



ADVENTUROUS ACTIVITIES PROGRAM

Sailing Smooth Waters – Safe Participant Assessment of Proficiency Folio



Branch or State	
Members Name	
Membership Number	
Unit e.g. Venturer, Rover, etc	
Phone / Mobile	
Email address	

Who instructed or assisted you in your activity course and to complete the Folio:

Name	Role	Qualification

Youth Program - Outdoor Adventure Skills are to be recorded in Scouts Terrain
Sailing Small Boats in Smooth Waters Safe Participant - Assessment of Proficiency

Name	
Qualification & Number	
Date	
Signature	

I certify that proficiency in Sailing Small Boats in Smooth Waters -Safe Participant has been attained by:

Introduction

Welcome to your Program Pathway for the pursuit of Sail Small Boats in Smooth Waters.

This Program Pathway allows you to be clear on what you are required to do to complete the requirements to achieve completion of Program Pathway. This Program involves the skills and knowledge required for Sailing Safe Participant and has a link to the following Unit of Competency SISOSAI001 – Sail small boats in smooth water and light to moderate wind conditions

The Program Portfolio is broken into 3 parts

- **Part 1** – Pre-Program Evidence the things you must complete before you attend the face-to-face part of the program. This could be e-Learning, attending a virtual zoom meeting prior to your practical face-to-face, or gathering information prior to the practical skill.
- **Part 2** – On Program Evidence items are where you record the skills and knowledge you develop on the Face to Face part of the Program. This will also include demonstrations, and building your skills level in a controlled and safe environment under supervision.
- **Part 3** – Post Program Evidence Items. This is where you extend your skill after the practical and put what you have learnt into action. Possibly even in a different location, and contributed further to your logbook, gaining more experience on-the-job.

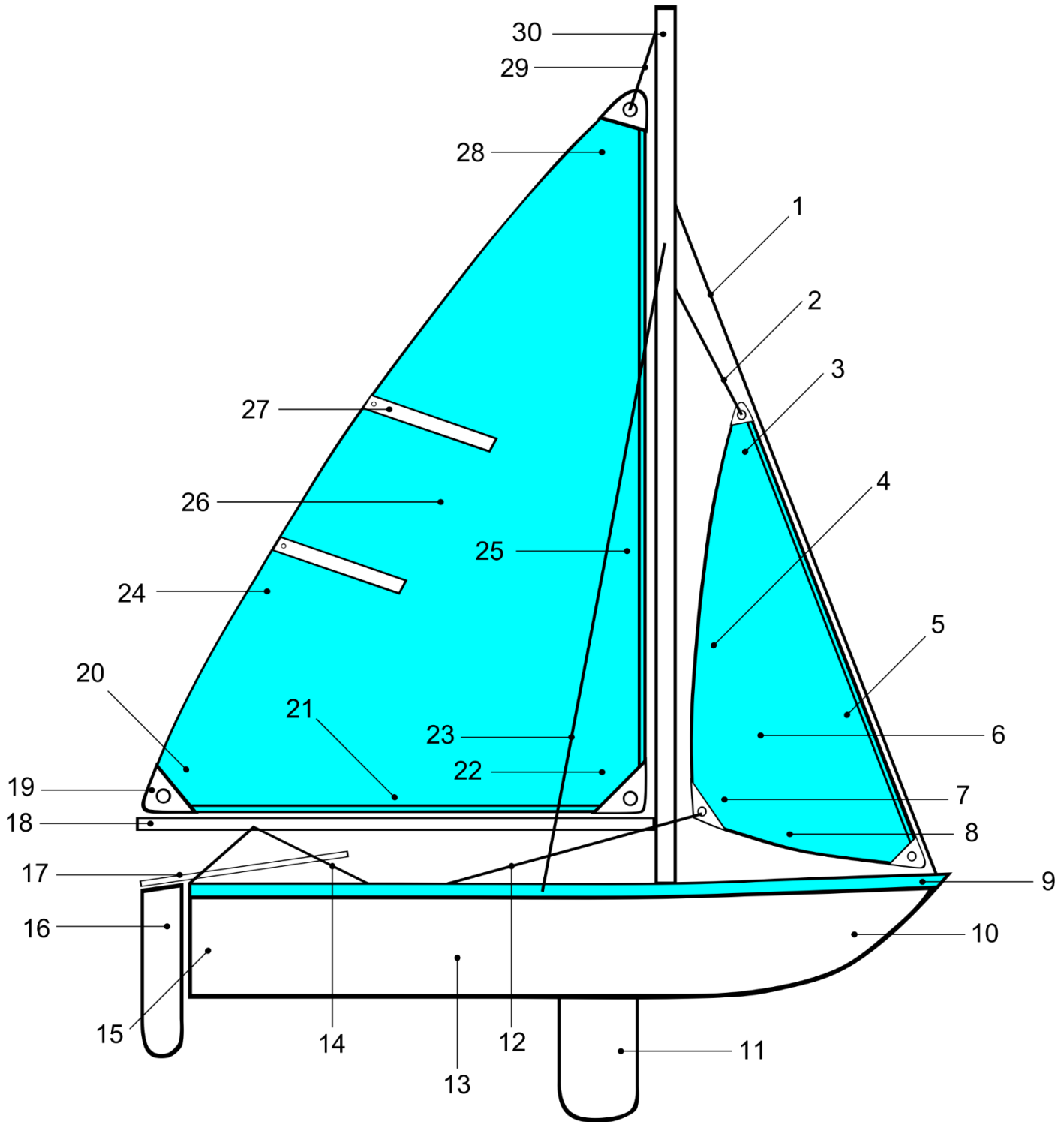
As you complete the items please capture or connect them to this portfolio type document. Once you have completed all of the evidence items in the Program please return the complete Program Pathway Folio to the Training Section of your Branch. A review of your completed Folio will be undertaken, and once you have been deemed competent you will be recognised as a Safe Participant.

If you are also seeking the VET unit noted above you will need to contact your Branch Training Department and enrol in SAIT. Enrolling will allow you to have a separate assessment completed by a SAIT assessor. The Assessor may require further evidence to be provided. If you are found to be competent, you will be awarded the relevant issue of competency by SAIT.

Pathways	
Youth Program	This document can be uploaded into Scouts Terrain as supporting evidence for the relevant youth program Outdoor Adventure Skills Stages.
Adult Training & Development	Please retain a copy of your completed and assessed folio to allow you to use it as supporting evidence for the awarding of the related Scouts Australia adult training outcome.
Scouts Australia Institute of Training	Please retain a copy of your completed and assessed folio to allow you to use it as partial evidence for Recognition of Prior Learning (RPL) by enrolling in SAIT and being assessed by an appointed SAIT Assessor in to achieve a Vocational Education and Training (VET) outcome.
	<ul style="list-style-type: none"> • Please note that the Assessor for SAIT or your peers for OAS may request further supporting evidence where necessary.

Knowledge Development – (pre-activities)

From the diagram below identify and label as many parts as possible:



Question & Answer:

<p>1. How would you describe the Deck of the Sailboat</p>	
<p>2. How would you describe the Cockpit of the Sailboat</p>	
<p>3. How would you describe the Painter Ring of the Sailboat</p>	
<p>4. How would you describe the Rudder of the Sailboat</p>	
<p>5. What agency or authority control waterways in your State?</p>	

Research:

Undertake some research and outline the sailing terminology below:

Terminology	Your research answer – What does it mean
Port	
Astern	
Ahead	
Abeam	
Fore	
Aft	
Starboard	
Windward, upwind	
Leeward, downwind	
Cross Wind	
Dead Run	
Luffing Up	
Bearing Away	

Practical Skill – (Program)

Practical Activity	Complete
Effectively rig a sailboat	
Launch a sailboat effectively with the sailboat under control	
Whilst afloat sail a sailing boat around a mark course which has required you to power, steer and turn the sailboat whilst under control	
Recover a crew member lost overboard from your sailboat	
steer on all points of sail, and to tack and gybe	
Effectively rig a sailboat	
Recover the sailboat from a capsize	
Have an Activity Support Craft take your sailboat under Tow	
Land a sailboat effectively at the end of your afloat session with the sailboat under control	
Identify communications equipment for emergency response (may be in another craft)	
Explain rules specific to the operation of small sailing boats, point out markers, etc.	

Photos:

Have someone take a photo of you in your suitable sailing clothing, suitable footwear and with you wearing a suitable fitted lifejacket – and is attached	
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Verifier – (to sign off the workbook you must be a Sailing Guide or above)

<p>The candidate demonstrated skills to sail a small boat and is considered to be satisfactory as Safe Participant.</p> <p>Verifier’s Name: _____</p> <p>Signature: Date: / / 202</p>

Post Experience – (gaining more experience)

The following items need to be completed to complete your Program Pathway.

Post Activity - Practical Experience	Complete
Have in your logbook 2 sails in light winds up to 10 knots (Beaufort Scale) and small breaking white capping waves up to 0.5 of a metre	
Have in your logbook 2 sails in moderate winds between 11 to 16 knots (Beaufort Scale) and small breaking white capping waves up to 1.25 metres	
Undertake a further 2 Person Overboard Exercises in a Sailboat and record them in your Logbook	
Undertake a further 2 Capsize Exercises in a Sailboat and record them in your Logbook	
Attach or provide your logbook	

Post Course Experience

Verifier – (to sign off the workbook you must be a Sailing Guide or above)

<p>The candidate demonstrated skills to sail a small boat and is considered to be satisfactory as Safe Participant.</p> <p>Verifier’s Name: _____</p> <p>Signature: Date: / / 202</p>

Sample activity log book:

Name: Robin Hood		Activity Log		Skill: SUP – Sheltered Coastal water		
Date	Activity / Event information & location	Act Time	Notes, including weather conditions, temperature, range conditions	Participants	My Role	Name of Activity Leader/ team leader & contact details
Example 12/1/20	Victoria Point Beach	4 Hrs	24 to 26 deg with light SSE winds to around 10 knots Smooth water, under take self-rescue and board tow rescue	6 youth members and 1 leader	Youth member	Dave Wright Windsurfer Instructor *****@scout.com.au