



Trainer's guide



Topic 1

# Race with World Sailing!

Trainer's guide

World Sailing Sustainability  
Education Programme

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# Welcome to the World Sailing Sustainability Education Programme!

World Sailing has a long term sustainability strategy called 'Sustainability Agenda 2030'. The aim is to ensure that sustainability is embedded into our sport.

This Education Programme aims to encourage participants to:

- **Implement sustainable actions on and off the water**
- **Increase awareness of sailors' impact on the ocean and marine life**
- **Increase awareness of climate change and how actions can reduce effects**
- **Understand sailing's place within the UN Sustainable Development Goals**

The United Nations Sustainable Development Goals are 17 global goals set by the United Nations General Assembly in 2015 for the year 2030. These goals include ending poverty, combating climate change, fighting injustice and inequality for a better, more sustainable world. World Sailing is committed to contributing to the United Nations 2030 Agenda for Sustainable Development. World Sailing's Sustainability Agenda 2030 outlines the Sustainable Development Goals that the sport can contribute to, as well as the alignment with the 5 focus areas of the International Olympic Committee's Sustainability Strategy. Sailing is part of a global movement to create change and positive impact, and sailors themselves can be part of this through their actions, on and off the water.

You can access World Sailing's Sustainability Agenda 2030 at the following link: [bit.ly/2sjGrKZ](https://bit.ly/2sjGrKZ)

# Sustainable Development Goals



World Sailing's Sustainability Agenda 2030 is aligned with the 5 focus areas of the IOC's Sustainability Strategy



Infrastructure and natural sites



Sourcing and resource management



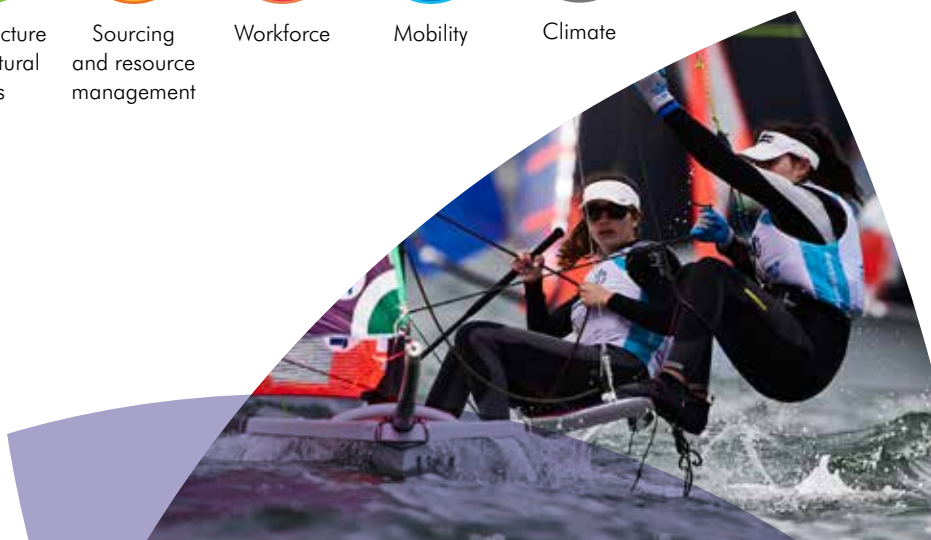
Workforce



Mobility



Climate



# Topics

There are 6 topics in the Sustainability Education Programme.

Topic 1	Race with World Sailing!
Topic 2	Resources & Climate Change
Topic 3	Navigating Wildlife & Biodiversity
Topic 4	Reducing Waste
Topic 5	Oil & Fuel
Topic 6	Boat Cleaning & Maintenance

There are links between the topics, but you can use them in any order with your crew.

**For each topic, there is a...**



## Age colour coding

6-8 years

8-10 years

10-12 years

This is the Trainer's Guide for **Topic 1 Race with World Sailing!**

The objectives of this topic are:

- Introduction to boats and races
- Examine the skills required to take part in races and be a top sailor
- Introduction to how races and sailors are becoming more sustainable
- Create an interest and motivation to take part in races

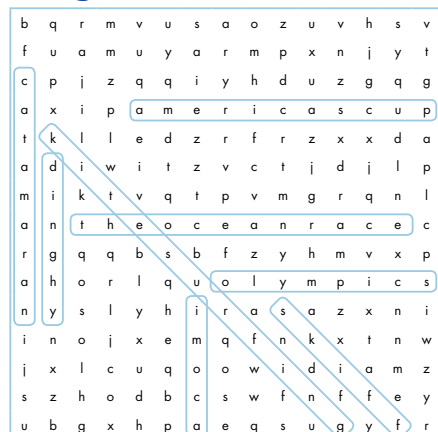
# Worksheet answer key

## Vocabulary review answer key

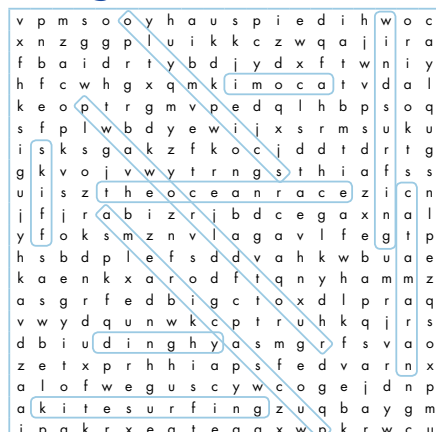
Key word	Meaning	Trainer prompts
<b>Sustainability</b>	The concept of being able to use or do something for a long time without running out of resources or damaging the environment.	Reuse an empty can to hold pens or pencils.
<b>Perseverance</b>	To keep trying, even when it might be difficult.	Keep trying to tie rope knots, even when you make mistakes.
<b>Courage</b>	Doing something that might scare you.	Go out on the boat again, after you have capsized.
<b>Resilience</b>	Getting through a difficult or disappointing time.	The rainy day has cancelled our sailing trip which we were really looking forward to, but this will give us the opportunity to practise tying knots, clean the hull etc.
<b>Single-handed</b>	To complete something without help from anyone.	Dee Caffari sailed around the world (in both directions) by herself!
<b>Algae</b>	Plant-like organisms that grow in water.	Seaweed, giant kelp, pond scum.
<b>Stewardship</b>	To care for something.	Make a sign for the sailing club drains 'this drain leads to our ocean'.

# Word search answer key

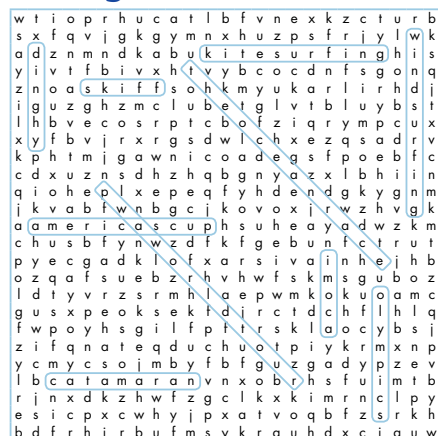
## 6-8 years



## 8-10 years



## 10-12 years



## 6-8 years

the ocean race  
america's cup  
dinghy  
skiff

kitesurfing  
olympics  
catamaran  
imoca

## 8-10 years

pwa world tour  
windsurfing  
skiff  
the ocean race  
dinghy

imoca  
america's cup  
catamaran  
kitesurfing  
olympics

## 10-12 years

pwa world tour  
windsurfing  
skiff  
the ocean race  
dinghy

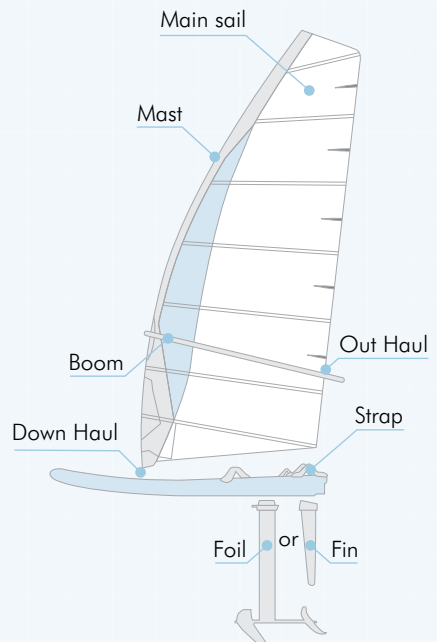
imoca  
america's cup  
catamaran  
kitesurfing  
olympics

# Labelling a boat

Labelling the boats is a great chance to consolidate and review their parts. If you feel that the group might need extra help with this:

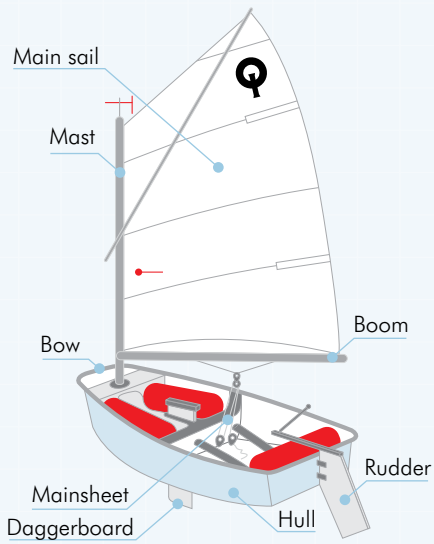
- Write all the parts of the boat/s on a whiteboard or large piece of paper
- Discuss each part individually and go down to the marina to identify them (if possible)
- Get students to work in pairs to complete the labelling task

## iQFOIL

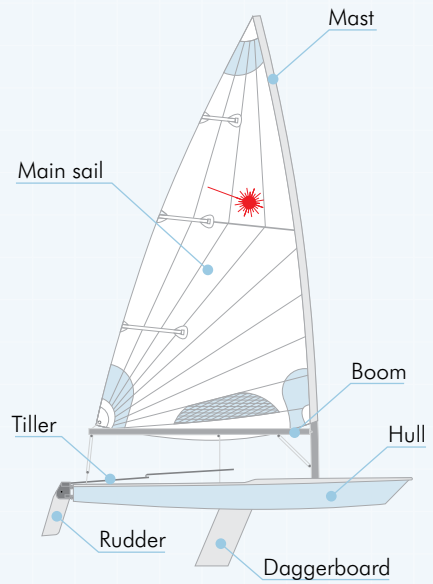




## Optimist



## Laser



# Multiple choice quiz answers

The quiz is going to consolidate the information in the booklet and what has been discussed throughout the session. Getting students to work in pairs will develop their teamwork and critical-thinking skills, as well as helping them to reflect on what it means to be a sustainable sailor, and how they can help the health of the ocean.

## 6-8 years

1. c
2. b
3. c
4. b
5. a

## 8-10 years

1. c
2. b
3. c
4. b
5. a
6. b
7. c
8. c
9. Example answers:  
good communication;  
perseverance;  
courage; resilience;  
environmental  
stewardship; optimism

## 10-12 years

1. c
2. b
3. c
4. b
5. any of the cool facts  
from profile boxes
6. a
7. b
8. c
9. c
10. Example answers:  
good communication;  
perseverance;  
courage; resilience;  
environmental  
stewardship; optimism



# Extension activities

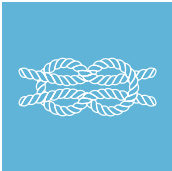
Age: 6-12  
years

## Rope square

Your crew will get to experience what it might be like sailing through rough seas, testing their teamwork and communication skills.

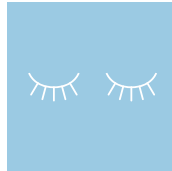
### Materials:

Rope (long enough to form a circle that everyone in the group can hold onto with both hands)



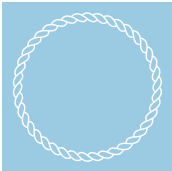
### Step 1

Tie a piece of rope so that it forms a circle.



### Step 4

Ask crew members to close their eyes.



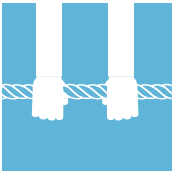
### Step 2

Lay the rope in a circle on the floor.



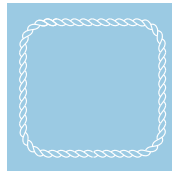
### Step 5

Instruct them to walk around in a circle (with their eyes closed) 3-4 times until they are dizzy.



### Step 3

Ask all crew members to stand around the circle, pick up the rope and hold it with both hands.



### Step 6

Instruct them to form a square using the rope, without opening their eyes.



Age: 8-12  
years

## Fix the broken VHF

Two-way communication is so important for top sailors. Let's see how the crew can improve listening, feedback and giving a clear message to other members of their team.

### Round 1



#### Step 1

Get your crew to form a circle (standing up). They need to be close enough that whispering is possible, but not so close that they can hear each other whisper.



#### Step 2

Give 1 crew member a phrase to whisper in the ear of the person on their right. They can only whisper it once.



#### Step 3

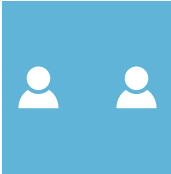
Each crew member whispers the message that they have heard to the person on their right, until it reaches the last crew member (the person standing to the left of the original whisperer).



#### Step 4

The last crew member repeats the phrase out loud to the whole group to see how much it has changed from the original phrase.

## Round 2



### Step 1

Get the crew to form a very wide circle.  
There should be a lot of space between each person.



### Step 2

Give 1 crew member a phrase. They must  
whisper the phrase back to you so that you  
can check they have received it clearly.



### Step 3

This crew member needs to walk over to the person on  
their right and whisper the phrase. Each crew member  
repeats the phrase back to check and then they can  
go to the next person to whisper the phrase on.



### Step 4

Continue this chain of whisper-check, until it reaches  
the last crew member (the person standing to the  
left of the original whisperer). The last crew member  
repeats the phrase out loud to the whole group to see  
how much it has changed from the original phrase.

Phrase ideas: Sailing  
expressions, boating  
instructions, definitions  
from the glossary



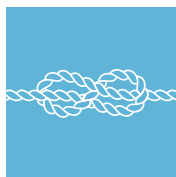
## Rope knots

Critical-thinking, decision-making and clear communication are going to help your sailors on board their vessels, especially in tricky situations or tense races. Put these skills (and their knot skills!) to the test.

Age: 10-12 years

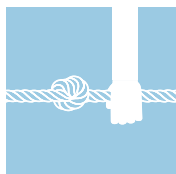
### Materials:

Rope (long enough to form a circle that everyone in the group can hold onto with both hands)



### Step 1

Tie a knot in the rope for every crew member in the group (i.e. 10 people = 10 knots). Space the knots evenly apart.



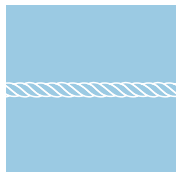
### Step 2

Ask each crew member to hold onto the rope, on 1 side of the knot, with 1 hand. They need 1 free hand to untie knots.



### Step 3

The group must untie all of the knots in the rope without anyone letting go or moving their hand that is holding onto the rope.



### Step 4

Once all the knots are untied, the game is complete.



## Photos

**Pages 0, 2:** Matías Capizzano /Sail Optimist

**Page 8:** Matías Capizzano /Sail Optimist

**Page 13:** Pedro Martinez/Sailing Energy/World Sailing



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Supported by the World Sailing Trust, created in collaboration with The Ocean Race 1973 S.L.

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