least two air activities.

Earned on

Paddling



Stage 1

- I have discussed what a wet suit does.
- I know what a Buoyancy Aid and Life Jacket are for.
- I can show where the bow and stern are in a kayak or boat.
- I understand why I should follow directions from an instructor.
- I can show the limits of where I may go each time I go afloat for paddling.
- I know about the 'Buddy' system.
- I know why I should care for my wet suit, buoyancy aid and 'cag' after use.
- I know not to go afloat if the wind is greater than Force 3.
- I know how to contact the emergency services.
- I have taken part in a short exercise afloat.

Earned on

Stage 2

- I can explain what special clothing is to be worn while taking part in a water based activity.
- I can put on my own personal flotation device properly.
- Before I launch my boat, I can show where and when I am allowed to go.
- I have discussed 'Weil's' disease (Leptospirosis) and the precautions necessary to take in open water activities.
- I have drawn a poster demonstrating the safety rules for swimming.
- I have taken part in an activity on safe enclosed waters involving paddling a Canadian Canoe.
- I have discussed the appropriate action I should take in the case of a capsized.
- I have explained what impact I can have on local vegetation when launching and retrieving a boat.

- I know how to raise the alarm if I see somebody in difficulty on the water.
- I know what hypothermia is.
- I have taken part in an at least two activities afloat.

Earned on

Stage 3

- I can explain the importance of wearing the right clothing and gear while afloat.
- I can show how to test a raft for secure construction.
- I know how to do CPR and place a victim in the recovery position.
- I know how to make use of a paddle while on a raft.
- I know what to do in the case of a capsize/ or raft breakup and the procedures to follow.
- I know how to tie and when to use the following knots; Round-turn-and-two-half-hitches, Figure-eight, Bowline, Reef Knot, Clove Hitch.
- I can tie a square lashing.
- I know how and where to get the latest weather forecast for the area I will be paddling in.
- I can make a recognised distress signal.
- I know that I should follow the instructions of the person in charge of the boat.
- I have taken part in making a simple raft for four people.

Earned on

Stage 4

- I can explain why wearing the correct outer wear is important.
- I can assist in the launch and recovery of a raft.
- I know the safety precautions required for water based activities.
- I know the main points of 'Leave No Trace'.
- I can work as part of a team to paddle a raft on a triangular course .

- I can tie the following- Round turn and two half hitches, Figure of eight, Bowline.
- I can demonstrate how to whip a ropes end and then show how to coil the rope.
- I know the Beaufort wind scale up to Force 6.
- I can demonstrate throwing a Throw Line to a casualty, preparing the rope for the throw and instructing the casualty to use the rope. Heave the casualty to shore. This can be demonstrated in open water or a swimming pool.
- I have taken part in and logged at least four rafting activities.
- I have taken part in three activities on safe enclosed waters involving paddling a Canadian Canoe.

Earned on

Stage 5

A Scout seeking this award must be at least 10 years of age and be of a physical size that enables them to kayak.

- I know the difference between winter and summer kayaking.
- I can demonstrate an understanding of the basic safety rules of kayaking.
- I can demonstrate my ability to enter and exit a kayak correctly.
- I can demonstrate forward paddle, reverse paddle, and stop.
- I can show my ability to turn while stationary using forward sweep stroke, reverse sweep stroke and a combination of forward and reverse sweep strokes.
- I can demonstrate correctly and confidently the capsize drill.
- I can demonstrate how to take part in a kayak raft-up and explain its uses.
- I can demonstrate forward and reverse paddling in a kayak.
- I can demonstrate stopping in a kayak.
- I can demonstrate forward and reverse sweep stroke in a kayak.

Earned on

Rowing



Stage 1

- I can assist in the launching of a small punt.
- I know about the buddy system.
- I know the importance of a Personal Flotation Device.
- I know the correct clothing to wear when going afloat.
- I can row a small punt.
- I can point out the bow, stern, transom, port and starboard of a boat.
- I know how to contact the emergency services.
- I know why it is important to stay with a capsized boat.
- I know why I should follow directions from my instructor.
- I know not go afloat if the wind is greater than Force 4.
- I can show the limits of where I may go each time I go afloat.
- I have taken part in two half-day exercises afloat consisting of at minimum of two hours afloat.

Earned on

Stage 2

- I can assist in the launch and recovery of a small punt.
- I can explain what impact I may have on local vegetation when launching and retrieving a punt.
- I have discussed “Weil’s disease” and the precautions necessary to take part in open water activities.
- I can put on my own Personal Flotation Device and adjust it properly.
- I know why I should wear suitable footwear.
- I can make a recognised distress signal.
- I know how to raise the alarm if I see somebody in difficulty on the water.
- I know what hypothermia is.

- I know that I should keep clear of channels and fairways.
- I can get a weather forecast.
- I can tie the following knots; round-turn-and-two-half-hitches, figure of eight, bowline.
- I have taken part in four half-day exercises afloat consisting of a minimum of two hours afloat.

Earned on

Stage 3

- I can take a leading part in the launch and recovery of a small rowing punt.
- I know why wearing layers of clothing is a good idea.
- I can embark, manoeuvre and disembark from a rowing punt safely.
- I can point out the main parts of a boat.
- I can use a small anchor from a punt.
- I can get into the water from a punt in a safe way.
- I can help to right a capsized rowing punt.
- I know how to do CPR and place the casualty in the recovery position.
- I know that I should follow the instructions of the person in charge of the boat.
- I understand the terms used in a maritime weather forecast.
- I have taken part in three full day exercises afloat consisting of a minimum of 4 hours afloat.

Earned on

Stage 4

- I can assist in the launch and recovery of a rowing boat.
- I know the main principles of "Leave No Trace".
- I know that there are different types of Personal Flotation Device and know when and where each should be used.
- I can explain why wearing the correct outerwear is important.
- I can demonstrate how to manoeuvre a boat as a member of the crew in a rowing boat.

- I can pick up a mooring from a punt.
- I can help another person safely into a punt from the water.
- I can coil a line and heave it to a casualty to affect a simulated rescue.
- I know the safety precautions required for water based activities.
- I know the Beaufort wind scale up to Force 6.
- I can describe how often high and low tides take place, and the implications these might have when going afloat.
- I know that where I may go boating may change in different conditions.
- I have taken part in six full-day exercises afloat consisting of a minimum of 4 hours afloat.

Earned on

Stage 5

- I know the standard rowing commands used in my group and can use them to helm a rowing boat on a straight course.
- I can take a leading role in mooring and unmooring a rowing boat.
- I can assist in the anchoring of a rowing boat.
- I can identify and name the main parts of common anchor types.
- I know why it is important to have some training in first aid and can show how to care for someone who is very cold.
- I know the parts of the International Regulations for the Prevention of Collisions at Sea which apply to my boat and local boating waters.
- I can obtain a weather forecast and know how the information might affect planned activities afloat.
- I know how currents and the ebb and flow of the tide affect my local boating waters.
- I know how to use Channel 16 on marine VHF and have an understanding of the use of distress flares.
- I have taken part in six full-day exercises afloat.
- I have taken part in one expedition afloat.

Earned on

Sailing



Stage 1

- I can assist with the launch and recovery of a sailing dinghy.
- I know about the Buddy system.
- I know the importance of a personal floatation device.
- I know the correct clothing to wear when sailing.
- I can take the helm and steer a reasonably straight course.
- I know I cannot go afloat if the wind is greater than Force 4.
- I can point out the bow, stern, port and starboard of a boat.
- I know how to contact the emergency services.
- I know why it is important to stay with a capsized boat.
- I understand why I should follow directions from an instructor.
- I can show the limits of where I may go each time I go afloat for sailing.
- I know basic Sailing Theory.
- I have taken part in two half-day sailing exercises consisting of a minimum of two hours afloat.

Earned on

Stage 2

- I can assist with the rigging and de-rigging of a vessel.
- I can explain what impact I may have on local vegetation when launching and retrieving a sailing dinghy.
- I have discussed “Weil’s disease” and the precautions necessary to take part in open water activities.
- I can put on my own personal floatation device properly.
- I know why I should wear suitable footwear.
- I know basic sailing skills including what to do in the event of a capsize.
- I know Sailing theory.
- I can make a recognised distress signal and raise the alarm if I see somebody in difficulty on the water.
- I know what hypothermia is.
- I know basic collision avoidance.
- I can conduct myself in a careful and safe way in a boat and around water.
- I can get a weather forecast.

- I can tie the following knots; Round-turn-and-two-half-hitches, Figure-eight, Bowline.
- I have taken part in at least four half-day sailing activities consisting of a minimum of two hours afloat.

Earned on

Stage 3

- I can assist with 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.

Earned on

Stage 4

- I can assist in launching, rigging and recovering a small sailing dinghy.
- I know the main principles of "Leave No Trace."
- I know that there are different types of Personal Flotation Device and know when and where each should be used.
- I can explain why wearing the correct outerwear is important.
- I can paddle or row a boat in a straight line.
- I can demonstrate all points of sailing with assistance as both crew and helm.
- I can help another person safely into a sailing dinghy from the water.

- I can coil a line and heave it to a casualty to affect a simulated rescue.
- I know the safety precautions required for water based activities.
- I can describe the implications of offshore and onshore winds, high winds and no winds when sailing.
- I can describe how often high and low tides take place, and the implications these might when going afloat
- I know that where I may go boating may change in different conditions.
- I have taken part in six full-day exercises afloat.

Earned on

Stage 5

- I can rig and equip a sailing boat for safe use in a variety of weather conditions.
- I can demonstrate how to manoeuvre a sailing boat as a member of the crew.
- I know the five essentials and can apply them to all points of sailing
- I can take a leading role in mooring and unmooring a sailing boat including sailing on and off the mooring.
- I can assist in the anchoring of a sailing boat.
- I can identify and name the main parts of common anchor types.
- I know why it is important to have some training in first aid and can show how to care for someone who is very cold.
- I know the parts of the International Regulations for the Prevention of Collisions at Sea that apply to my boat and local boating waters.
- I can obtain a weather forecast and know how the information might affect planned activities afloat.
- I know how currents and the ebb and flow of the tide affect my local boating waters.
- I know how to use Channel 16 on marine VHF and have an understanding of the use of distress flares.
- I have taken part in six full-day exercises afloat
- I have taken part in one expedition afloat.

Earned on

