

# Kids games

## Whistle game

### **To practice different sailing manoeuvres**

- Decide which manoeuvres you want to include
- Assign each one a number of whistle blows e.g. 1 whistle = tack, 2 = gybe
- Discuss the difference between each one, which way will they need to turn etc.
- Set out to the sailing area in a follow my leader, ensure there is space between each boat / board
- Blow the whistle to signal which manoeuvre they should do
- Gradually decrease the time between each manoeuvre to make it more difficult
- You can make it more fun by adding in commands such as stand up and do a dance, dry capsizes etc.
- Debrief – discuss different techniques and manoeuvres and when you would use them

## Follow my leader

### **To teach slowing & accelerating techniques and accurate steering**

- Practice on land first with all children lined up behind each other, ensure they understand they should leave a gap, not overtake and turn where, not when, the person in front does. They must also do EVERYTHING the person in front does
- Discuss ways of slowing down and speeding up
- Line up with the instructor in the lead and everyone else behind
- Pass messages down the line such as 'pull your sail in', this can also be made fun by shouting things like 'I'm a silly sausage'
- Whilst sailing in the line the instructor should also add in other fun things that the children must copy e.g. sailing one handed
- Anyone overtaking must go to the back of the line
- Debrief – discuss the best ways to slow down & speed up

## Tig

### **To practice sailing in close company, steering and the rules of sailing**

- Set out a sailing area with marker buoys
- Discuss the basic rules of sailing, emphasise that there should be no contact!
- Throw a large soft ball into the water, whoever picks it up first is 'it'
- They must then tig another boat / board by hitting any part of it with the ball
- Sailors must use the rules of sailing to ensure there is not a collision
- The person that has been hit is now 'it', if the ball hit them and fell in the water they must retrieve it
- Debrief – discuss rules relating to any incidents that may have occurred

## **Netball**

### **To practice sailing in close company, steering and the rules of sailing**

- Set out two anchored buckets / baskets on a reaching course
- Discuss the rules of sailing and emphasise that there should be no contact!
- Split the group into two teams and allocate each one a basket as their goal
- Teams score points by throwing their ball into their basket
- Sailors can only travel with the ball for 5 seconds, after which time they must pass to their teammates
- If the ball is dropped into the water it may be retrieved by any team
- Sailors should use the rules of sailing to stop the other team getting to their goal
- Debrief – discuss rules relating to any incidents that may have occurred, what good techniques did the winning team have?

## **Jetty relay race**

### **To teach coming into a jetty**

- Split sailors into two teams with one boat per team
- Set out two marker buoys equal distances from the jetty
- Discuss the correct procedure for coming into the jetty
- Each team member must set off, sail around the marker buoy and then return to the jetty in the correct way and swap with the next team member
- If they do not stop at the jetty correctly they must go round again
- Debrief – discuss stopping techniques and why they should come into a jetty in this way

## **Backwards race**

### **To teach leaving a jetty or mooring**

- Line all the boats up head to wind along a jetty or set of mooring buoys
- Set out a marker buoy downwind of the startline
- Discuss how to sail backwards, emphasise the steering aspect
- Get all the kids lined up in their boats and ready to go
- Blow a whistle to start the race, sailors should race backwards to the bottom buoy, and then beat back upwind to the jetty
- Debrief – discuss why you would need to sail backwards from a jetty

## **Floats or ducks**

### **To practice sailing in close company and sailing upwind**

- You will need enough floats or ducks so that there is at least one for each person
- Each float/ duck has a number on the underside, which can not be seen unless turned over
- Place the ducks into the water, reasonably spread out up wind & tide of the group

- Each person is assigned a number and they have to find the duck/float that has that number on it and return it to the powerboat, avoiding other sailors using the rules of sailing
- Position the safety boat to which they are to return the ducks/ floats upwind a short distance so that they have to sail up wind to return
- Debrief- rules of the road

### **Follow on floats/ ducks**

#### **To practically teach rules of the road**

- With a more advanced group you can then re run the game so that the boat that brought the correct duck back first is now the blocker
- Not using any contact that boat has to use the rules of the road to hinder the other boat getting their floats
- Gradually increase the number of blockers until all but one boat is a blocker.
- Debrief covering what they did to enable them to get back to the boat, what they found difficult/ easy and why?

### **Simon says**

#### **To teach parts of the boat**

- Out on the water on a calm day
- Get all of the kids to come fairly close to the powerboat, let their sails flap and point the boats roughly into wind
- When “Simon says.... they have to complete that task..
- So for example if “Simon says touch the rudder” then they all touch the rudder
- If you don’t say Simon says then they shouldn’t do the action
- Can also put in capsize, crawl round the mast. Include all the bits that they might not know like clew, tack etc. mix it up with more active bits like stand on one leg. Can also include things like touch the end of the rudder, so they have to bring the rudder up, or tasks where they have to lower the sail
- Debrief, which parts did they know already, what have they learnt

### **Fun race**

#### **To practice boat handling skills**

- Set up four marks in a square
- Brief the sailors on the course and set a different challenge for each leg e.g. standing up, sailing backwards, 720 turn
- Add extra laps with different challenges depending on ability
- Debrief – discuss the manoeuvres that they have performed, how could they improve them to get around the course faster?

## **Ski Sunday**

### **Practice downwind sailing, mark rounding and gybing**

- Set up several marks in a row downwind to form a slalom course
- Discuss techniques for sailing downwind and leeward mark roundings
- Set off from the shore and race down the slalom course
- First to the bottom wins, extra points can be awarded for good gybes
- Debrief – What techniques are best for leeward mark roundings?

## **Beat the Stig**

### **Fun racing in an informal way, challenge that can continue over the season**

- Set a course that can be the same all year round
- Challenge sailors to completed timed laps of the course, must all be completed in the same boat
- Post the times up on The Stig board in the clubhouse
- Allow challengers other goes throughout the year to try and beat their best time
- Discuss sail settings and ways of making the boat sail faster

## **The box**

### **To practice boat handling and rules of the road**

- Set up four marks in a square to define the edges of the box
- Discuss the rules of the road and set up some example scenarios on the shore
- All sailors must begin my sailing spread out inside the box
- Once the whistle blows they must try to force other boats outside of the box using the racing rules
- The winner is the last boat to remain inside the box
- Gradually reduce the size of the box for other rounds
- Debrief – discuss any incidents that arose and the best tactics for forcing people out

## **Dog fight**

### **To practice boat handling and sailing in close quarters**

- Tie a plastic bottle on to the back of each boat with string so that it trails behind the boat
- Set a fairly large sailing area and spread the boats out to begin
- The aim is to catch the other boats and tap their bottle
- Boats should keep their own score by adding one point for every bottle they tap, and subtracting one point every time someone hits their bottle

- Debrief – discuss any situations that arose and the best tactics for catching people

### **Blind folded sailing**

#### **Develop wind awareness and communication**

- Set up a course suitable to the ability level
- Discuss the importance of communication in double handed boats and being aware of the feel of the boat
- Split the sailors into pairs with one helming and one controlling the mainsail
- Once ready to go the helm should be blindfolded, the 'crew' must then communicate effectively to get them around the course
- Debrief – discuss methods of communication, how it felt to be blind etc.

### **Sinking ship**

#### **To practice launching & recovery, dealing with breakages / sailing in difficult conditions**

- Set up a mark a short way off the shore and split the sailors into two teams
- The teams will race as a relay around the mark and back to shore
- After each round one part of the boat must be removed e.g. boom, mainsheet, rudder
- Teams must work out how to still sail the boat around the course (note no paddling allowed)
- Points are awarded for each round with no points if the team fail to complete the course
- Debrief – how to deal with breakages and get the boat back to shore