

Give it a Go Rainbows windsurfing badge



To gain your 'Give it a Go' windsurfing badge, you should try each of these activities below with the help from your leader or take part in a sailing taster session with a local coach.

1 Activity 1 - Port and starboard - On land activity

- You will all stand in the middle of a boat shaped area.
- Leader will call out "port, starboard, bow or stern".
- Must run to the correct area that has been called.
- If you go to the wrong area you're out of the game.

This warm up game helps get the right terminology for when they are on the boat sailing – it teaches them the areas of the boat.

2 Activity 2 - The bomb

- You will all be in your boats.
- A ball, also known as the bomb will be thrown around from boat to boat.
- The bomb will explode if it's not passed into someone else's boat in 10 seconds.
- If you miss someone's boat you must sail to pick it up and pass it on.

3 Activity 3 - Ball collecting

- Coloured balls will be scattered over the water.
- In pairs you have to sail/paddle to collect as many balls as you can.
- Different colour balls will have different point values.
- The team with the most points win.



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