

Sailor



Complete the following:

1. Hold the Sea Activity Log and has passed the swimming test.
2. Complete either (A) or (B):
 - (A) Completed a 2-day Sailing Training Course (at least 12 hours) held by the Association, which including:
 - (a) Understand the following theories:
 - Meteorology
 - Know how to get weather forecast
 - Explain how weather forecast will affect the sailing expedition
 - Clothing and equipment
 - Personal safety
 - Safety equipment
 - Know how to store and use distress flares
 - (b) Complete the following practical training:
 - Rig the boat
 - Knots skills – figure-of-eight knot, round turn and two half hitch
 - Outbound and inbound
 - Dock the boat
 - Going about
 - Running
 - Steer a dinghy on a short triangular course
 - (B) Hold the Hong Kong Sailing Federation Level 1 Certificate or equivalent qualification.

