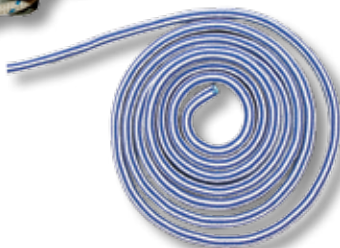


MERIT BADGE SERIES



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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 under way 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.

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

Visit the Boy Scouts of America's official retail website at <http://www.scoutstuff.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*, 67th ed. Hearst Corporation, 2013.

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

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

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
Website: <http://www.bwsailing.com>

Sail

10 Bokum Road
Essex, CT 06426
Toll-free telephone: 800-745-7245
Website: <http://www.sailmagazine.com>

Sailing

Website: <http://www.sailingmagazine.net>

Sailing World

55 Hammarlund Way
Middletown, RI 02842
Toll-free telephone: 866-436-2460
Website: <http://www.sailingworld.com>

Organizations and Websites

American Sailing Association

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

Online Small Boat Sailing Course

Website: <http://asa.com/online-sailing-course>

U.S. Coast Guard: Boating

Website: <http://www.uscgboating.org>

US SAILING Association

15 Maritime Drive
Portsmouth, RI 02871
Toll-free telephone: 800-877-2451
Website: <http://www.ussailing.org>

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