



SAILING SKILLS

Competencies

- 1.1 I can explain the risks of cold water.
- 1.2 I can explain what a Personal Flotation Device (PFD) is for.
- 1.3 I can put on my PFD and know how it should fit.
- 1.4 I can show how to avoid sunburns.
- 1.5 I can show how to contact emergency services.
- 1.6 I can show where the bow and stern are in a sailboat.
- 1.7 I can jump into chest-deep water wearing my PFD.
- 1.8 I can blow bubbles in the water for ten seconds.
- 1.9 I can explain and have demonstrated how to behave safely in my sailboat.
- 1.10 I have taken part in a short sailing adventure of at least one hour.
- 1.11 I have participated in a fun physical fitness program designed for sailing.

