



Boardsailing BSA

Requirements

1. Review the BSA guidelines for boardsailing and explain steps you have taken to follow each of the 10 guidelines found in section V of Camp Program and Property Management, No. 20-920.
2. Explain precautions to be taken for boardsailing on each of the following:
 - a. Lakes
 - b. Rivers
 - c. Ocean or bay areas
3. What is hypothermia? Describe to your counselor the symptoms of hypothermia. What special considerations in preventing hypothermia are necessary for boardsailing?
4. Properly rig and prepare the sailboard you are using. Point out and explain the function of each of the following: uphaul, outhaul, downhaul, cleat, leach, tack, clew, foot, skeg, centerboard, wishbone boom, universal, luff, and center of effort. Explain how to steer the sailboard.
5. Demonstrate your ability to uphaul the sail, find the neutral position to the wind (sail luffing), and control the board's position with foot movement.
6. With supervision from your instructor, sail a course that involves beating, reaching, and running. Change tack by coming about.