

	Each girl gets fit and adjusted by an adult before getting on the boat.
	Practice shouting “MAN OVERBOARD!”
	Ask how to conserve energy in the water: dead-man’s float, back float, hang on boat. They should have a life vest on. Can also get in fetal position to keep warm, go to leeward side of boat.
	Do a demo on shore, or have them step onto a canoe and ask them to sense which way they would want to go as the boat tips one way or the other.
Port & starboard	Port and left are both four-letter words, or “ <i>we just left port.</i> ” Why not just use right and left? Have girls stand on “boat” facing each other and ask, “which way is left?” “which way is port?”
Leeward windward	Stand on “boat” and wave a fan from different directions – which side is which.
Lines	Show examples of lines versus ropes
Boat parts	<u>Rudder</u> – keep boat moving forward (not pushed to side) and steers. <u>Tiller</u> – lever you use to steer the rudder. <u>Mainsail</u> – the engine of the boat. <u>Boom</u> – pole on the mainsail that hits you in the head!
	Ask girls to name craft that fit each category, little electric motor? wind surf board? cruise ship? <u>Sailboats</u> <u>powered boats</u> <u>human-powered</u> <u>personal water craft</u>
	Practice saying “Permission to board!” Who do you ask? (Captain, or if Captain isn’t there, next in command). Obey the Captain! Why? Sometimes things have to happen FAST on a sailboat!
	Ask girls, “What happens when you stand up in a small boat?” Who knows how to get into and out of a boat? Practice getting into canoe, have girls change places keeping low and centered.
	Most of this material will get covered when the girls are on the water sailing, but can ask who’s been sailing. If they’ve already been out, what did they learn?
	There are no breaks on a boat! You can’t stop quickly like on a bike or in a car, so you really have to pay attention to what you’re doing.
	Have girls move toward each other head on – don’t let them stop and see which way they go. Have them walk toward each other at angles (they can’t stop) and what happens?
	Have the girls look around your areas and name some landmarks that they could see from the water that might help them navigate. Can show them the map.
	Pair the girls and have them “toss a line” to each other – what happens? Explain about looping and putting half in each hand – don’t want to hit other person on the head, aim beside them.
	How tell wind direction? windsock, trees, drop grass/dust. Use Beaufort Scale. Boats can’t sail <u>into</u> wind (or 45 degrees either side). Tack – pick a point on the shore and steer toward that.
	Tie a bowline – most useful knot. They can do it around their own waist. Explain the “bitter end” and do the rabbit & hole story. For cleats they can pair up, use their hands in a “Y.”