

PHYSICAL CORE

SAILING

SAINTS GLOBAL MEMBER

NAME: _____ BATTALION: _____ TROOP: _____

SKILL BADGE ADVISOR

NAME: _____ EMAIL: _____ PHONE: _____

STEP 1 | DISCOVER

INITIALS

- a) Explain common small-boat sailing hazards (weather, wind, cold water, traffic, grounding) and how to anticipate, prevent, mitigate, and respond to them. (TLX: 1.0) _____
- b) Explain prevention, symptoms, and first aid for sailing-related conditions including hypothermia, cold-water shock, dehydration, heat illness, sunburn, blisters, sprains, and strains. (TLX: 1.2) _____
- c) Explain the Safety Afloat policy and how it applies to small-boat sailing activities. (TLX: 1.0) _____

STEP 2 | PLAN

INITIALS

- a) Explain the swimmer classification test and why strong swimming ability is required for safe sailing. (TLX: 1.2) _____
- b) Identify and explain the major parts of a small sailboat and how hull shape and sail plan affect performance and stability. (TLX: 1.3) _____
- c) Prepare a basic float plan including route, crew, weather check, safety equipment, and return time. (TLX: 1.4) _____

STEP 3 | ACT

INITIALS

- a) Prepare a sailboat for sailing, including a full safety inspection, proper clothing, and equipment check. (TLX: 1.8) _____

- b) Get underway safely from a dock, mooring, or beach and demonstrate basic helmsmanship on all points of sail (running, reaching, beating). (TLX: 2.0) _____
- c) Demonstrate changing direction by tacking and jibing, recovering from irons, and using the safety position. (TLX: 2.0) _____
- d) Demonstrate capsize procedures and rescue of a person overboard under direct supervision, maintaining control and crew safety. (TLX: 2.0) _____
- e) Demonstrate proper response to running aground and accept and maneuver under a single-line or side tow for at least 20 boat lengths. (TLX: 1.9) _____
- f) Secure the boat after sailing by properly stowing sails, lines, and equipment for unattended docking or beaching. (TLX: 1.7) _____
- g) Demonstrate marlinespike seamanship: tie and use essential knots, coil and heave lines, and explain types of sailing lines and fibers. (TLX: 1.9) _____

STEP 4 | REFLECT

INITIALS

- a) Explain what sailing skill required the most judgment or calmness and how you improved through practice. (TLX: 1.2) _____
- b) Describe how sailing develops responsibility, teamwork, and respect for natural forces. (TLX: 1.2) _____

Continue to next page for certification signature

END OF REQUIREMENTS

BY SIGNING BELOW, I CERTIFY TO THE BEST OF MY KNOWLEDGE THAT ALL REQUIREMENTS WERE MET AT OR ABOVE THE REQUIRED STANDARDS AS OUTLINED IN THE BADGE REQUIREMENTS CHECKLIST.

SKILL BADGE ADVISOR

DATE (YYYY-MM-DD)