

Sailing Badge

Introduction: Learning dinghy sailing correctly and safely, enjoying the fun of sailing in the sea and to overcome all the obstacles bravely during the journey.

Course Outline

1. Stage 1 Badge

This course aims at letting our Brigaders to get a taste of doing dinghy sailing and having some basic concepts about this sports after finishing the course.

i. Theory

- Safety measures (For individual and ship)
- Handling vessels and equipment
- Understanding different parts of a sailboat
- Understanding different parts of a sailcloth
- Basic nouns for sail of boat: HELMSMAN, SAILOR, DOWNHAUL, TRIM OUT, WINDWARD SIDE, LEEWARD SIDE, PORT, STARBOARD, TACKING, GYBING, LUFFING, COLLAPSE, LEEWAY, NO GO ZONE, CLOSE HAULED, REACHING, RUNNING, GOING ABOUT, GYBING, LAUNCHING
- Handling capsizing
- Regulation for sailing
- Basic meteorological knowledge
- Knots: Reef Knot, Figure Eight, Round Turn & Two Half Hitches, Bowline on the Bight

ii. Practical training

- At least two days in this course will be used for practising which is about 6 hours each day.
- Setting up gear for dinghy sailing on the coast
- Sailing under opposing wind, beam wind, fair wind and learning how to do tacking, gybing and techniques for launching

2. Stage 2 Badge

This stage aims at letting Brigaders to handle basic sailing knowledge, safety knowledge on the sea and control a sail boat freely under moderate breeze.

i. Theory

- All the content mentioned in Stage 1 Badge is included in this stage
- Types of sail boats and roband systems

- Five key points for sailing: SET OF SAILS, BALANCE, TRIMMING, CENTRE BOARD, COURSE MADE GOOD
- Knowledge for dinghy sailing: anchoring, procedures of saving a fallen-off crew, docking, mooring, shortening sail
- Meteorological knowledge: tide, wind scale, wind power, tidal stream
- First-aid skills
- Rules for rowing competitions

ii. Practical training

- At least three days in this course will be used for practising which is about 6 hours each day;
- At least two days in this course will be used for practise which is about 6 hours each day to drive a sail boat. Sailor equipping the sail boat experience which is not less than 1 hour including shortening sail on the coast is needed during the practices.
- Knots : Same as Stage 1 Badge
- Outward and homeward voyage: methods of sailing away and back to the sand beach including
- handling windward and leeward shore
- Techniques for driving a sailboat: Five key points, making use of navigational regulations
- Handling capsizing
- Steps and procedures for sailboat competitions

3. Stage 3 Badge

This stage aims at letting our Brigaders to control a sailboat with confidence and experience and have navigational knowledge on the sea.

i. Theory

- Techniques for driving a sailboat: launching, mooring and docking
- Understanding leeward and windward shore
- Types of anchor and principles of anchoring
- Towing a ship
- Common nouns for a sailboat
- Rules for rowing competitions
- Shipping knowledge needed in Hong Kong and International Regulations for Preventing Collisions at Sea (Colregs) (1972)

- Meteorological knowledge: Tidal Calculation and Twelfths Rule, weather charts, characteristics of high and low pressure and impacts of pressure changing
- Understanding nautical charts and how to use a compass
- Knots: Sheet Bend, Clove Hitch, Fisherman Knot, Common Whipping

ii. Practical training

- At least five days in this course will be used for practising which is about 6 hours each day.
- Knotting
- Outward and homeward voyage: sailing away and back to the sand beaches, piers, anchors and ships including windward and leeward shore
- Techniques for driving a sailboat: anchoring to finish launching, methods to shorten sail on the sea, towing other sail boats, methods of being towed by rescue boats and ways to rescue a fallen-off crew

Assessment Criteria

1. Written test : a pass result is required (can be conducted in oral form)

2. Practical test

- i. Finishing the requirement in the practical training for each stage in this badge
- ii. Passing a test at the same time and finish the requirement in knotting part for each stage

3. Exchange

Stage	Requirements
Stage 1 Badge	1. Certificate of Introduction to Sailing Training Level 1 issued by Hong Kong Sailing Federation 2. Passing the knotting assessment in Stage 1 Sailing Badge
Stage 2 Badge	1. Certificate of Introduction to Sailing Training Level 2 issued by Hong Kong Sailing Federation 2. Passing the knotting assessment in Stage 2 Sailing Badge

Stage 3 Badge	<ol style="list-style-type: none">1. Certificate of Introduction to Sailing Training Level 3 issued by Hong Kong Sailing Federation2. Passing the knotting assessment in Stage 3 Sailing Badge
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