

# Sailor



Complete the following:

- (A) Hold the Sea Activity Log and has passed the swimming test.
- (B) Hold the Sailor (Interest) badge or Level 2 Certificate of the Hong Kong Sailing Federation.
- (C) Hold the Level 3 Certificate of the Hong Kong Sailing Federation; or

Complete the following:

- (I) Theory
  - Understand the following:
    - 1. Racing: Rounding a mark from a distance on approaching the mark and depart in a confined space
    - 2. Steering and sailing principles:
      - Navigation terms
      - Resuscitation and first aid
      - The International Regulations for Preventing Collisions at Sea 1972
    - 3. Meteorology
      - Know where to obtain weather information
      - Explain briefly a weather map
      - Know the characteristics of high and low air pressure
      - Know the effects of pressure changes
      - Be alert to weather changes
      - Sir Francis Beaufort chart
    - 4. Tides and tidal currents
      - Be able to interpret the tidal currents charts of the area
    - 5. Navigation
      - Know how to use a compass
      - Understand magnetic deviations
      - Have basic knowledge of marine map and important signs
      - Sail a defined course and ascertain positions

(II) Practical

Demonstrate the following:

1. Rig the boat
2. Demonstrate the various knots and their purposes: sheetbend, fisherman's knot, simple knot, welding and eye splice.
3. Outbound and inbound
  - Sail the boat out to sea and return to shore, dock and various methods of anchoring.
  - Sail windward shore and leeward shore.
  - Use the anchor to sail away from the wind and towards the wind.
4. Sailing technique
  - Drop the anchor.
  - Moor the boat lying across the wind.
  - Reef the sail afloat.
5. Righting a capsized boat

Note: The requirements of this award are subject to latest changes made by the relevant Association.