

# ***Sailing across the curriculum***

A practical handbook for teachers, centre leaders,  
club leaders and all interested adults

**Editor: Alan Craig**



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#### **PLEASE NOTE**

All single gender references in this document and traditional nautical terms such as *helmsman* and *seamanship* are intended to apply equally to male and female subjects.

# Contents

Foreword.....	7
Introduction .....	8
Copyright .....	8
Acknowledgments.....	9

## Why sail? 11

<b>Benefits of watersports to young people .....</b>	<b>12</b>
<b>Watersports in education.....</b>	<b>13</b>
Introduction .....	13
Hard skills and soft skills.....	13
Delivering the curriculum afloat .....	14
Cross-curricular links .....	15
Special needs - a convincing experience .....	16
<b>The contribution of sailing to cross-curricular themes .....</b>	<b>18</b>
Context .....	18
Personal Social & Health Education policy.....	19
<b>Individual achievement, assessment and recognition.....</b>	<b>21</b>
NSSA Sailing Awards.....	21
RYA Young Sailors Scheme.....	21
RYA National Sailing Scheme.....	22
ASDAN Youth Award Scheme .....	23
<b>National schemes and organisations promoting sailing .....</b>	<b>24</b>
Sports Council National Junior Sport Programme .....	24
National Coaching Foundation .....	25
Youth Sports Trust .....	25
<b>Introducing sailing to school.....</b>	<b>26</b>
Making a start .....	26
Moving on .....	26
Presenting the case to senior management and governors .....	27
The bottom line - costs and staffing for sailing activities.....	27

## Safety 31

<b>Safety in sailing .....</b>	<b>32</b>
School sailing: NSSA Safety Guidelines.....	32
Hypothermia .....	33
LEA safety guidance and support .....	36
Safety boat procedures.....	37
Capsize recovery procedure: two person method .....	40
Capsize recovery procedure: single person "keep dry" method .....	41
Capsize recovery practice: teaching points .....	41
Man overboard: recovery procedure.....	42
Safe communication on the water - signalling system.....	43

<b>Safety and Sailing Centres .....</b>	<b>44</b>
The Code of Practice .....	44
How do I know that my pupils will be safe at this centre? .....	45
Accreditation .....	46

<b>School risk assessments .....</b>	<b>47</b>
Context .....	47
Who is responsible for risk assessments? .....	47
Carrying out a risk assessment for sailing .....	48
Summary Guidance .....	49
Risk assessment action planning .....	52
Specialist advice and training .....	52

<b>Getting started</b>	<b>53</b>
------------------------	-----------

<b>Learning to sail .....</b>	<b>54</b>
Introduction .....	54
How do I make it fun? .....	54
Sailing through games .....	55
Supporting non-sailing teachers and adult helpers .....	64
Revision notes for teachers and adult helpers (using aft mainsheet boats) .....	66
Using video .....	69
HSSCA Sailing Award Scheme .....	70
Bronze award .....	71
Silver award .....	72
Gold Award .....	74
Local Authority support of schools .....	76

<b>Dead calm and stormy weather! .....</b>	<b>77</b>
Introduction .....	77
Dead calm - outdoor activities .....	77
Windy weather - outdoor activities .....	78
Stormy weather - indoor activities .....	79
Activity Books .....	81

<b>Organising a residential visit .....</b>	<b>86</b>
Appendix A: Finance - example records and formats .....	89
Appendix B: Voluntary helper agreement .....	90
Appendix C: Parent help with transport .....	91
Appendix D: Emergency contacts, pupils and adults .....	92
Appendix E: Residential visit emergency information .....	93
Appendix F: Educational visits letter checklist .....	94
Appendix G: Parent consent form .....	95
Appendix H: Sailing camp preparation; example letter to parents .....	96

<b>Primary</b>	<b>97</b>
----------------	-----------

<b>Sailing and the primary curriculum .....</b>	<b>98</b>
Introduction .....	98
Medium-term curriculum planning, example A .....	99
Medium-term curriculum planning, example B .....	100
National Curriculum PE, Key Stage 2 .....	104
Science from Sailing at Key Stage 2 .....	106

<b>Residential visit logbook .....</b>	<b>114</b>
Introduction .....	114
Accommodation and camp life.....	115
Activities programme .....	115
Safety afloat.....	116
Sailing log .....	116
Menu.....	117
Kit list .....	117

<b>Secondary</b>	<b>119</b>
------------------	------------

<b>Introduction.....</b>	<b>120</b>
<b>Sailing in the secondary curriculum.....</b>	<b>121</b>
National Curriculum PE, Key Stages 3 and 4 .....	121
National Curriculum Science, Key Stages 3 and 4.....	123
National Curriculum Design and Technology, Key Stages 3 and 4.....	124
Key Stage 3 sailing the Hackney way!.....	129
<b>Careers and qualifications.....</b>	<b>132</b>
Careers paths related to sailing .....	132
Secondary, further and higher education courses .....	137
<b>Case studies.....</b>	<b>142</b>
GCSE Nautical Studies.....	142
GCSE PE, ASDAN Youth Award Scheme and sailing .....	143
GCSE Design & Technology and sailing.....	144

<b>Special</b>	<b>147</b>
----------------	------------

<b>Introduction.....</b>	<b>148</b>
Learning difficulties and sailing.....	148
Becoming a better instructor!.....	151
<b>Sailing and the special school curriculum.....</b>	<b>152</b>
Context .....	152
Learning to sail .....	152
Curriculum planning.....	152
Curricular links with sailing .....	153
PSE and sailing .....	158
<b>Residential visits .....</b>	<b>160</b>
Staff handbook.....	160
Pupil handbook.....	166
Learning materials .....	171
<b>RYA Sailability .....</b>	<b>177</b>

<b>Sailing centres, clubs and schools</b>	<b>179</b>
---	------------

<b>Promoting sailing centre links with schools</b> .....	<b>180</b>
Introduction .....	180
Marketing to schools .....	180
Marketing to young people .....	182
Wider promotion of sailing centres .....	182
<b>Promoting sailing club links with schools</b> .....	<b>184</b>
Feasibility .....	184
Promotion .....	184
Developing club partnerships .....	185
English Sports Council Challenge Funding .....	186
<b>Promotional and teacher support materials</b> .....	<b>188</b>
Mayesbrook Lake Watersports Centre .....	188
Hackney Education Watersports Centre.....	197
Fairlands Valley Sailing Centre .....	201
Hertfordshire Young Mariners Base.....	203
Medina Valley Centre for Outdoor Education .....	206
Tynemouth Sailing Club.....	207

<b>Resources</b>	<b>209</b>
------------------	------------

<b>Teaching and learning resources</b> .....	<b>210</b>
NSSA Publications .....	210
RYA Publications.....	211
English Sports Council Publications .....	211
Coastguard Agency .....	212
Fernhurst Books .....	212
Adlard Coles Nautical .....	213
Additional Publications.....	213
Internet Resources .....	215
<b>Sailing centre and club directories</b> .....	<b>218</b>
<b>Useful organisations and contacts</b> .....	<b>219</b>
<b>Sailing museums</b> .....	<b>222</b>

## Foreword

In the 1970s, the National School Sailing Association produced a series of curriculum papers which offered practical advice and, well ahead of its time, encouraged cross-curricular themes with sailing and associated aspects as important links.

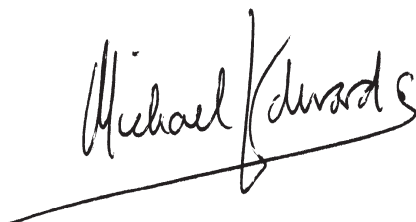
Much more recently, with the arrival of the National Curriculum, great emphasis has been placed on curricular relevance for all educational activities. It is now often necessary for the time devoted to outdoor pursuits in particular to be rigorously justified in curricular terms. Consequently there is a renewed need for supporting material to assist teachers and others who work in this area.

The NSSA has been seeking to address this need and has been collecting examples of good practice and up to date documentation from a variety of sources. This handbook represents the culmination of this effort and the Executive Committee hopes that it will prove popular and of widespread use in a practical sense.

We are indebted to the family of the late Harry Cross MBE, formerly PE Adviser in West Sussex, founder member of the Association and former Secretary and Vice President, for providing sponsorship in his memory. We believe it is a fitting tribute to Harry's strong support of the Association and great devotion to sailing and young people that this book should be linked with him.

We are particularly grateful to our main supporter, the British Marine Industries Federation, without whose sponsorship the project would not have reached publication stage. Our thanks go to the Royal Yachting Association for their support in promotion and distribution and to Practical Boat Owner magazine for additional sponsorship of promotion and marketing.

We are also indebted to Alan Craig and Associates for undertaking the difficult task of assembling and editing these materials, work done with great skill and patience.

A handwritten signature in black ink that reads "Michael Edwards". The signature is written in a cursive style and is underlined with a single horizontal stroke.

Michael Edwards  
Chairman NSSA

## Introduction

Sailing and life afloat can provide challenging and enjoyable activities that help young people learn and grow throughout their school years.

The NSSA aims to:

promote sailing as a medium for education by defining the contribution that sailing can make to a broad, balanced and coherent curriculum in schools and colleges

provide quality resources which support both those involved in the delivery of youth sailing within outdoor education and those concerned with the broader curriculum.

'Sailing into 2001', NSSA Development Plan for 1996 - 2001

This handbook is a significant step towards the achievement of NSSA aims. It is intended to promote sailing activities by providing comprehensive guidance for teachers (Key Stage 2 and upwards), leaders, club officials and interested adults in the UK through:

- ideas to help introduce young people to activities afloat - to learn from and discover the pleasures of sailing
- practical resources for teachers and trainers - programmes, worksheets and planning checklists
- ideas to develop and extend sailing programmes to reach new horizons
- practical information on publications and other resources, sailing centres and useful organisations
- guidance on health and safety practice

The handbook is presented in eight sections preceded by a comprehensive contents list:

 **Why sail?**

 **Safety**

 **Getting started**

 **Primary**

 **Secondary**

 **Special**

 **Sailing centres, clubs and schools**

 **Resources**

## Copyright

This handbook arose from the desires of NSSA membership to gather a wide range of information which would help teachers to promote sailing within their schools. The result is a substantial collection of practical materials which can be copied or easily modified to suit local circumstances. Copyright of all material resides with NSSA Publications, with the exception of extracts from commercial materials. Permission to reproduce these extracts must be sought from the original publishers. Adaptations by purchasers for individual school, centre or club use should include:

- acknowledgement of NSSA source
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### Schools, centres and organisations

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Hertfordshire School Sailing and Canoeing Association  
Hertfordshire Young Mariners' Base  
Hurst Drive JMI School, Hertfordshire  
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