



Adventure Skills Sailing

*Scouting Ireland Sail Training
Scheme*

Logbook of Sailing Skills Stages 4 - 6

Sailors Name:

Updated 1/14/2020

Adventure Skills

- Sailing Scheme

This document looks at stages 4 to 6 of the adventure skills sailing scheme for scouts. The information below is taken directly from the Scouting Ireland Adventure Skills manual. Please note the following:

1. Each stage is broken into two sections. This is to aid those that have attended National Governing Body training courses throughout the country and wish to have those certificates recognised.
 - Section 1: Scouts that possess an appropriate certificate from the Irish Sailing (SBSS) dinghy sailing scheme can have this section signed off within the various stages.
 - Section 2: These are additional tasks required to complete the stage.
2. There is a strong emphasis placed on crew sailing throughout this training scheme.
3. Scouts are encouraged to get experience in both single handers and multi-crew craft. Evidence in the form of regular signed updates to your personal log, attached, is the most important way to show an instructor or scout leader your current level of skill and experience.

Stages 7 to 9 of the adventure skills sailing, not discussed in this document, are loosely aligned with the requirements set out in the Irish Sailing Advance Boat Handling and Adventure stages in the small boat sailing scheme.

Assessing the Various Sailing Stages

The One Programme

- Any individual who possess a specific stage can assess to a level 2 stages below that.
- Stages 7 to 9 must be assessed by two holders of a stage 9 award.

Specific rules associated with Adventure Skills Sailing

- Holders of an Irish Sailing (IS) Dinghy Instructor award or higher can assess stages 1-6.
- Individuals with external qualifications who wish to assess stages 7, 8 or 9 must first complete a stage 7 assessment.

The following meets the requirements for a stage 7 assessment:

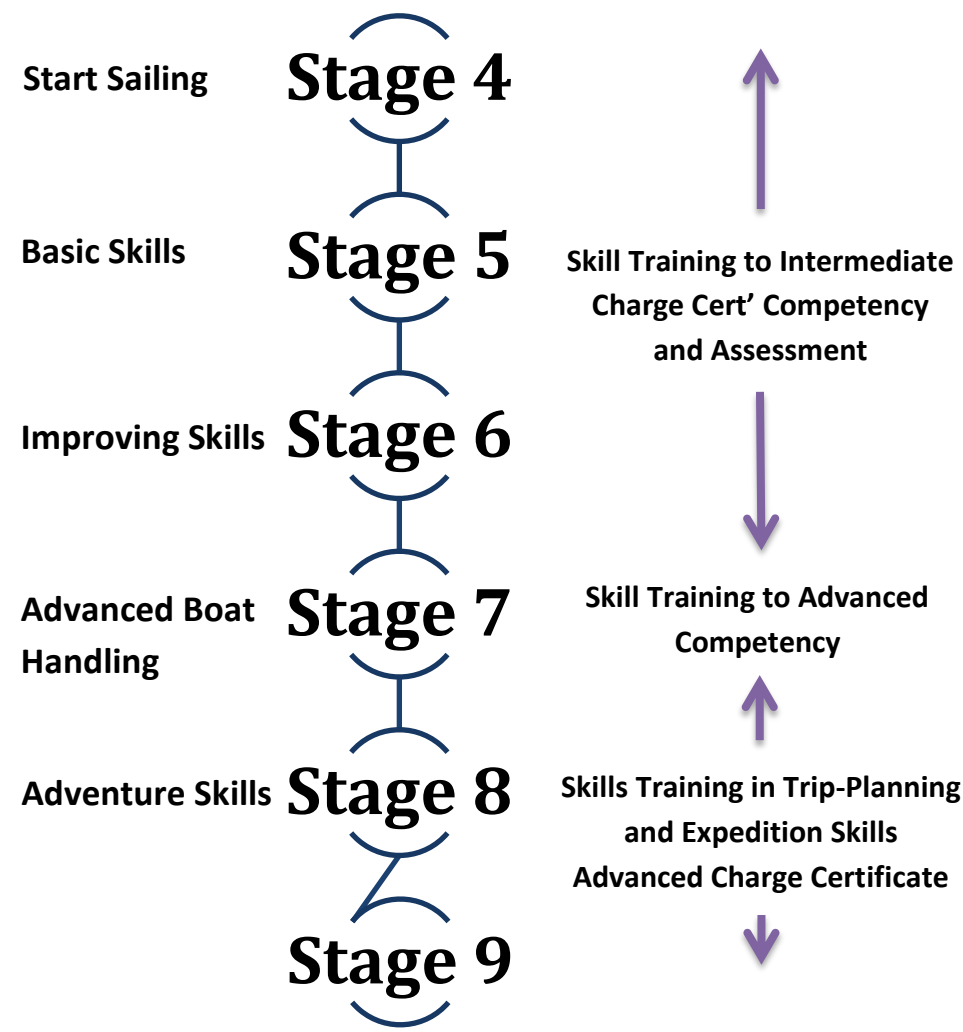
- Possess suitable experience or;
- Hold an IS Advanced Instructor or Adventure Skills Instructor award or;
- Hold an IS Advance boat handling and Adventure Skills award or;
- Hold an IS /RYA Coastal Skipper practical certificate.

Those individuals who wish to assess stages 8-9 must meet the following criteria:

- Complete a stage 7 assessment.
- Submit a record of logged miles/trips and discuss.
- Possess an IS Coastal theory (or equivalent) or relevant experience.
- Attend an assessment.

Comparing the Schemes

Irish Sailing Small Boat Sailing Scheme and Adventure Skills Sailing



To qualify for certification within stages 4, 5 & 6 please complete the following from stages 1, 2 & 3.

Stage 1

I know the buddy system

I know I cannot go afloat if the wind is greater than Force 4

I know how to contact the emergency services

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

Stage 2

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 know why I should wear suitable footwear

I can conduct myself in a careful and safe way in a boat and around water

I can tie the following knots: round turn 2 half hitches, figure of eight, bowline.

Stage 3

I know why wearing layers of clothing is a good idea

I know how to do CPR and place a victim in recovery position

I understand the terms that are used in a maritime weather forecast.

Stage 4

Section 1

Complete the following or hold an Irish Sailing Start Sailing dinghy certificate.

I can assist in launching, rigging and recovering a small sailing dinghy. _____

I know that there are different types of personal flotation devices 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 know sailing theory. _____

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 have when going afloat. _____

I know that where I may go boating may change in different conditions. _____

Section 2

Additional requirements to complete stage 4 of the sailing adventure skills along with above list sections of stages 1 – 3.

I know the main points of 'Leave No Trace'. _____

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 have taken part in 6 full-day exercises afloat. _____

Section 1 Completed

Signed: _____

Date: _____

Section 2 Completed

Signed: _____

Date: _____

Awarded Stage 4

Signed: _____

Date: _____

Stage 5

Section 1

Complete the following or hold an Irish Sailing Basic Skills Sailing dinghy certificate.

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 a 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 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 the information might affect planned activities afloat. _____

I know how currents and the ebb and flow of the tide affect my local boating waters. _____

Section 2

Additional requirements to complete stage 5 of the sailing adventure skills along with above listed sections of stages 1 -4.

I can assist in the anchoring of a sailing boat. _____

I can identify and name the main parts of common anchor types. _____

I know the use of channel 16 on the marine VHF and have an understanding of the use of distress flares. _____

I have taken-part in 6 full day exercises afloat. _____

I have taken part in one expedition afloat. _____

Section 1 Completed

Signed: _____

Date: _____

Section 2 Completed

Signed: _____

Date: _____

Awarded Stage 5

Signed: _____

Date: _____

Stage 6

Section 1

Complete the following or hold an Irish Sailing Improving Skills dinghy sailing certificate.

I can rig, de-rig, secure and care for the hull of a sailing boat that I use including using the listed control lines to set the boat up to sail effectively upwind, downwind and on a reach demonstrating optimum sheeting. _____

I can take the helm of a sailing boat and demonstrate how to undertake various manoeuvres. _____

I know how to obtain maximum leverage when hiking or trapezing. _____

I know how sails and foils work and interact to drive a sailing boat. _____

I can take a leading part in anchoring a sailing boat. _____

I know what to do if someone is caught under an inverted boat and can right an inverted boat. _____

I know what causes tides and how spring and neap tides might affect sailors. _____

I can recognise the main weather patterns illustrated by a synoptic chart and can interpret the forecast. _____

I can identify common weather conditions and describe how they affect boating activities. _____

Section 2

Additional requirements to complete stage 6 of the sailing adventure skills along with above listed sections of stages 1 -5.

Carry-out the routine inspection of a personal flotation device.

Know how when to use a tripping line.

I am familiar with the main features of restricted waters as defined for my group.

I know how and when to make distress and urgency calls and safety announcements on marine VHF.

I have taken part in 8 full-day exercises afloat.

I have taken part in one additional expedition afloat. I have instructed at least four people in four areas up to stage 3.

Section 1 Completed

Signed: _____

Date: _____

Section 2 Completed

Signed: _____

Date: _____

Awarded Stage 6

Signed: _____

Date: _____

Personal Boating Log

Name:

Date	Type of Boat		Hours		Activity	Location	Confirmation Signature
		Instructor	Helm	Crew			
Total hours c.f.							

Date	Type of Boat		Hours		Activity	Location	Confirmation Signature
		Instructor	Helm	Crew			
Total hours c.f.							

