



Small-Boat Sailing

Merit Badge Workbook

This workbook can help you but you still need to read the merit badge pamphlet (book). No one can add or subtract from the Boy Scout Requirements #33215. Merit Badge Workbooks and much more are below: [Online Resources](#).

Send comments to: craig@craiglincoln.com. Requirements revised: 2005, Workbook updated: February 2008.

Scout's Name: _____ Unit: _____

Counselor's Name: _____ Counselor's Ph #: _____

1. Do the following:

a. Explain first aid for injuries or illnesses that could occur while small-boat sailing, including

hypothermia, _____

dehydration, _____

heat reactions, _____

motion sickness, _____

cuts, scratches, abrasions, contusions, _____

puncture wounds, _____

and blisters. _____

b. Identify the conditions that must exist before performing CPR on a person, _____

and explain how to recognize such conditions. _____

Demonstrate proper technique for performing CPR using a training device approved by your counselor. _____

2. Before doing the following requirements, successfully complete the ESA swimmer test. _____

3. Describe the boat you will be using for the sailing requirement, naming all of the major parts and the function of those parts. * The skills may be demonstrated on any boat available to the Scout; sailboards are not acceptable. While no specific sail plan is recommended, it is suggested that the craft be smaller than 20 feet. The boat must be capsizable and have the capability of sailing to windward.

4. Before going afloat, do the following:

a. Discuss the nine points of the BSA Safety Afloat plan.

b. Explain the rules of the road in general and any specific rules or laws that apply to your area or state. _____

c. Explain how water conditions, _____

the hazards of weather, _____

and heavy winds can affect both safety and performance in sailing. _____

d. Discuss the warning signs of inclement weather _____

and what to do should heavy winds develop or a storm approach. _____

e. Prepare a typical float plan. _____

f. Discuss the proper clothing, footwear, and personal gear required for small-boat sailing in warm weather _____

and in cool weather. _____

Explain how choosing the proper clothing, footwear, and personal gear will help keep you comfortable and safe while sailing. _____

5. Discuss with your counselor how to identify the wind direction and wind indicators. _____

Explain the importance of this task before setting sail. _____

6. Following the BSA Safety Afloat plan, show that you and a buddy can sail a boat properly. Do the following:

- a. Prepare a boat for sailing, including a safety inspection. _____
- b. Get underway from a dock, mooring, or beach. _____
- c. Properly set sails for a round-trip course approved by your counselor that will include running, beating, and reaching—the basic points of sail. While sailing, demonstrate good helmsman ship skills. _____
- d. Change direction by tacking; change direction by jibing. _____
- e. Demonstrate getting out of irons. _____
- f. Demonstrate the safety position. _____
- g. Demonstrate capsize procedures and the rescue of a person overboard. † *Capsize procedures should be conducted under the close supervision of the counselor. A rescue boat should be standing by to assist, if necessary, and to tow the capsized craft to shore. Self-bailing boats are acceptable to- this requirement. Extreme care should be taken to avoid personal injury and damage to the boat or equipment.*
- h. Demonstrate the procedure to take after running aground.
- i. Upon returning to the dock, mooring, or beach, properly secure all equipment, furl or stow sails, and prepare the craft for unattended docking or beaching overnight or longer.

7. Demonstrate a working knowledge of marlinespike seamanship. Do the following:

- a. Show how to tie a
 - square (reef) knot, _____
 - clove hitch, _____
 - two half hitches, _____
 - bowline, _____
 - cleat hitch, _____
 - and figure-eight knot. _____

Demonstrate the use of each.

- b. Show how to heave a line, coil a line, and fake down a line.
- c. Discuss the kinds of lines used on sailboats and the types of fibers used in their manufacture. Explain the advantages and disadvantages of each.

8. Describe how you would care for and maintain a sailboat and its gear throughout the year. _____

9. With your counselor, review sailing terminology and the points of sail. _____

Discuss various types of sailboats in use today and explain their differences. _____

Online Resources (Use any Internet resource with caution and only with your parent's or guardian's permission.)

Merit Badge Workbooks: usscouts.org -or- meritbadge.org ► **Merit Badge Books:** www.scoutstuff.org

Boy Scouts of America: <http://www.scouting.org/> ► [Requirements](#) ► [Intro to Merit Badges](#) ► [Guide to Safe Scouting](#)

► [Youth Protection](#) ► [Leave No Trace](#) ► [Outdoor Code](#) ► [Wilderness Use](#) ► [Safe Swim Defense](#) ► [Safety Afloat](#)

[ExpertVillage First Aid Videos](#) 📺 [Make a First Aid Kit](#) 📺 [Basics](#) 📺 [Basics2](#) 📺 [CPR Basics](#) 📺 [Venomous Snake Bite](#)

[ExpertVillage Swimming Lessons Videos](#) 📺 [Tread Water](#) 📺 [Basics](#) 📺 [Freestyle](#) 📺 [Breaststroke](#) 📺 [Backstroke](#)

[How to Sail Video Lessons](#) 📺 [Parts of a Sailboat](#) 📺 [Steering](#) 📺 [Rigging](#) 📺 [Knots](#) 📺 [Much more...](#)

American Sailing Association: <http://www.american-sailing.com>

North American Safe Boating Campaign: <http://www.safeboatingcampaign.net>

Online Small-Boat Sailing Course: <http://www.smallboat.sailingcourse.com>

Sail: <http://www.sailmag.com>

Sailing: <http://www.sailnet.com/>

Sailing World: <http://www.sailingworld.com/>

U.S. Coast Guard Auxiliary: <http://www.cgaux.org>

U.S. Coast Guard Boating Safety and Regulations: <http://www.uscgboating.org>

U.S. Coast Guard Office of Boating Safety: http://www.uscgboating.org/safety/mellife/water_ski.htm

U.S. Sailing Association: <http://www.ussailing.org>