

MERIT BADGE SERIES



SMALL-BOAT SAILING



BOY SCOUTS OF AMERICA®



STEM-Based

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"Enhancing our youths' competitive edge through merit badges"



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Note to the Counselor

Merit badge counselors are responsible for following the requirements, procedures, and techniques presented in this pamphlet and for ensuring that each Scout earning the merit badge is able to demonstrate knowledge and skills at a level consistent with the requirements. In addition, counselors must ensure that all applicable BSA safety policies, including Safe Swim Defense and Safety Afloat, are followed during training, practice, and review.

Counselors for the Small-Boat Sailing merit badge must be registered members of the Boy Scouts of America, have current training in Safe Swim Defense and Safety Afloat, and be approved by the local council Advancement Committee. Councils with an Aquatics Committee should utilize that committee to coordinate with the Advancement Committee for approval of qualified counselors.

All counselors should have formal training in the knowledge and skills indicated by the requirements, experience in teaching such skills to youth, and experience in identifying and managing risks associated with the activities involved. For the Small-Boat Sailing merit badge, appropriate credentials include instructor certification with a recognized sailing agency or school, U.S. Sailing, or the American Sailing Association for sailing with different hull types including the rig being used for instruction. Counselors should also be familiar with the requirements for the Small-Boat Sailing merit badge and be able to perform the skills associated with each requirement. The council Advancement Committee may approve counselors with similar experience and training in knowledge, skill, safety, and instruction.

Requirements

Always check www.scouting.org for the latest requirements.

1. Do the following:
 - a. Explain to your counselor the most likely hazards you may encounter while participating in small-boat activities and what you should do to anticipate, help prevent, mitigate, and respond to these hazards.
 - b. Review prevention, symptoms, and first-aid treatment for the following injuries or illnesses that can occur while sailing: blisters, cold-water shock and hypothermia, dehydration, and heat-related illnesses, sunburn, sprains, and strains.
 - c. Discuss the BSA Safety Afloat policy. Tell how it applies to small-boat activities.
2. Before doing requirements 3 through 9, successfully complete the BSA swimmer test: Jump feetfirst into water over the head in depth. Level off and swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy, resting backstroke. The 100 yards must be completed in one swim without stops and must include at least one sharp turn. After completing the swim, rest by floating.
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 helmsmanship 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 for 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. Accept a single line or side tow and maneuver the craft being towed safely for 20 boat lengths.
 - j. 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.

Small-Boat Sailing Resources

Scouting Literature

Deck of First Aid; Emergency First Aid pocket guide; Be Prepared First Aid Book; Fieldbook; Sea Scout Manual; Canoeing, Kayaking, Motorboating, Rowing, Scuba Diving, and Whitewater merit badge pamphlets

With your parent's permission, visit the Boy Scouts of America's official retail website, www.scoutshop.org, for a complete listing of all merit badge pamphlets and other helpful Scouting materials and supplies.

Books

- Aarons, Richard N., ed. *Small-Boat Seamanship Manual*. International Marine/Ragged Mountain Press, 2006.
- Ashley, Clifford. *Ashley Book of Knots*. Doubleday, 1944.
- Bond, Bob. *The Handbook of Sailing*. Knopf, 1992.
- Fries, Derrick. *Start Sailing Right!* US Sailing Association, 1997.
- Isler, Peter, and J.J. Isler. *Sailing for Dummies*, 2nd ed. Wiley Publishing Inc., 2006.

Kantor, John. *Basic Sailing*. Longshore Sailing School (www.LongshoreSailingSchool.com), 2004.

Maloney, Elbert S. *Chapman Piloting and Seamanship*, 68th ed. Hearst Corporation, 2017.

Rousmaniere, John. *Annapolis Book of Seamanship*, 4th ed. Simon & Schuster, 2014.

Royce, Patrick. *Royce's Sailing Illustrated*. Royce Publications, 1997.

Sleight, Steve. *The Complete Sailing Guide*, 4th ed. DK Publishing, 2017.

Smith, Hervey Garrett. *The Marlinspike Sailor*, 2nd ed. Martino Fine Books, 2012.

US Sailing Association. *Small Boat Sailor Certification Record Book* ("The Little Red Book"). US Sailing Association, 2001.



Magazines

Blue Water Sailing

747 Aquidneck Ave., Suite 201
Middletown, RI 02842
Toll-free telephone: 888-800-7245
www.bwsailing.com/bw

Sail

PO Box 37274
Boone, IA 50037-0274
Toll-free telephone: 800-745-7245
www.sailmagazine.com

Sailing

Toll-free telephone: 800-895-2596
www.sailingmagazine.net

Sailing World

55 Hammarlund Way
Middletown, RI 02842
Toll-free telephone: 866-436-2460
www.sailingworld.com

Organizations and Websites

American Sailing Association

5301 Beethoven St., Suite 265
Los Angeles, CA 90066
Telephone: 310-822-7171
www.asa.com

Online Small Boat Sailing Course

www.asa.com/online-sailing-course

U.S. Coast Guard: Boating

www.uscgboating.org

US SAILING Association

1 Roger Williams University Way
Bristol, RI 02809
Toll-free telephone: 800-877-2451
www.ussailing.org

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