

Jib and main halyards should be slacked enough to allow them to be taken out to the *strands* and held there with a piece of line or with a *gillie*—a length of line with a wooden toggle in one end and a splice in the other.

Before leaving the boat, haul up the centerboard and secure it. Pump and sponge out any water in the bilges, dry the decks, and wipe water from the *coamings* and seats. Put the cover in place, if you have one. In a word, leave your boat shipshape.

## Boardsailing

A *sailboard* is a surfboard with a sail attached. Some sailboards are high-tech, high-performance craft, and demand high skills of those who sail them. You can (and should) take lessons from a qualified instructor before trying the sport—perhaps through the U.S. Board Sailing Association or other organizations recognized by the Boy Scouts of America. Be sure to familiarize yourself with the boardsailing guidelines recommended by the Boy Scouts of America. When you are ready, you might qualify for the BSA Boardsailing Award.



## Boardsailing BSA Requirements



1. Review the BSA guidelines for boardsailing and explain steps you have taken to follow each of the eleven guidelines.
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.

