

OUTDOOR EDUCATION

SAILING

Grades 6-12

Sailing is a high risk activity at all grade levels. Teachers that wish to participate in this activity require written permission from the Board of Education.

EQUIPMENT	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
MIDDLE AND SECONDARY LEVELS			
<p>Inspect equipment supplied by a local sailing school for defects.</p> <p>Check all personal safety equipment for any defects prior to use.</p>	<p>Use only facilities with designated sailing areas.</p>	<p>Expect students to know and obey acceptable standard of behavior while in the boats.</p> <p>Clearly outline safety procedures and an emergency action plan to students.</p> <p>Life jackets must be worn at all times.</p> <p>Prior to water activities successfully complete the following swim test:</p> <ul style="list-style-type: none"> ● swim 100 m continuously any stroke ● tread water for 3 minutes ● put on a life jacket in the water ● demonstrate the help/huddle position. <p>Take weather and water conditions into consideration.</p> <p>Obtain parent permission for participation.</p> <p>Teach basic sailing safety in the classroom before going on the water.</p> <p>Teach skills in proper progression.</p>	<p>Have instructors who are certified instructors (under direction of recognized Sailing Club or Association) instruct the course.</p> <p>Have one motorized safety boat for every 8 sailboats.</p> <p>Teacher is present and accompanies students to and from facility.</p> <p>Provide on-site supervision.</p>