

Give it a Go Brownies windsurfing badge



To gain your 'Give it a Go' windsurfing badge, you should follow the instructions below with help from your leader or take part in a windsurfing taster session with a qualified local coach.

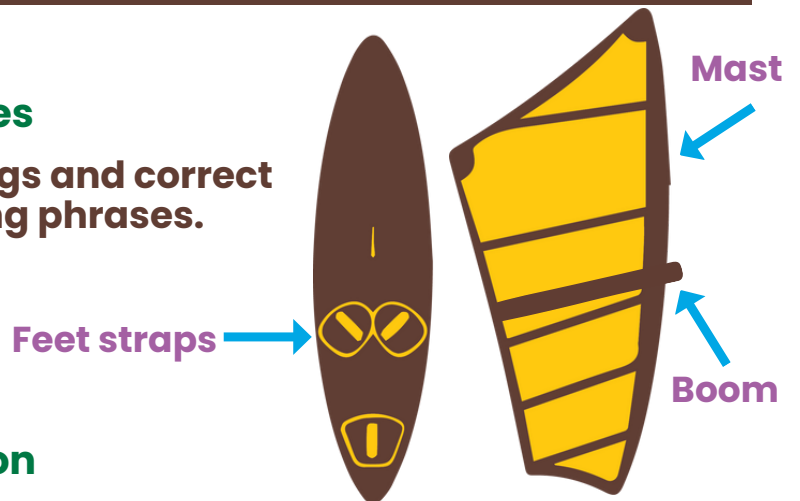
- Understand the health and safety issues in windsurfing.
- Name 3 different parts of equipment that are attached to the board.

1

Activity 1 - Correct names

You will learn the meanings and correct techniques of the following phrases.

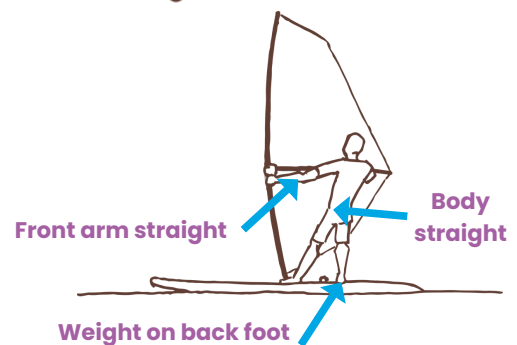
- Mast
- Feet
- Boom



2

Activity 2 - Sailing position

- Front arm straight
- Weight on the back foot
- Keep your body straight
- Look forward



3

Activity 3 - Ready steady go

- Windsurf around a course.
- See how far you can get without falling.



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