

ROWBOATING OFFROAD CYCLING OFFSHOOTING POT HOLLING POWERBOATING
AGLIDING PARASCENDING PONY TREKING ROWING SAILING SCRAMBLING SCUBA DIVING
H BALL QUAD BIKING RAFT BUILDING ROWING SAILING SCRAMBLING SCUBA DIVING
LLING SHOOTING SINGLE PITCH CLIMBING SKIING SNORKELLING SNOWBOARDING
REET SPORTS SUBAQUA SURFING SWIMMING WATERSKIING WHITE WATER RAFTING
RFING ZORBING ABSEILING AERIAL RUNWAY ARCHERY BALLOONING BANDS BOULDER



HUMBERSIDE SCOUTS

WATER ACTIVITY TEAM

SAILING SECTION



LEADER RESOURCE PACK



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Section 1.

Team Aims and Objectives (All weather dependant)

Aim

To provide a quality taster sailing experience relevant to their age group.

Objectives

Beaver Scouts.

Take part in a sailing activity helping to balance the boat, acting as crew members for an adult steering a sailing dinghy. The team will issue a certificate to each Beaver taking part.

Cub Scouts.

To complete stage 1 of the Sailing Staged Activity Badge. This will necessitate some preparatory tasks to be undertaken at the normal Cub Scout meeting prior to the day.

Scouts.

To complete stages 1 and 2 of the Sailing Staged Activity Badge. This will necessitate some preparatory tasks to be undertaken at the normal Scout meeting prior to the day.

Explorer Scouts.

To be agreed but no less than that of the scout sections objectives.

Section 2

Sailing Staged Activity Badge requirements Page1 of 2



Sailing Stage 1.

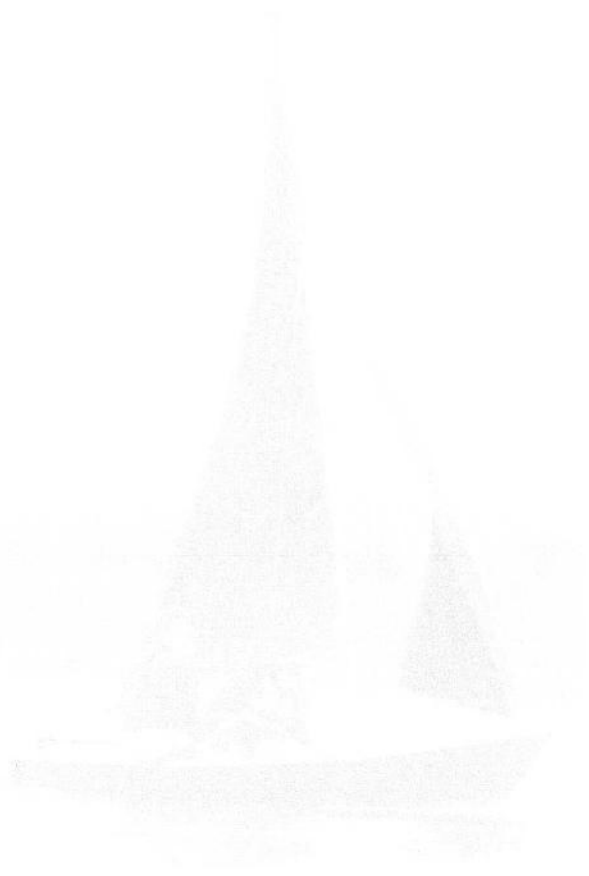
1. Identify different types of sailing craft.
2. Name three places you could safely go sailing
3. Take part in a warm up activity to prepare you for a sailing activity. You could try Tacking and Gybing, Hiking Out or Syncro-Jump to cross the boat together in a tack or gybe
4. Dress properly for a sailing activity, showing you know the importance of buoyancy aids and how to put one on correctly.
5. Take part in a taster session that covers:
 - Being able to name equipment used and parts of the boat
 - Getting into and out of a boat safely
 - Balancing a boat
 - Manoeuvring your boat in different directions, including moving forward

Sailing Staged Activity Badge requirements Page2 of 2

Sailing Stage 2.

Before you attempt stage 2, you need to have completed all the steps for Sailing stage1.

1. Launch and recover your dinghy.
2. Control the direction and speed of your dinghy to steer around a course.
3. Stop your dinghy safely.
4. Capsize and get to the shore safely and recover the dinghy.
5. Show you can moor your dinghy.



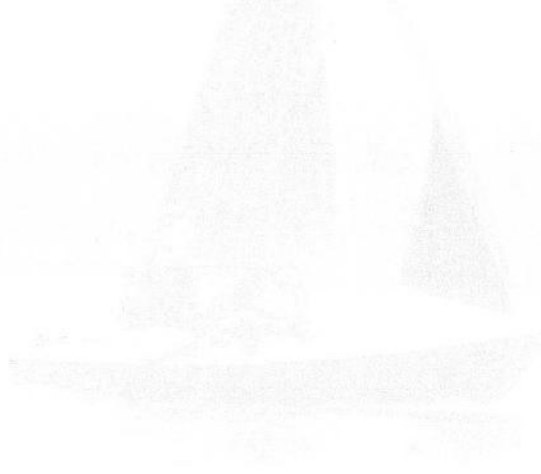
Section 3

Leader input required before the day.

Sailing Stage 1.

Using the information supplied in this resource pack

1. Ensure that the youth members attending the day can identify
 - a. mono hull, catamaran and trimaran type boats. (Page 8)
 - b. The difference between a centreboard and a daggerboard (Page 9)
 - c. Different mast and rig configurations (cat and fractional rig sloop set ups.) (Pages 9-10)
2. Are able to name places where they could go sailing safely. (They may need to research local sailing clubs)
3. That you have undertaken some warm up activities with them before the day. (Suggested activities are contained within this pack). We will undertake these activities on the day and familiarity with them will increase time on the water. (Pages 17-20)
4. Consideration has been given to the enclosed kit list and why each item may be included on it. (Page 12)
5. Be able to name parts of a dinghy identified on the enclosed picture. (Page 7)



Section 4.

Equipment used and parts of a boat. Page 1 of 2

Roary.

Our safety boat is a rigiflex manufactured boat similar to the one pictured.
It's name is Roary



Dinghies



Topper
(Cat rigged)



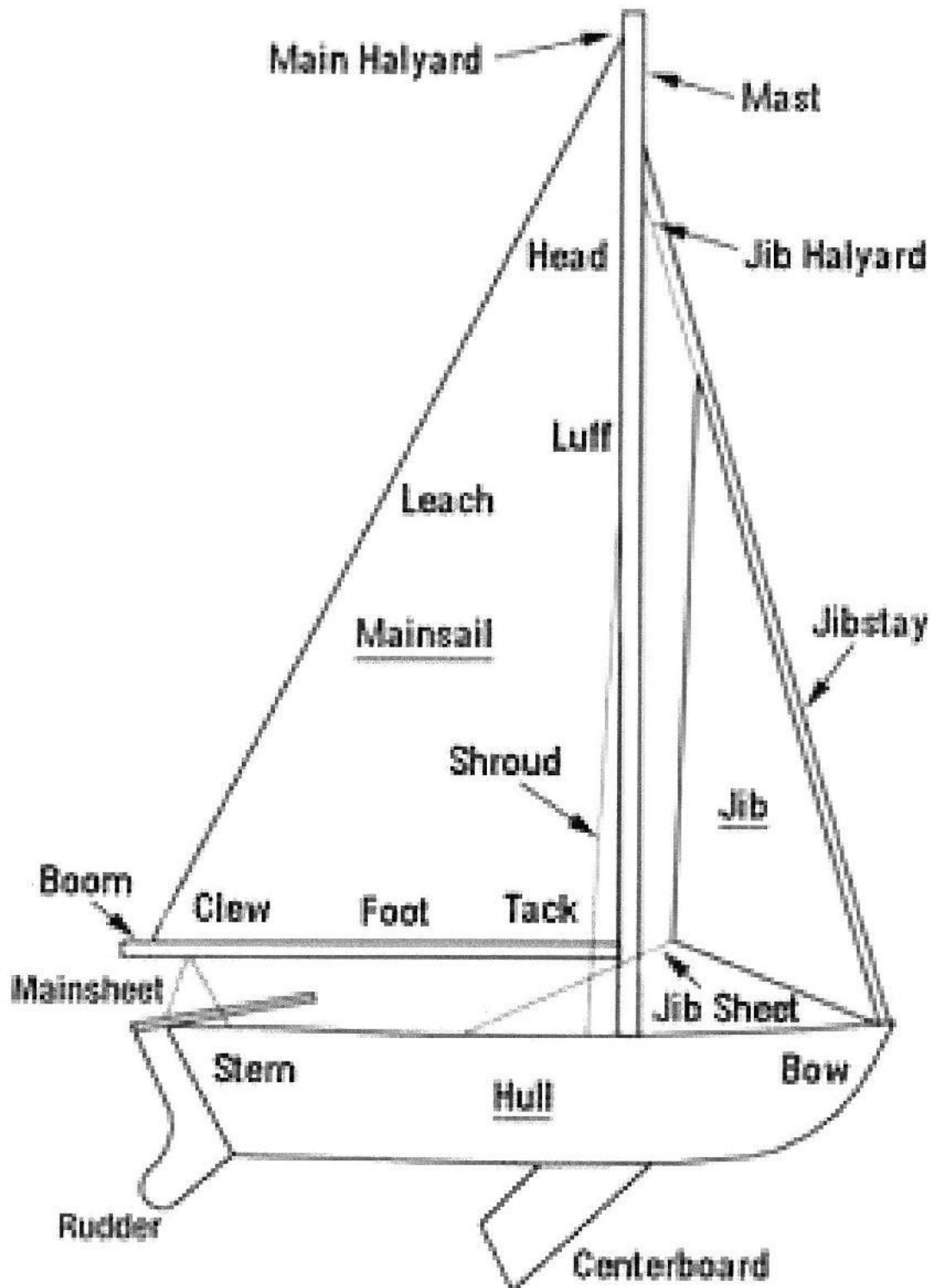
Mirror Dinghy
(Gunter rigged)



Laser Pico
(Fraction rig sloop)

Equipment used and parts of a boat Page 2 of 2

Parts of a boat See appendix 2 for a description of each item. (Page21)



Section 5

Identification of different types of sailing craft. Page 1 of 3

SAILBOAT TYPES

There are many different types of boats for sailing, differentiated by three distinctive characteristics:

1. Hull Type (monohull, catamaran or trimaran)
2. Keel Type (daggerboard or centerboard)
3. Mast Configuration and Sails (sloop, fractional rig sloop, cat)

Let's explore those different types in a little more detail.

Hull type: The hull is the main part of a sailboat, which is usually made of fiberglass, metal, or wood. Hull type describes the number of hulls.

- **Monohull** – one hull
- **Catamaran** – two hulls
- **Trimaran** – three hulls



A Tag 60 catamaran flies on one hull while sailing.



Trimarans are more stable than monohulls or catamarnans.

Identification of different types of sailing craft. Page 2 of 3.

Keel type



Centerboard or Daggerboard

Centerboards and daggerboards are able to be raised and lowered by the crew.

A centerboard is attached to the boat by a pin that creates a pivot point for lifting.

A daggerboard drops into a slot through the boat.

Mast Configuration and Sails

Mast configurations and sail combinations are another way of categorizing sailboats. These are just a few of the most common types.



Sloop

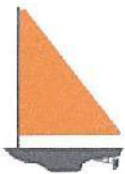
The most common type of sailboat is a sloop. A sloop has one mast and two sails, a mainsail and a headsail. Depending on the size and shape of the headsail, it may be called a jib, genoa or spinnaker. The headsail is hoisted to the top of the mast on the forestay, a supporting cable that runs from the top of the mast to the bow of the sailboat.

Identification of different types of sailing craft. Page 3 of 3.



Fractional Rig Sloop

The forestay on a fractional rig sloop doesn't reach the top of the mast; it connects at a lower point

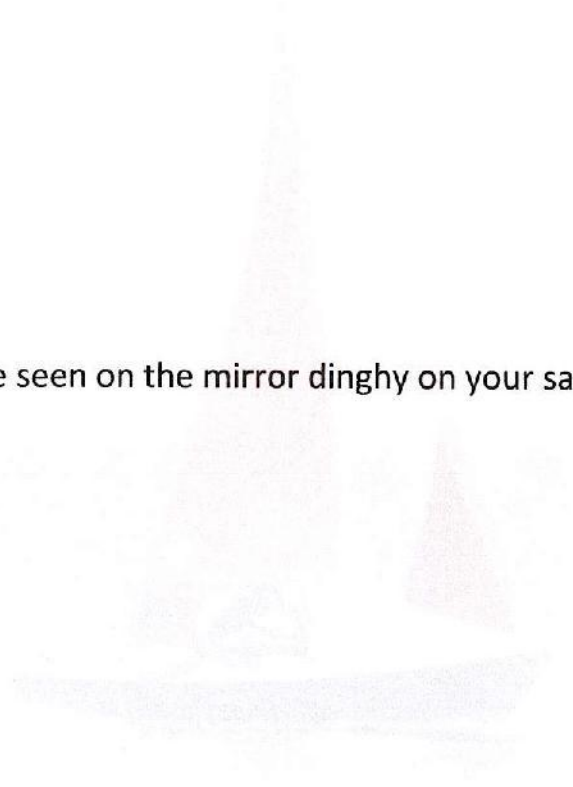


Cat

A cat rig has only one sail, and the mast is located well forward. This is a popular rig on smaller boats.

Gunter rig.

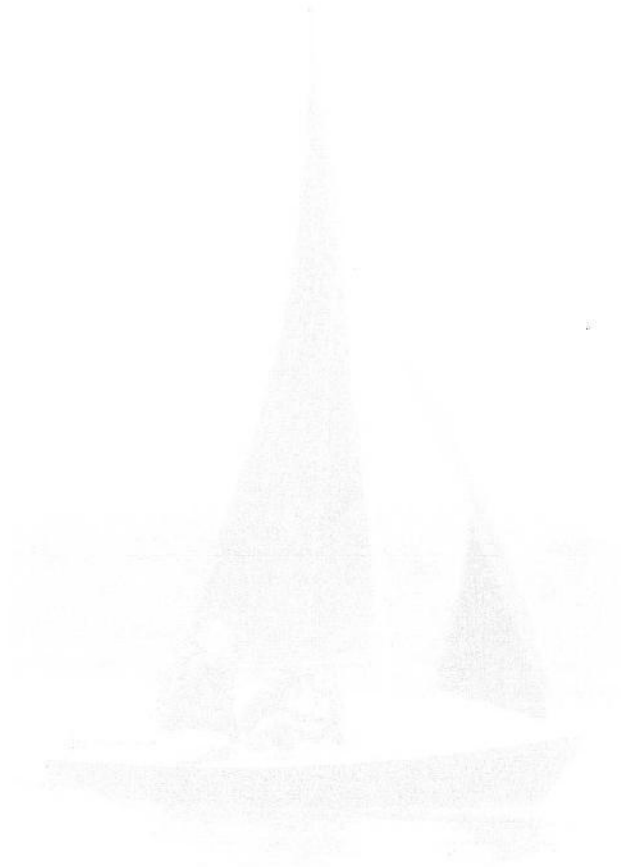
The gunter rig can be seen on the mirror dinghy on your sailing day.



Section 6.

Warm up activities.

See appendix 1



Section 7

Dressing for the activity.

Kit list for the sailing activity.

Kit A (Warm sunny day)

Kit B (Cooler/ cold and wet day)

Towel and body wash

Towel and body wash

T Shirt

Under garment (not cotton)

Shorts

Track suit bottoms

Peaked cap

Woolly hat

Sun cream

Micro fleece or similar

Waterproof coat

Old pair of trainers which will get wet for either weather condition

A COMPLETE change of clothes

A bag to carry wet clothing in

Pack up for lunch to include a drink

Carrier bag to take home any left over waste food / rubbish as there is no waste facilities at the sailing site.

NB No denim of any sort is acceptable wear for sailing.

Please ensure both A and B sets of clothing and the complete change of clothes are brought on the day as weather conditions can change throughout the session.

Section 8.

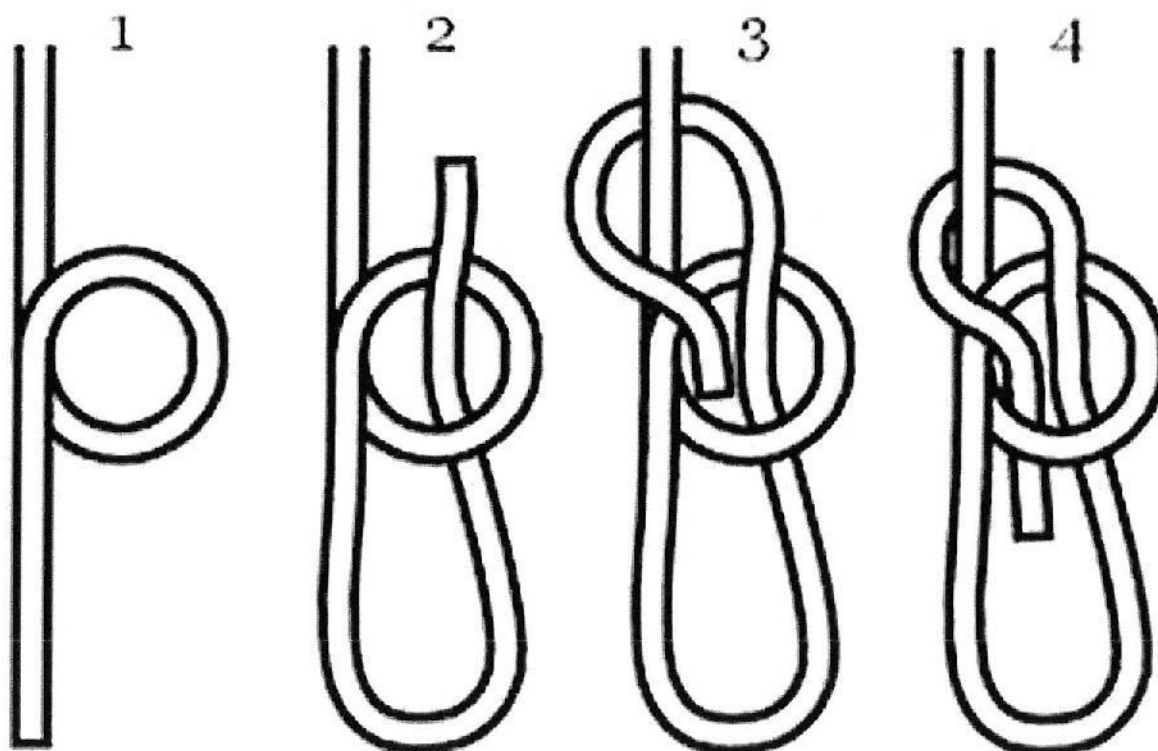
Ropework. Page 1 of 2.

During the day the following knots will need tying and it would be helpful if Cub Scouts, Scouts and Explorers could attend with a knowledge of the following knots.

Figure of eight

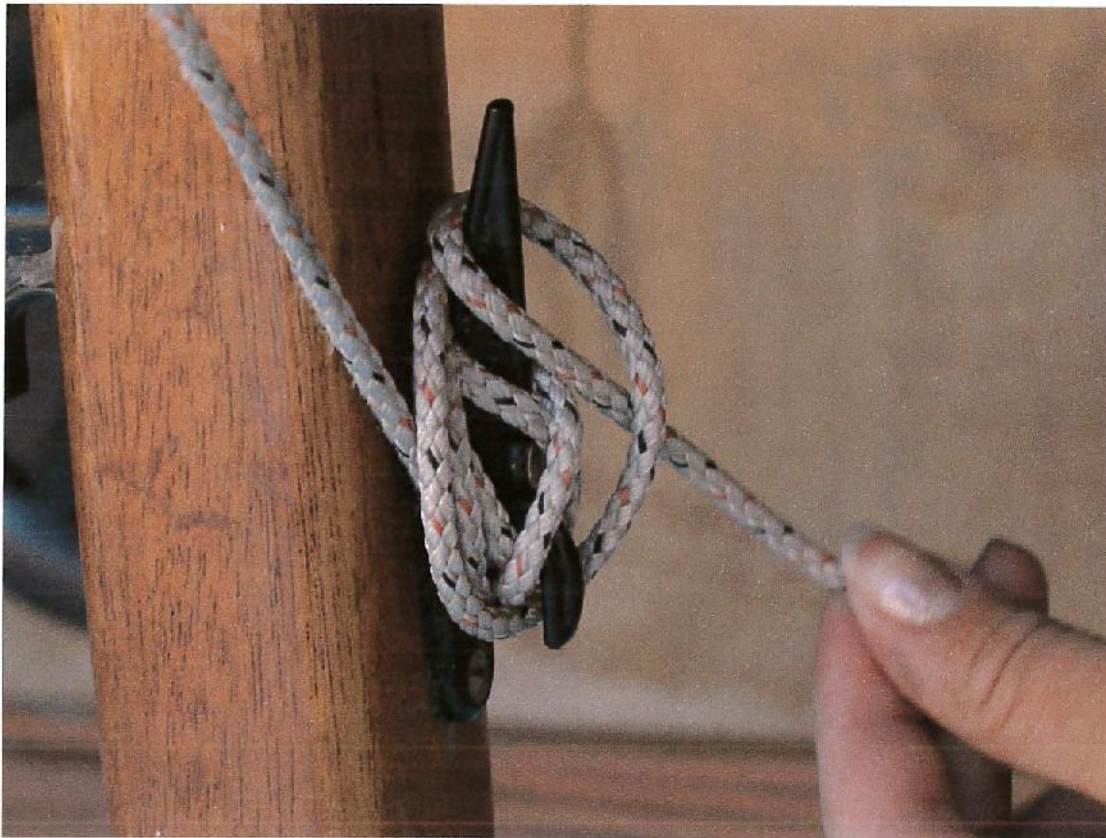


Bowline



Ropework. Page 2 of 2.

Cleat a halyard



Anchor hitch.



The following web site is useful to see how to tie the above knots

<http://www.animatedknots.com>

Section 9.

In Touch

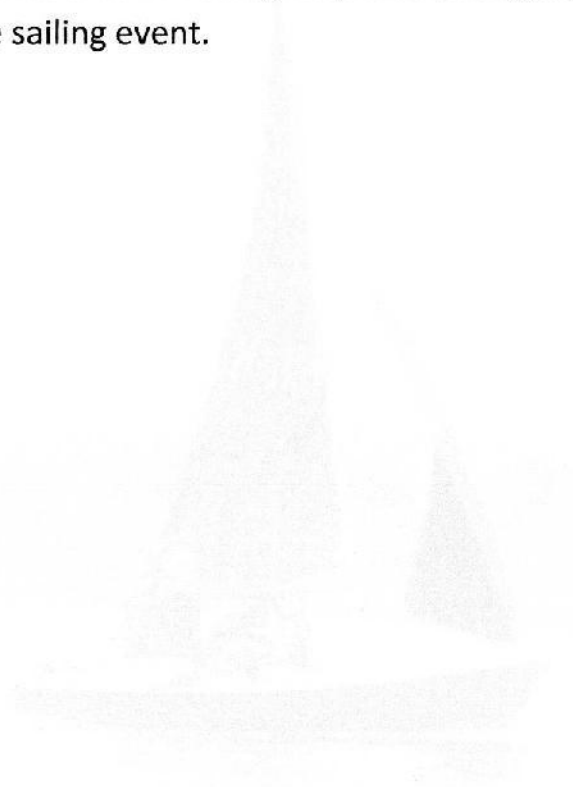
Please ensure that you set up an IN Touch system as required by Scouting.
Please come prepared to share the details with the sailing team

Section 10.

Day activity form

Please ensure that each youth member attending has a completed day activity form and that copies are available for the sailing team. (We can share the leaders copy)

Each adult should complete a similar form and have an emergency contact who can be contacted in case of emergency. The emergency contact should not be anyone at the sailing event.



Section 11.

On the Day

Subject to weather conditions

Morning

1. Session 1. Rigging boats.
2. Session 2 Preparing to take to the water
3. Session 3 Going afloat and getting to grips with sailing. Learn how to sail around a short course

Lunchtime and quiz.

Afternoon

1. Session 1. Prepare to take to the water
2. Session 2. Sailing further afield
3. Recovering craft from the water
4. How to stow a dinghy

Beavers.

1. Session 1. Preparing to take to the water
2. Session 2. Going afloat and getting to grips with sailing. Learn how to sail around a short course
3. Helping to recover boats from the water and how to stow a boat.

SAILING & WINDSURFING

Quick introduction

A sprint shuttle running game that uses points of sailing for directional instructions. To view videos/pictures on each exercise follow the link: www.nya.org.uk/gc/schoolgames

Getting started

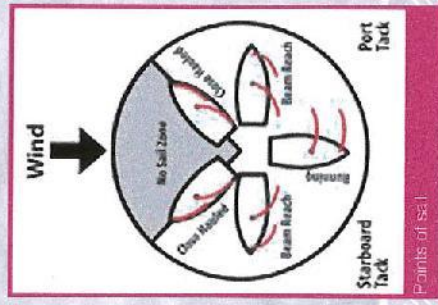
- All stand on the halfway line of the sports hall or court. The wind is blowing from the wall you are facing – if possible set up a fan with short ribbons on to simulate this. Your arms will represent the sail on the boat or board.
- To sail towards the wind (wall facing you) run in 45° angle zigzags with the arm furthest away from the wind held straight out behind you. Your arm is the sail so you change arms when you change directions. This is called beating.
- To sail to the right or left walls run holding the arm furthest away from the wind out at 45° from behind you. This is called reaching.
- To sail with the wind (towards the wall behind you, away from the fan) run at 180° from where the wind is blowing from holding both arms out to the side. This is called running.
- Call out the instructions "beat", "reach" or "run" to get children sprinting from wall to wall and sailing round the area.
- Alternatively this can be done outside using the real wind direction to orientate the direction of the game. Use nearby indicators to establish the wind direction: a flag, trees bending away from the wind or face into the wind until you hear equal noise in both ears.

Health and safety points

- Beating upwind with children zigzagging up the sports hall could involve collisions. The rule is: if you're on the right you're in the right, i.e. if you're running diagonally from left to right you have to give way to people running diagonally from right to left.
- Slow down as you approach the walls and always be aware of obstacles and other people.

Equipment required

- Fan with short ribbons attached to the fan-cage optional for inside.
- 30cm thin wool or ribbon tied to one end of a short stick or pencil for outside.



SAILING & WINDSURFING



PHYSICAL ME

- I need to hold my arms out to make the sails and sprint as fast as I can.

SOCIAL ME

Leading and volunteering

- involve young people in variety of roles such as:
 - To lead the activity by calling the direction of sail.
 - As safety marshals to avoid collisions.

People

- If beneficial allow SEN/disabled athletes to work in pairs.
- Allow visually impaired athletes to work with a sighted athlete.

Think inclusively (STEP)

Space

- If appropriate, use a hard surface if including SEN/disabled athletes.
- If beneficial reduce the distances SEN/disabled athletes need to move.

Task

- Allow SEN/disabled athletes to jog or walk.
- Consider limiting the number of wind changes used during the game.

Equipment

- Use audio and visual signals, e.g. shout and point to indicate the direction of the wind.

THINKING ME

- Where is the wind blowing from?
- Remember:
 - Beating is zigzagging towards the wind – a boat or board cannot sail straight into the wind.
 - Reaching is going across the wind.
 - Running is moving with the wind on your back.

SPORTING ME

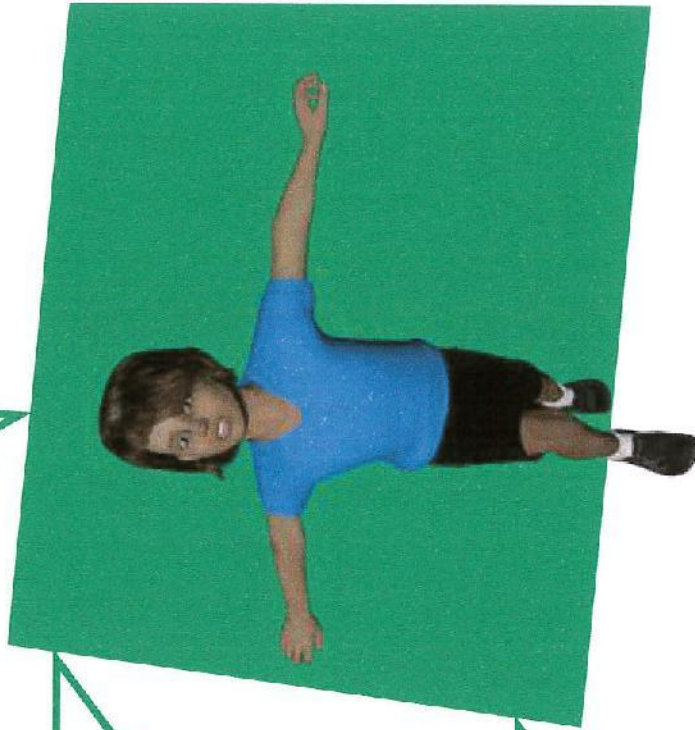
Spirit of the Games

I am going to sprint for each shuttle run of the activity and demonstrate my determination to my classmates.



TACTICAL ME

Do I understand the wind direction and can I pace myself to run for the whole challenge?



SAILING

Getting started

- Organise groups of three or four participants at each station. Allow a specific time, e.g. 30 seconds for each person to do the exercise.

Tacking and gybing (turning the front or back of the boat through the eye of the wind)

- In threes: two people hold either end of a rounders post at chest height. This is the boom and sail of the boat. The third person stands facing the boom.
- In one movement, step, squat and duck under the bar (boom), then stand up on the other side of the boom facing it.
- Repeat facing the same direction for each step, squat and duck.
- Count the number of ducks under the boom from standing to standing.

Hiking out (balancing your body weight against the wind in the sail)

- Lie on your back in the crunch sit-up position with your knees bent and feet flat on the floor. With your shoulders off the floor, reach side to side down alternate legs towards your heels.

Synco-jump (crossing the boat together in a tack or gybe)

- In pairs stand at a line and perform a jump forwards with a half turn landing to face the way you jumped from. Aim to jump and land simultaneously with your partner. Repeat, counting your number of joint jumps.
- Count the number of reaches.

Pump the sail (pulling the sail in)

- Sit on a bench with your legs out in front of you, the middle of a resistance band round your feet and your heels on the floor. Hold the band, lean back and row your arms. Count the number of rows – arms straight to hands by your shoulders.

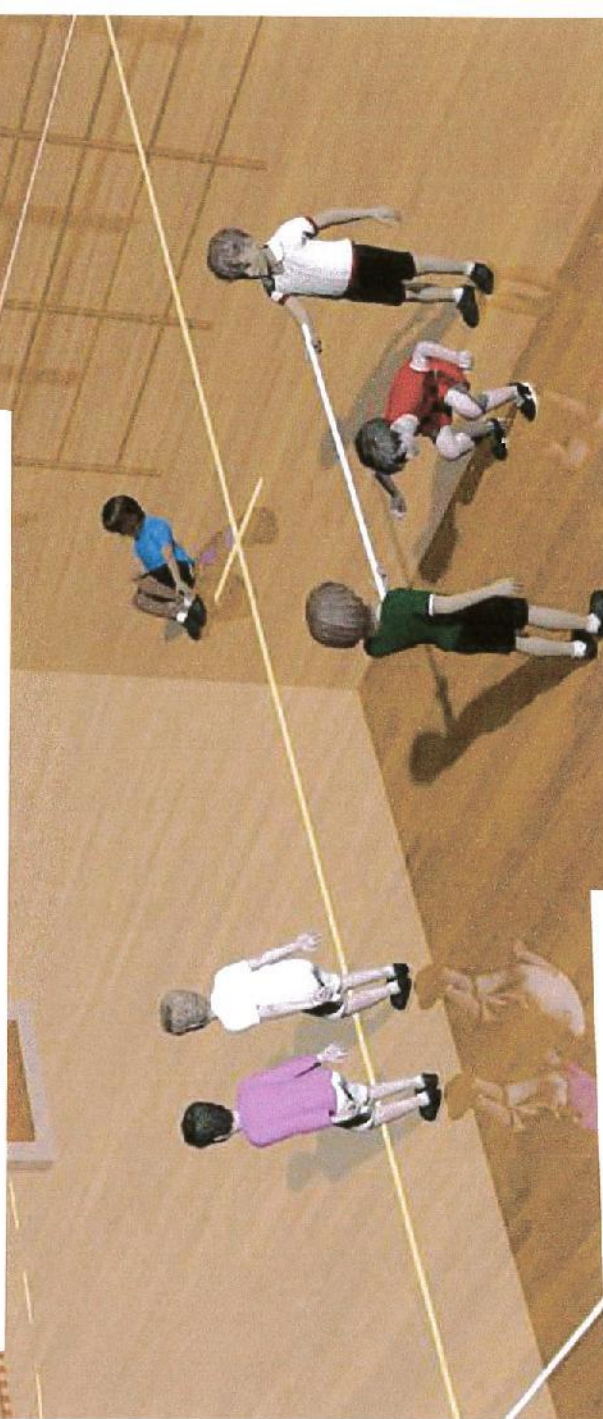
Fast feet (agility for crossing the boat)

- Position two cones 2m apart. Jump from one foot to the other, from cone to cone, touching the top of the cone each time. Count your successful cone touches.

Quick introduction

The sailing and windsurfing challenge cards have five skills on each card leading towards the competition card and development of specific skills used on the water. Each activity simulates a sailing action with the aim of improving agility, core strength, co-ordination and balance, all of which are important when in a boat.

To view videos/pics on each exercise follow this link www.rya.org.uk/go/schoolgames



Health and safety points

- Tacking and gybing** - mind your head on the boom (rounders post).
- Synco-jump** - ensure there is enough room between other pairs.
- Pump the sail** - remove the band before standing up.

Equipment required

- Tacking and gybing** - two rounders posts.
- Synco-jump** - a pair of parallel lines to jump between.
- Pump the sail** - long bench and two to three resistance bands.
- Fast feet** - four to six cones, two per person.

SAILING

PHYSICAL ME

- **Tacking and gybing** – step wide keeping a straight back, look to the bar holder's hands while keeping low under the bar.
- **Hiking out** – focus on reaching as far as you can while keeping your shoulder blades off the floor.
- **Syncro-jump** – aim to land softly and communicate with your partner to improve take-off and landing coordination.
- **Pump the sail** – concentrate on holding your shoulders back and keeping your tummy strong.
- **Fast feet** – focus on accurate foot and hand placement while looking forwards.

SOCIAL ME

Leading and volunteering

- Involve young people in a variety of ways:
 - To explain and demonstrate the activity on a station.
 - To officiate and count the repetitions on a station.
 - As timekeepers.

Think inclusively (STEP)

Space

- **Hiking out** – SEN/disabled athletes sitting or in wheelchairs can reach from side to side trying to touch the floor.



Task

- **Syncro-jump** - if appropriate, using two chairs facing each other, allow SEN/disabled athletes to move their bodies from one chair to the other.

Equipment

- **Pump the sail** – tie a resistance band to a gym bar and allow SEN/disabled athletes to perform a sitting row using one or two hands at a time.
 - **Fast feet** – if beneficial put the cones on chairs. Allow wheelchair users to sit between cones and score points by alternately touching them.
- People**
- If beneficial let SEN/disabled athletes work in a pair.
 - Ensure that visually impaired athletes work with a sighted athlete.

THINKING ME

- **Tacking and gybing** – how does it feel to duck just under the bar? Can I remember how that position feels?
- **Hiking out** – if it helps, ask a partner to hold your feet.
- **Syncro-jump** – where are we going to jump to? How do we co-ordinate our jumps?
- **Pump the sail** – what does my stomach feel like when I'm leaning backwards?
- **Fast feet** – how can I accurately place my hands and feet without looking directly at the cones? What is my rhythm to jumping?

SPORTING ME

Spirit of the Games



Be true to yourself about your performance. Success is steady progress toward our own goals.

TACTICAL ME

Work together in your group to work out the most efficient way to perform the challenges.



Appendix 2.

Parts of a boat

- a) Hull. Part of the dinghy that sits in the water and gives buoyancy.
- b) Bow. Front pointy bit that cuts through the water
- c) Stern. Back blunt bit that rudder fits on
- d) Rudder. Gives the boat direction
- e) Centreboard / daggerboard. Stops the boat when down from sideways movement and capsizes
- f) Jib. Front sail
- g) Jib stay. Wire / rope that the jib attaches to.
- h) Jib halyard. Rope to raise the jib
- i) Mast. Holds the main sail up.
- j) Boom. Main sail attaches to it at clew, foot and tack
- k) Main sail. It drives the boat through the water with the help of wind.
- l) Main sheet. Rope used to adjust the angle of the main sail to the dinghy.
- m) Main halyard. Rope used to raise the main sail.
- n) Luff. Front of main sail
- o) Head. Top of main sail
- p) Leach. Back of main sail
- q) Tack. Front part of main sail used to attach sail to boom
- r) Clew. Rear part of main sail used to attached the main sail to the boom.
- s) Foot. Bottom of main sail.

