

Sea Scout Handbook

Name

Ship's Company (Troop)

Boat Crew (Patrol)

Duty Watch

Coxswain

Able Hand

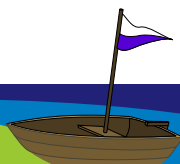
Boatswain

Scouter

Scouter

Scouter

Scouter



This manual is very much a work in progress. This sample edition is being printed in late 2025. It incorporates material from many predecessor documents.

It owes a lot to the many Scouts and Scouters who have gone before us, and to many handbooks and guiding documents developed over more than 100 years. But most of all we owe great thanks to our former Skipper Matt Coe who saw the need for a new Handbook and did something about it. Much of this content was first assembled by him and he graciously shared his digital documents with us to update and customize. Without him, this document would not exist.

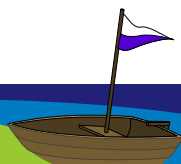
If you have any comments, please send them to the 403rd Toronto Scouter team at seascouts@403to.ca.

If you're a Scout, we'd especially like to hear what you think is missing. What do you want to know that you're not seeing here?



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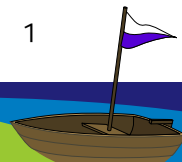


Chapter I: Welcome to Sea Scouts

What do you want from Scouting?

Before you look at any other part of this book, take a few moments to make a list of the kinds of things you'd like to do while you're a Sea Scout. Since this is your list, there are no limits on what you write.

What kinds of activities did you write down? Perhaps a lot of the ideas you listed were about things you wanted to do outdoors—activities like camping, hiking, canoeing, sailing, or snowshoeing. You might have thought about sports such as archery, fishing, cross-country skiing, or orienteering. Maybe you wanted to play games or learn how to do new things such as camp cooking. And maybe your wishes included finding some other kids who share your hobbies or other interests.



As a Sea Scout, you will have opportunities to do all these things, and more! What's most exciting about being a Sea Scout is that you will constantly discover new activities you hadn't even thought of trying.

In Scouting, you'll get plenty of fun in different forms. You'll have noisy fun doing things like playing wide games or building things. Activities like swimming, tobogganing, or horseback riding offer lots of physical fun. You'll have mental fun figuring out new skills like making a rope or cooking without pots and pans. Sometimes you'll have quiet fun, such as when you're sitting by yourself next to a lake and you hear the cry of a loon, or when you're winter camping and a Canadian Blue Jay noiselessly glides into a nearby tree to keep you company.

Friendship will come in different ways, too. To begin with, you may already know several Scouts. Doing things with other Sea Scouts will help you make new friends. Spending several hours in a canoe with someone you don't know very well will help you get to know them a lot better. Camporees and jamborees give you chances to meet Scouts from other groups and countries. Sometimes you won't get to meet other Scouts face-to-face, but you can talk to them over Ham radio, the Internet, or become pen pals—friends by mail. You'll also meet adults in Scouting who will become your mentors.

Adventure is a constant part of Scouting. The outdoors is where a lot of Scouting happens, and it offers many opportunities for adventure. Whether you're building a snow hut, stalking animals in a forest, running through an orienteering course, or practising rescue techniques, you'll find many adventures waiting for you. You may have the opportunity to fly off to a jamboree adventure in another province or country. You could be part of a wilderness canoe expedition, a cycling tour, or an extended sailing cruise through the Great Lakes.

Challenges come whenever you try something you haven't done before. Challenges are both physical and mental. If you don't know how to swim,

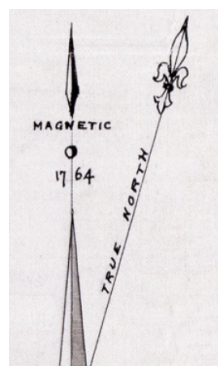


the challenge lies both in the learning and perhaps in getting over your fear of the water. If you're a good summer camper, challenge comes when you take your skill and add to it by moving on to winter camping. Accepting a challenge is an important way to grow as a person. Having good Scouting friends makes taking on a new challenge just a little bit easier.

Achievement is what you will feel when you've successfully tackled an adventure or learned a new skill. A sense of achievement makes you feel good about yourself. Perhaps you just learned a new canoeing stroke or you completed a 25 km hike. Maybe you took part in a Scoutrees project and can look with pride at a field now dotted with seedlings which, in a few years, will grow into a tall forest. The various badges and awards in the Scout program are visible ways to recognize your achievements.

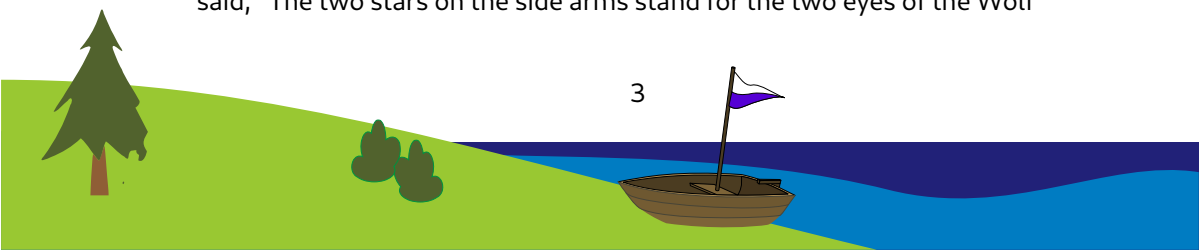
Scout Symbols

For Scouting's emblem, B.-P. chose the sign for the North Point which is "universally shown on maps, carts, and compass cards" because "it points in the right direction (and upwards), turning neither to the right nor left, since they lead backward again." Lady Olave Baden-Powell later added the further explanation, "it shows the true way to go."



But how did the sign for the North Point get to be a fleur-de-lis in the first place? According to B.-P., in the Middle Ages, mariner Flavio Gioja made the sailor's compass into a more practical and reliable instrument. In Italian, "north" is *tramontana*. Gioja used the capital T on the compass card, but to show respect to King Charles of Naples, whose crest was the fleur-de-lis, Gioja combined the letter with that emblem. Fittingly, the fleur-de-lys is also a symbol of peace and purity.

To explain further the meaning of fleur-de-lys as the Scout emblem, B.-P. said, "The two stars on the side arms stand for the two eyes of the Wolf



Cub having been opened before he became a Scout. The three points of the fleur-de-lis remind the Scout of the three parts of the Scout Promise: duty, obedience to the Scout Law, and service.” The ring holding the emblem together represents the bond of sister and brotherhood among Scouts all over the world.

The World Scout Emblem

Scouting is found around the world in more than 225 countries and territories from Algeria to Zimbabwe. One badge that each of the 40 million Scout members around the world can wear is the World Scout Emblem.



The World Scout Emblem has two parts: a fleur-de-lis, and a circle of rope tied with a reef knot. The fleur-de-lis represents the Scouting Movement. The rope circle, joined with a reef knot, symbolizes the strength and unity of the World Organization of Scouting Movements. Why do you think B.-P. selected the reef knot to join together the two ends of the rope?

The World Scout Emblem is white on a royal purple background. B.-P. chose these colours because in heraldry, white stands for purity, and purple for leadership and helping others. Over 200 million Scouts have worn the Scout symbol since 1907.

Sea Scouting

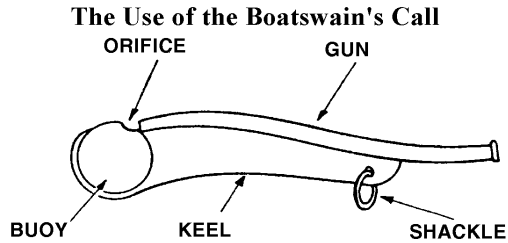
As Sea Scouts, we practice all the same Scouting skills as other Scouts, but we try to keep a focus on the water, and get out on the waterways as much as we can. As a result, we tend to use a lot of nautical and naval terms and traditions. For instance, in Sea Scouts, a Patrol is sometimes called a **Boat Crew**, so that’s what we’ll call it in this book. Similarly, a Sea Scout Troop might also be referred to as a **Ship’s Company**. We’ll introduce the non-



Sea-Scout name of a role, followed by the Sea Scouts term, and keep right on using the Sea Scouts term.

The Boatswain's Call or Pipe

As far as English ships are concerned, the Boatswain's Call can be traced back to the days of the Crusades, 1248 CE. Probably owing to the fact that it has always been



used as a method of passing orders, it was in former days also an honoured badge of rank. This continued up to the year 1562, when it was still worn by the Lord High Admiral of England. After this time it reverted to its original use as a method of passing orders.

The expression "to pipe" refers to the act of singing out the order required, in conjunction with the use of the call, but nowadays the entire procedure is generally known as "piping".

Hold the call between your index finger and thumb. Your thumb should be on or near the shackle. The side of the buoy rests against the palm of your hand. Your fingers close over the gun and buoy to control the air coming out of the buoy. There are two main notes, the "high" and "low." There are also two tones. These are marked on the chart as a straight line for the plain and a wavy line for the trill.

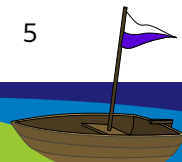
The "Still"

Fingers closed over the hole, blow as hard as you can for eight seconds, the whole note must be on the same high note and stop blowing abruptly at the end of the eight seconds. The note must be the highest you can get, a high pitched piercing note.

0 1 2 3 4 5 6 7 8

HIGH

LOW

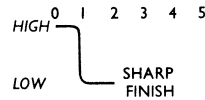


Reason for the Pipe

The “Still” is used to call all hands to attention as a mark of respect, to order silence, to give an instruction or an order. It is ALWAYS followed, after an interval, by the “Carry On”.

The “Carry On”

Blow the high note for one second then drop to the low note for one second and finish abruptly.

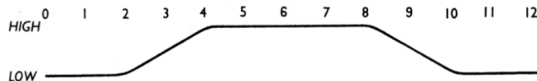


Reason for the Pipe

The “Carry On” is used in conjunction with the still and may follow a verbal order.

“Piping the Side”

Start low and work up to the high note gradually.



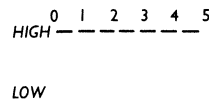
Play the high note for four seconds and gradually return to the low note.

Reason for the Pipe

In years gone by, when gangways were much more cumbersome and ships’ decks were high above the water-line, the only method of coming aboard when the ship was not alongside a pier, was to climb ropes or a rope ladder. This was deemed unsuitable for Captains and Senior Officers. It was therefore necessary to hoist them aboard using a boat or a special chair. Modern ships carry gangways, so the need to hoist crew has ceased but the custom of piping important people aboard remains.

“The Hail”

Sound six short sharp HIGH notes.

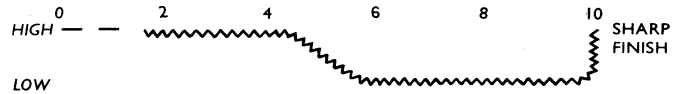


Reason for the Pipe

Traditionally used to call the Boatswain's Mate, it may be used to attract the attention of a particular person, such as the coxswain of a boat, or the Officer of the Day (OOD).

“Pipe Down”

Although the two notes before the long trill are only short notes, they should be sounded with great emphasis to attract attention to the rest of the pipe.



Reason for the Pipe

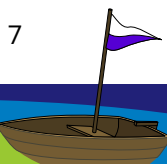
The “Pipe Down” is used aboard ship, in place of Last Post on land, to declare lights-out to the crew.

Timekeeping Aboard Ship

The ship's bell helps sailors keep track of time, by sounding every half-hour. The bell sounds a certain number of times throughout the day, and when it sounds eight times (or, “eight bells”), that tells the crew that it's time for the next watch to take their turn.

Watch name:		First	Middle	Morning	Forenoon	Afternoon	First Dog	Second Dog
Bells	pattern	20:00 - 24:00hrs	00:00- 04:00hrs	04:00- 08:00hrs	08:00- 12:00hrs	12:00- 16:00hrs	16:00- 18:00hrs	18:00- 20:00hrs
1	1	20:30	00:30	04:30	08:30	12:30	16:30	18:30
2	2	21:00	01:00	05:00	09:00	13:00	17:00	19:00
3	2, 1	21:30	01:30	05:30	09:30	13:30	17:30	19:30
4	2, 2	22:00	02:00	06:00	10:00	14:00	18:00	
5	2, 2, 1	22:30	02:30	06:30	10:30	14:30		
6	2, 2, 2	23:00	03:00	07:00	11:00	15:00		
7	2, 2, 2, 1	23:30	03:30	07:30	11:30	15:30		
8	2, 2, 2, 2	00:00	04:00	08:00	12:00	16:00		20:00

Notice anything odd about the bells? We don't sound five bells in the evening. In 1797, five bells was to be the signal for the Navy mutiny at the Nore. The plot was discovered, the mutiny quelled, and the Admiralty



decreed that “five bells in the Last Dog Watch should never again be struck on British vessels.”

The bell, like the boatswain’s call, is loud enough to be heard over machinery, so it’s only used for timekeeping. Sailors consider it bad luck to ring the bell for any other reason!

Keeping the Watch

The watch is the working organization of the ship. Some ships have two watches, some have three. At any given time, some portion of the sailors will be on duty in each part of the ship. During wartime, they maintain the ship’s armaments. During peacetime, they provide lookouts, steer the ship, crew the boats, etc. There are seven watches through the day, to make sure each sailor gets their fair turn in each watch. If there were only six, then the same crew members would always be on the same watches!

The Duty Crew changes from meeting to meeting, so that everyone gets a chance in each role. During camps, Crews could take turns at the watch!

Jamborees

A jamboree is an international, national, or regional gathering of Scouts. It was while B.-P., the founder of Scouting, was attending the Imperial Scout Exhibition in England in 1913 that he got the idea for jamborees. The exhibition was Scouting’s first full-fledged rally; Scouts from a dozen countries in the British Empire attended. As B.-P. watched the events, he thought, “why not stage an international encampment that would promote friendship, encourage outdoors skills, and build citizenship?”

Earlier Scout gatherings had been called rallies and exhibitions, but B.-P. wanted a new name for this new idea. The name he came up with for such a gathering was jamboree. He didn’t know exactly what the word meant, but he liked its sound. It had the flavour of the Australian Aboriginal word



coroboree, which meant a gathering, and it captures the idea of Scouts “jammed together” at a large gathering.

World Jamboree

The first World Jamboree was to be held in 1918 to celebrate Scouting’s 10th birthday, but World War I delayed it until 1920. More than 6000 Scouts from 27 countries attended that premiere jamboree, which was held indoors for the first and last time at the Olympia exhibition hall in London, England. There, Scouts put on displays of such things as fire-lighting, gymnastics, and tent pitching. They also held competitions in obstacle races, tug-of-wars, and trek cart racing. At this jamboree, they invited B.-P. to become “Chief Scout of the World.”

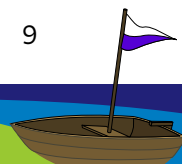
Since then, there have been 25 World Jamborees. Canada has hosted three of them: the eighth in 1955 at Niagara-on-the-Lake, Ontario, the 15th in 1983 at Kananaskis, Alberta, and the 24th, jointly with Scouting America and the Asociación de Scouts de México, in 2019, at Glen Jean, West Virginia.

We hope that, during your Scouting adventures, you will have the chance to attend a World Jamboree. To get a taste of what a jamboree can be like, talk to a Scouter about seeing a video or film that features a world or national jamboree.

Canadian National Scout Jamboree

The first Canadian Jamboree was held July 16-24, 1949, at the Connaught Ranges near Ottawa. The second and third Canadian Jamborees were held in Ottawa in 1953 and 1961. There wasn’t another one until 1977.

Since then, national jamborees, often called “CJ”, have been in different locations across Canada. The fourth, seventh, and tenth CJs were in Prince Edward Island in 1977, 1989, and 2001. Guelph, Ontario was the site of CJ’85, while the Kananaskis Valley in Alberta welcomed CJ’81 and CJ’93. In



1997, Thunder Bay, Ontario hosted the jamboree. In 2007, the Tamaracouta Scout Reserve in Quebec hosted the Canadian Jamboree. Alberta hosted CJ'13, in Sylvan Lake, and the most recent Canadian Jamboree was held in 2017 in Halifax, Nova Scotia.

Scouting Councils often hold large camps called “camporees.” While you’re a Sea Scout, you’ll have several opportunities to attend jamborees and camporees with a lot of Scouts from all over!

Jamboree on the Air / Internet

Over the years, a number of “remote” jamborees have been created: JOTA (Jamboree on the Air), JOTI (Jamboree on the Internet), and TrailJam.

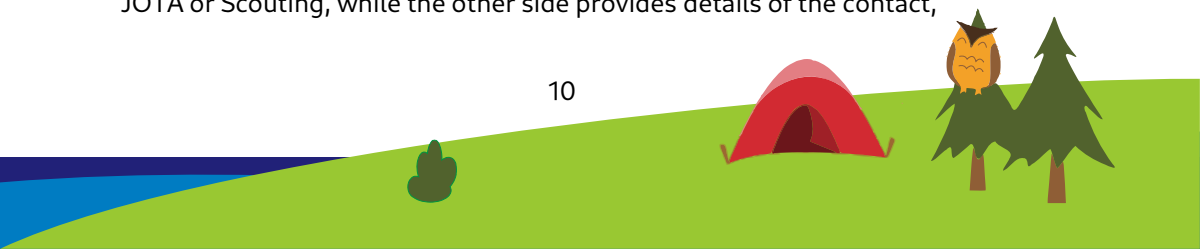


JOTA is held the third weekend of October. Since 1958, Scouts around the world have been using JOTA to talk to each other through the use of amateur radio.

You don’t have to be a Ham—an amateur radio operator—to do it. The first step is to contact one of your local amateur radio operators. The easiest way to find one is to reach out to the Radio Amateurs of Canada (RAC); there may be a club near you!

Perhaps you can combine JOTA with a weekend camp. With a Scouter’s assistance, ask a Ham operator to bring their mobile station to your campsite. That way, one of your Boat Crew’s projects could involve building a tall tower or flagpole for the radio’s antenna. Bring along a world map or globe so you can “see” the countries you’re talking to.

After the fun of talking to Scouts in other countries during JOTA, you can have fun exchanging QSL cards with the stations you contact. What is a QSL card? It’s just a postcard each station sends to other stations it contacts. One side of a JOTA-QSL card usually carries a design linked to JOTA or Scouting, while the other side provides details of the contact,



including the station's call sign. Perhaps, as part of your Arts Badge, you can design your own special JOTA-QSL cards!

A useful starting point in your JOTA planning is the booklet, *Jamboree on the Air: How Canadians Can Participate*. You can find it on the Canadian JOTA-JOTI website, www.jota-joti.ca.

Jamboree on the Internet is run in a similar manner, and details are available on the same website.

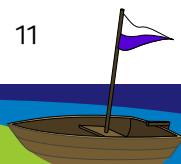
Scoutrees

Since 1973, Canadian Scouts have planted more than 80 million tree seedlings as part of the Scoutrees program. To understand how many trees that is, if they had planted all of these 80 million trees along the Trans-Canada Highway's 7821 km length, you would find a tree approximately every 9 cm coast to coast! Scoutrees helps reforest Canada and reclaim waste area.



By calling door-to-door in their communities, Scouts across Canada collect pledges from people who want to see trees planted in their local reforestation area. The money they collect is used in a variety of ways. Historically, a portion of Scoutrees donations were directed to the Canadian Scout Brotherhood Fund. Money that goes to the Brotherhood Fund helps support world Scout community development projects.

Find out more at <https://worldscoutfoundation.org/>



Becoming A Sea Scout

In order to be invested as a Sea Scout, you have to show that you've learned some important things:



- ❑ Scout Promise and Law
- ❑ Scout Motto
- ❑ Scout Handshake, Sign, and Sea Scout Salute, and the reasons Sea Scouts use them.
- ❑ You'll also need to participate in at least one Sea Scouting adventure!

Did you notice the boxes in front of each of the four things you need to know or do to become a Sea Scout? If you've looked ahead in this book, you've seen the same kind of boxes in front of various badge requirements. Why are they there?

As you complete each requirement, a Scouter or a resource person, such as a teacher, will initial that requirement. In this way, this book can become a record of your achievements in the Ship's Company.

You can also track your achievements with ScoutsTracker, an online resource that helps you to track your progress, and more. You can find ScoutsTracker at www.scoutstracker.ca/scouts. A combination of both may be useful, so that you can show a Scouter a resource person's confirmation that you've demonstrated a skill like sailing or swimming.

After you have completed the four requirements to become a Sea Scout, you will be invested into the Ship's Company as a Scout. At that ceremony, you'll receive the Sea Scout woggle that will identify you as an invested member of Scouting.



Scout Promise

The promise is central to Scouting. It shows that we're serious. This promise reminds us of our duty to ourselves, our duty to others, and our duty to our common values. Our Ship's Company uses the following:

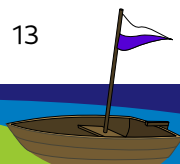
*On my honour,
I promise that I will do my best,
To do my duty to this Land and its people,
To help other people at all times,
And to carry out the spirit of the Scout Law.*

Knowing the Scout Promise and Law means more than just being able to repeat the words from memory. A promise is a statement of something you intend to do. By making the Scout Promise, you tell your fellow Sea Scouts, your Boat Crew, and the Ship's Company, that you intend to do certain things as a Sea Scout.

What do you think each part of the Scout Promise means? Write down your thoughts before you read what's written below the lines.

On my honour, I promise

Of the five words in the first part of the promise, did you notice that two of the words ("I" and "my") refer directly to you? You are the one who is voluntarily making the Scout Promise. By doing so, you "own" what's in the Promise. At your investiture ceremony, you will make the Scout Promise in

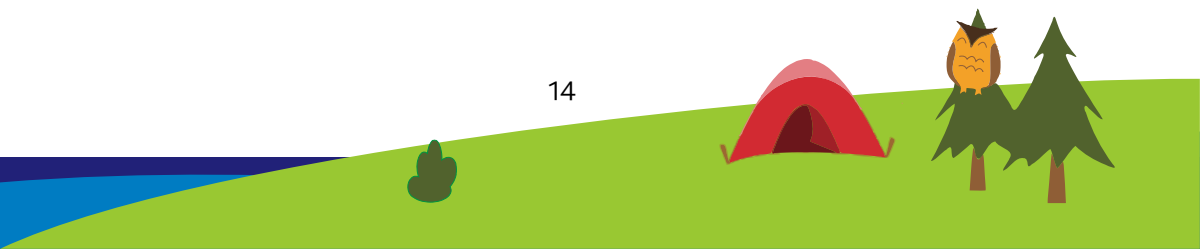


front of your fellow Sea Scouts and Scouters. Each of them will expect you to live up to what you say you are promising to do.

What do it mean to make a promise “on your honour?” What does it mean to have honour? You’re probably at least a little familiar with the reputation that Scouts have around the world. Being a Scout brings that reputation to you! Staking your promise on your honour—on that reputation—means that you’re put that reputation on the line that you’ll keep it.

That I will do my best

There’s that word “my” again. How fast can you run the 100m dash? Right now, the world record is just less than 10 seconds. Can you run that fast? Probably not, and your fellow Sea Scouts and Scouters wouldn’t expect you to. But, suppose your time was 30 seconds. Would the other Sea Scouts and Scouters be satisfied with your effort? The answer is “yes”, if that effort was really the best effort you could give. Throughout your Scouting experience, the main expectation and standard of your performance will be that you are putting your best effort into everything you do. As long as you can honestly say you’re doing your best, no one can reasonably ask more of you!



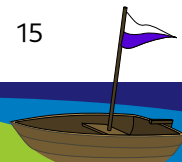
To do my duty to this Land and its people

What is “the Land?” It’s both simple and complicated. In a simple way, it is our country. We could say country or nation, but there are actually multiple nations in the land most of us call Canada. There is the nation of Canada, but there are also many First Nations, Metis and Inuit nations here in the same place. We don’t always agree, but it is important that we work together to look after this land called Canada. That is part of the duty we take on as Scouts—to be good citizens.

The land is also the natural environment we live in. It sustains us and we need to nurture it in return. How do you respect the land around you?

In Scouting, we hope you’ll feel a connection between yourself, the world around you, and the people in it. It’s why we practice Leave No Trace camping as much as we can, and why we serve our community, and why awards like Scouts for Sustainability exist. So how can you, personally, show that you respect the land?

And what about respecting the people? The First Nations and Inuit were certainly the first human people of this land, and the rest of Canada’s citizens either came here from other countries, or are the children of people who moved here. We respect our fellow people by acting in ways that show we are good citizens.



In the teachings of Anishnaabeg and many other indigenous nations on this land, “people,” are not just the human people, but the bear people, deer people, the tree people and others. What would it mean to treat all living things as people worthy of respect?

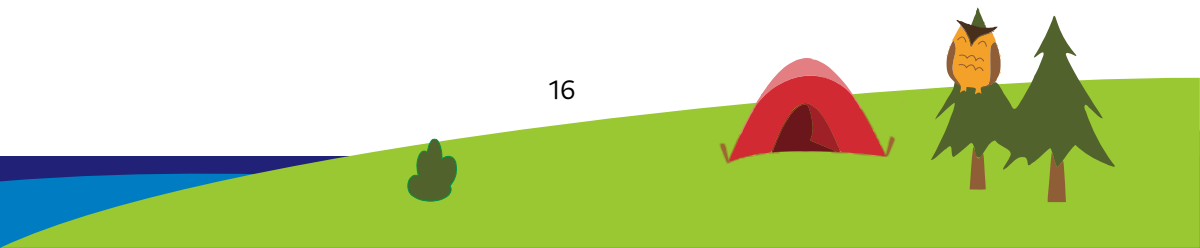
The way you live often shows others what you believe, much more than what you say. For example, acting to protect and conserve the natural world shows that you feel a connection to the land, and want to take care of it.

Making the best use of your talents and abilities also shows that connection you have to yourself in relation with others. How will you respect your beliefs in Sea Scouts?

To help other people at all times

What does “other people” mean? To begin with, it includes adults and children. It doesn’t mean just people who live in Canada, but everyone who shares this planet—“A Scout is a friend to all and a sibling to every other Scout.”

We can help others in many ways. Scouting will give you opportunities to help others, but you don’t need to wait to be asked. Just look around your home and neighbourhood for things that need doing, and then do them.



And to carry out the spirit of the Scout Law

If you say you are going “to carry out the spirit of the Scout Law,” it means you are going to use what the Scout Law says as a guide to your actions. It describes what a Scout *is*, rather than what a Scout *does*, and promising to do your best to carry out its spirit means that when you slip up, you should forgive yourself, and try to do better next time. It also means that you’d do this in your own way.

A Sea Scout works hard to be each of these things, but everyone will do this in a way that reflects who they are.

Scout Law

*A Scout is Helpful and Trustworthy,
Kind and Cheerful,
Considerate and Clean,
And Wise in the use of all resources.*

What does each part of the Scout Law mean to you? Write down your own thoughts before you look at the comments that follow.



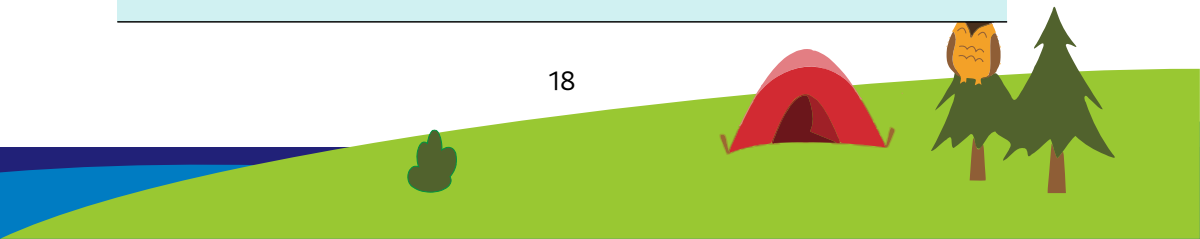
A Scout is Helpful

Every day, from the moment you wake up, until the time you go to bed, you have countless opportunities to help others. Just getting up in the morning on your own, without needing someone to nag you out of bed, is helpful. More active ways of being helpful in the morning are to make your bed, prepare breakfast, do the dishes, and make bag lunches for those who take them to school or work. Look at how helpful you've been, and you've only been up an hour!

You can also be helpful outside the home. Perhaps your community has a "Pitch-In" clean-up campaign you can take part in. Or you might support a recycling program. Maybe you can help an elderly neighbour with the heavy parts of the yard work.

In Sea Scouts, you will learn things like first aid or water rescues that will enable you to give one of the greatest acts of help: saving a life.

A Scout is Trustworthy

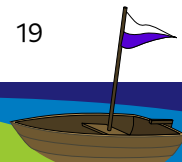


To be trustworthy means that you are worthy of trust. Think of the kinds of trust you can be given. If you say you are going to do something, people believe that you will do what you say. If you are trustworthy and you can't complete the job you said you would do, people will know, without being told, that there was a good reason you didn't finish it. To be trustworthy means that parents who ask you to babysit feel secure in knowing they can entrust their child's safety and well-being to you. A trustworthy person is someone other people have confidence in.

A Scout is Kind

To be kind means, in part, to act toward others as you would like them to act toward you. Think of words and actions that hurt you, and try not to say or do those things to others. Similarly, think of words and actions that make you feel good, and try to say and do similar things for others.

A Scout is Cheerful



Being cheerful doesn't mean you always have to walk around with a smile stuck on your face. Not everything you do will be fun, but how you look at what seems to be an unpleasant situation or job may affect exactly how unpleasant it really is.

Let's just suppose you don't like homework. Being grouchy and complaining to the teacher who gave it to you doesn't help you get it done. Probably you won't laugh while you're doing your homework, but tackling it a little more cheerfully might make it seem just a bit lighter.

And not every hike, camp, canoe trip, or cruise you take will have clear skies and warm sunshine. Being cheerful and looking for the fun parts in a situation will make you, and others around you, feel much better.

A Scout is Considerate

When you're being considerate, you're looking at things through someone else's eyes. For example, suppose you throw your clothes every-which-way around your room when you take them off to get ready for bed at night. Are you being considerate?

If you look at your action through someone else's eyes, you'll have the answer. You're expecting someone else to pick up your discarded clothes and either hang them up or put them wherever dirty clothes are supposed to go. Being considerate is putting them away right away. Similarly, stuffing freshly-laundered clothes into drawers and the closet isn't very considerate of the person who washed and folded them for you!



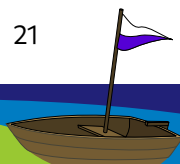
Perhaps every morning, you and somebody else arrive at the bathroom at just about the same time and argue about who got there first and who uses all the hot water. To remedy the situation, you could be considerate and change your showering time. Consideration is something to practise within your family and with all people you meet.

A Scout is Clean

This part refers to at least two types of “clean”: an outer clean and an inner clean. The outer cleanliness applies to the real physical things around you. To obey this Scout Law, a Scout keeps their body and things (such as clothes and personal living space) clean.

To live up to the inner cleanliness part of this law, a Scout keeps their body clean by not using tobacco, alcohol, or other drugs, and not using foul language.

A Scout is Wise in the Use of All Resources



What are your resources? Probably the first thing you thought about was the money you get as an allowance, or earn from odd jobs. But you have other resources as well. Anything we can use and anything that helps us do something is a resource.

This book is a resource because you can use it to help you reach your goals as a Sea Scout. Your family members and friends are resources to you. Your abilities and talents are also resources.

To be wise in the use of all resources means that you don't squander them or use them in ways that are wasteful or harmful to others. For example, if you want a drink of water and let the tap run for five minutes before you fill your glass, you are not wisely using your resources. The water you let go down the drain is no longer available to others. In addition, now other resources have to be used to handle and treat the waste water you created. All of us must do our part to use the world's resources wisely.

Scout Motto

Be Prepared.

This motto encompasses so much of what we try to do in Scouting. In learning Scoutcraft skills, you become prepared for camp. In developing your Outdoor Adventure Skills, you become prepared for many situations that may arise, whether sailing on the lake, climbing a mountain, or performing first aid.

But in Sea Scouts, we learn to be prepared for more than just the worst. The skills we practice as we undertake Scouting—planning before doing, and reviewing afterwards; thoughtfully serving our community; and fulfilling our promise—prepare us for life beyond the Sea Scout hall, and beyond our years in Sea Scouts. They allow us to always *Be Prepared*, no matter what might come up.



Scout Handshake

The Scout handshake is made with the left hand, instead of the customary right hand. This isn't just a secret handshake, to let the other know that you're in on the game (though it does that, too!). It comes from an Ashanti tradition that B.-P. learned in his Army service in West Africa. Rather than set down their weapons to shake hands with their right hand, "only the bravest of the brave shake hands with the left hand, because to do so we must drop our shields and our protection."

This demonstrated the trust that the Ashanti warriors offered, when meeting in peace, and we continue it to show our trust in our fellow Sea Scouts.

Scout Sign and Sea Scout Salute

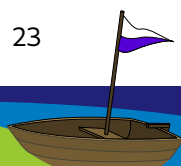
The Scout Sign is a simple gesture. Raise your index, middle, and ring fingers of your right hand, and touch your thumb to your little finger. Raise that hand head-high, with your forearm straight up-and-down, and your palm facing out.



To turn your Scout Sign into the Scout Salute, bend your elbow in so that your index finger touches your temple.

The three fingers in the Scout Sign and Sea Scout Salute remind you of the three parts of the Scout Promise. Do you remember what they are? The meeting of your thumb and little finger represents the ties of friendship in Scouting.

This is a sign recognized throughout the world by members of the Scout movement, and can be an excellent shorthand for identifying yourself to a



fellow Scout, if you can see that they're a Scout. If they are, they will likely flash the sign back to you.

You use the Scout sign, rather than the Sea Scout Salute, on four occasions:

1. When you are making your Scout Promise,
2. When you are attending the investiture of another Scout,
3. When you are anywhere the Scout Promise is being recited, and
4. When you would use the Sea Scout Salute, but are not in your full uniform.

The Sea Scout Salute is used, for example, while raising the flag, and during the playing of the National Anthem. It's also exchanged when handing off the flag at the end of the night. The Sea Scout Salute should only be made while in full uniform. If you are not in full uniform, make the Scout Sign instead. When finished your salute (e.g. you've been ordered "as you were" in the opening ceremony), return your hand to your side quickly and quietly, without slapping your leg.

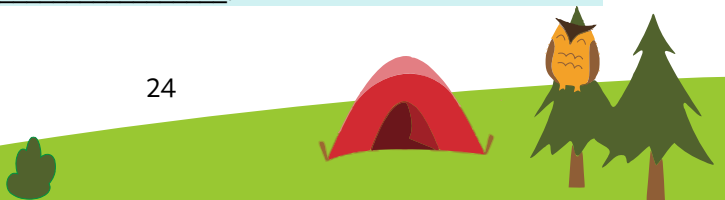
Getting Invested

Once you've satisfied your Coxswain and your Scouters that you have satisfied all the requirements necessary to become a Scout, you'll be invested as a Scout. Your parents or guardians, and other members or your family, may be invited to your investiture ceremony.

At the end of the ceremony, your Scouters will present you with your Sea Scout neckerchief slide (or, as it's more commonly known, your "woggle")—your identification as a member of the worldwide Scout movement.

Congratulations. You're now a Sea Scout!

I was invested on (Date) _____
by _____.



Chapter 2: The Canadian Path

The Canadian Path is the name of the Scouting program in Canada. It's a continuous program from Beaver Scouts through Rover Scouts. Every stage of the Canadian Path is built on the Four Elements (Youth-Led, Plan-Do-Review, Adventure, and SPICES) and we use the Scout Method to make sure that the adventures are balanced, in terms of what we do, and how we grow and develop.

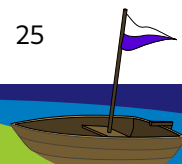
Adventure

Sea Scouts is all about going on adventures! But what is an adventure? Adventure is all about exploring new things, sharing new ideas, learning new skills, and creating new paths. It's about unique opportunities to explore one's self and the world.

What adventure means for you is entirely personal. It's about what will be exciting, interesting, and fun for you. As you work with your Boat Crew to plan and review your adventures, you'll see that what made them adventurous to each person was entirely unique, even though you all went on the same adventure.

Youth-Led

From the origins of Scouting, B.-P. has meant for Scouts to take certain responsibilities for their activities and adventures. This starts with talking about what you'd like to do as a Boat Crew, through collaborating with the Boat Crews in your Ship's Company with the Leadership Team, and keeps right on going as you devise your own Chief Scout's Award project before moving on to Venturer Scouts!



This doesn't mean that your Scouters just sit back. Scouters are there to help you learn the skills you need to go on your adventures, and to make sure nothing gets missed as you get ready for a big adventure. Developing all the camping skills you need for a week-long tramp through Algonquin Park is great, but if no one remembers to raise the funds needed to get there, and keep yourselves fed, all that preparation will be for nothing.

Leadership in Scouting goes beyond being the Coxswain or the Boatswain. Everyone should get different opportunities for leadership as a Sea Scout. The Sea Scout who teaches their fellows a new skill is being a leader. Another Sea Scout who volunteers to look after the galley area during camp, even if they aren't the cook for that meal, is being a leader. When you run activities for visiting Cub Scouts, or drop in to help out in a Beaver Scout event, you're being a leader, even if you aren't in charge. You'll have opportunities to learn how to be an effective leader in Sea Scouts, both by taking the initiative, and if you participate in the Youth Leadership Training program, and earn the SCYLT badge!

Plan-Do-Review

On the Canadian Path, we follow a cycle of planning, doing, then reviewing for all our activities. The review doesn't need to be a formal, sit-down process every time, but it is important to revisit what we've done and how it's gone. This process should be used not just for each adventure we go on, but for more long-term planning as well. When you plan ahead for each adventure, season, and the year, with your Boat Crew and the Ship's Company, you should look back on previous adventures, seasons and years, to see what went well, and what skills can be built upon.

As you plan, think about the Canadian Trails, and what adventures you'd like to go on in each of the Trails. By taking adventures on as many Trails as you can in a season and a year, you'll create a balanced Scouting year for yourselves.



After each season, you should sit down with your Boat Crew and review what you've done. Talk about the adventures you went on, the skills you developed, what went well, and what could have gone better. This is a chance to recognize each other's accomplishments, too. Your Ship's Company may award Personal Progression Badges at the end of a season, to mark the progress you've made. These usually follow a personal review of your own progress as a Sea Scout.

The best part about reviewing is you'll probably get ideas about what to do next, whether it's new adventures, new opportunities to build your skills, or to try something again.

SPICES

They say "variety is the spice of life", and in Sea Scouts, you should be going on a wide variety of adventures! The SPICES of Scouts are six aspects of your day-to-day life where you'll find that you've grown, as you go on your adventures. Think about these when you're reviewing activities, and seasons, and particularly your own progress. You'll see just how much you've grown as a Sea Scout!

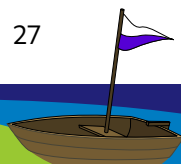
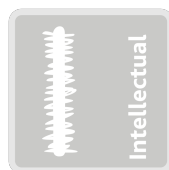
Scouting is a team sport; that's why we work together in Boat Crews! How you develop in your *esprit de corps* is part of your **social** growth in Sea Scouts.



In Sea Scouts, we get outdoors as much as we can. That means you'll be getting physical. Learning what your body can do, and how to take care of it, is part of your **physical** growth in Sea Scouts.



Beyond the Scouting skills you learn, practising the plan-do-review cycle, and coming up with creative solutions to problems, are all part of your **intellectual** growth as a Sea Scout.



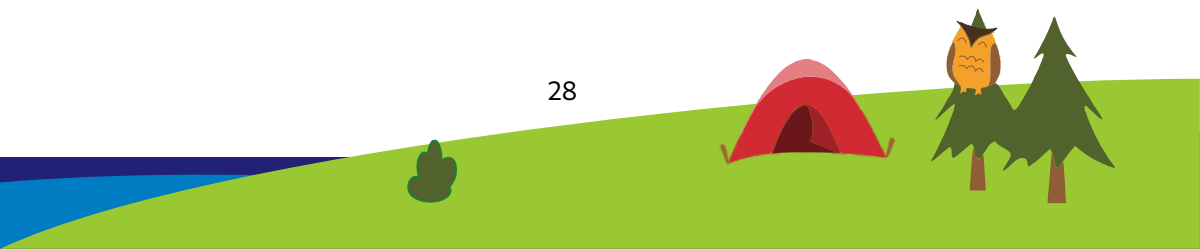
The Scout Promise and Law guide the growth of your **character**. Keep them in mind on your adventures. When you review your own adventures, think about how the Promise and the Law helped you along the way.



As a Sea Scout, your body and your brain are changing, and the emotions you and your fellow Sea Scouts experience are changing too. How you learn to recognize and respect both your own feelings and the feelings of others are big parts of your **emotional** growth as a Sea Scout, and you'll have lots of opportunities as you carry out all your adventures.



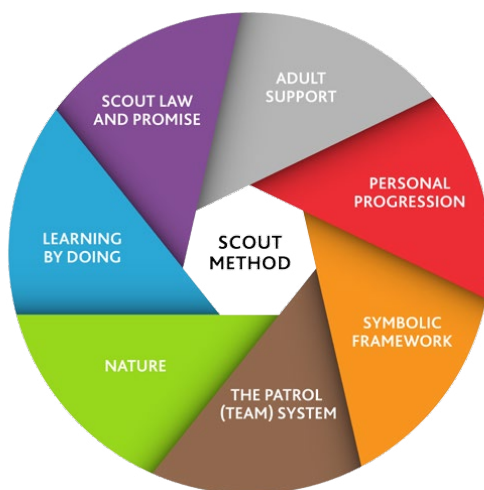
You'll have lots of opportunity to explore your beliefs as a Sea Scout. What's important to you? What's important to your community? How do your beliefs, and the beliefs of others, connect you together? To the world? How does what you do as a Sea Scout come in to play? These questions might be hard to answer, but keep them in mind as you consider how you grow, **spiritually**, as a Sea Scout.



The Scout Method

The Scout Method is a way to give your adventures direction. It's the "how" of Scouting. It has seven equally important parts:

As you go on your Scouting adventures, try to remember to check in on the Scout Method, and how it can support your plans!

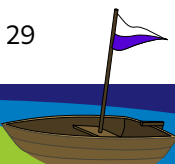


Nature

It is important for Sea Scouts to pursue adventures in the natural world. Getting outside will help you to become comfortable in a range of natural conditions. For example, it can be a little harder to enjoy yourself camping when it's raining, but most Sea Scouts learn that it's still possible, with good preparation for the rain, and contingency plans—if the rain has washed out your plan to go on a paddling adventure, how can you have fun on land, or even under your dining shelter? Adventures in the elements build adaptability and confidence, and help you to appreciate our natural world.

The Patrol System

Since the very beginning, in 1907, Scouting has been based on a Patrol System: small, self-organizing teams of 4-6 Scouts who are largely responsible for their own fate, with the guidance of a Scouter. The Scouter is there to make sure that the Patrol's plans are consistent with Scouting's philosophy and rules, to facilitate anything that needs adult involvement,



and make sure nothing gets forgotten, but otherwise, the whole process of planning, doing, and reviewing your adventures should be handled by your Boat Crew.

Not every adventure you go on in Sea Scouts will be just with your Boat Crew. Often, the whole Ship's Company gets involved, but the Boat Crews vote on what to suggest, and the Coxswains determine what to plan, and in what order, again, with some guidance from the Scouters.

Each Boat Crew is led by a Patrol Leader, or **Coxswain** (pronounced “cox-un”—and, often, an Assistant Patrol Leader, or **Leading Hand**. These are typically older Sea Scouts, usually in their third or fourth year. These leaders aren't there to tell people what to do, but to make sure that everyone in the Boat Crew is able to contribute to the success of the activity. The Boat Crew normally chooses its own Coxswain. When choosing a Coxswain, it's important to think about who will provide the best leadership. Just standing around giving orders isn't really leadership, after all.

How long they hold that position is also up to the Boat Crew as a whole. Some Boat Crews change Coxswain at the beginning of the Scouting year, and some will change more frequently than that. A Coxswain may even decide for themselves that it's time to step down. The important thing is that it's a decision made as a team.

As with the Coxswain, the selection of Leading Hand is also made as a Boat Crew. The Leading Hand takes over the Coxswain's role if the Coxswain isn't present, so it's important to choose someone who will be a good leader in the Coxswain's place.

Leadership of the Boat Crew's activities shouldn't only fall to the Coxswain and Leading Hand. If the Boat Crew is working on their Paddling Outdoor Adventure Skills, it wouldn't do for the Coxswain to lead the activity if there is a more experienced canoeist in the Boat Crew! A Boat Crew that uses



each of its members' skills and abilities to the fullest, and for the success of the Boat Crew, will have good *esprit de corps*, or team spirit.

The Boat Crew Emblem

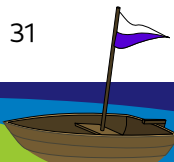
When our founder, Robert Baden-Powell (or B.-P., as he was known to his friends), held the first Scout camp, in 1907, he organized 22 boys into four Patrols: the Wolves, the Bulls, the Curlews, and the Ravens. When you join a Boat Crew, your Boat Crew may already have a name and emblem, or you'll be able to choose one for a new Boat Crew. You can pick any name you wish, but you should pick one that tells others what kind of Sea Scouts you want to be.

You may also wear an emblem on your uniform to show others what Boat Crew you belong to. Scouts Canada offers a wide selection of animal crests for this purpose. These animals are mostly seasonal or permanent residents of Canada. Your Boat Crew might take a bird's name, such as owl, hawk, or eagle. You might be the fox, wolf, or polar bear Boat Crew. Thinking of the qualities associated with different birds and mammals may help you select a name. For example, when you hear the words "grizzly" or "Canada goose", what qualities come to mind?

My Boat Crew is called _____ . This is a good name for us because _____ .

Personal Progression in Sea Scouts

As you go on adventures in Scouting, you'll find that you've developed as a Sea Scout and as a person. This progression is broken into four levels in Sea Scouts: Pioneer Scout, Voyageur Scout, Pathfinder Scout, and Trailblazer Scout. As you complete each level, you'll earn a badge to wear



on your uniform. At each level, you should try to push yourself farther, taking opportunities to lead your fellow Sea Scouts in different ways.

During your adventures, you'll probably learn new Outdoor Adventure Skills as a matter of course. See what other skills you can develop on your adventures, and you'll see just how much you progress in Sea Scouts!

Throughout the year, you should create some adventures for yourself, in the different Personal Achievement Badges that interest you.

Periodically through the year, you'll sit down with your Boat Crew, and the Ship's Company, and review all the adventures you went on that season, and over the whole year. You'll talk with your Coxswain or your Leading Hand about how you have progressed, how your skills have improved, and how you've developed in the SPICES, over the past year.

1. Pioneer Scout

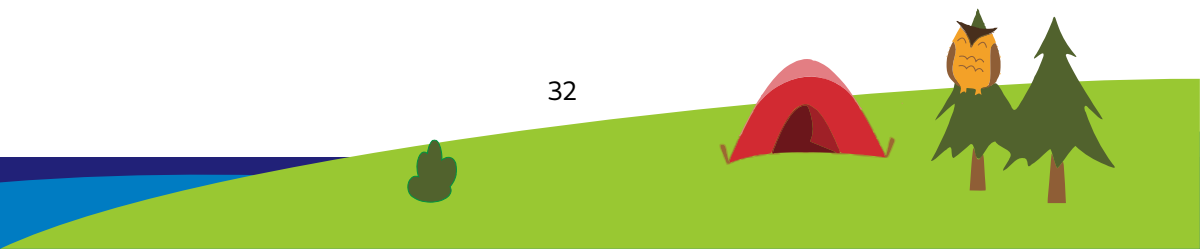
Although Canada's first true pioneers were the First Nations who lived in this land, a "pioneer" usually refers to those who followed the European explorers and settled in Canada.



The people who came to Canada as pioneers couldn't bring many possessions with them. Because they had no stores or mail-order catalogues where they could buy the things they wanted or needed, pioneers had to be as self-sufficient and self-reliant as possible.

Pioneers had to learn to make many of the things they needed. To survive, they needed to have some basics, such as food, shelter, clothing, and fuel. They had to learn which wood was good for fires, for building homes, or for making furniture. Cooperation was important for their survival. Pioneer families often got together to help each other build houses and barns, clear fields for planting, and harvest crops.

In what ways might you and your Boat Crew be like pioneers?



As Pioneer Scouts, you'll learn a lot about how to be a member of a Boat Crew and a Ship's Company. You'll also learn the Scout Promise, Law, and Motto—all the things you learned before you were invested!

I received my **Pioneer Scout** Badge on (Date) _____.

2. Voyageur Scout

Voyageur was a term given in the 17th and 18th centuries to the adventurers who journeyed long distances by canoe from Montreal to western and northern Canada to trade for furs. It was a demanding life. A voyageur had to be able to paddle long distances. A good voyageur paddled 40 strokes a minute from dawn to dusk. You also had to be strong, because rapids and waterfalls meant portaging your canoe and its load long distances over rough ground. And you had to be able to camp and cook using local foods.



The large fur trading canoes, called Montreal canoes, were about 11 metres long, two metres abeam, and needed a crew of six to 12 voyageurs. The smaller North Canoe was eight metres long, and over a metre abeam. It carried a crew of four to eight voyageurs. Everyone on the crew had to work as part of the team. Sometimes as they paddled, the voyageurs sang songs to keep up their spirits and help them maintain their paddling rhythm.

How was a North Canoe and its crew of voyageurs like you and your Boat Crew?

While you become a Voyageur Scout, ask your Boatswain, Coxswain, Leading Hand, and Scouters about how you can help lead an activity that builds up to one of your adventures. Use the Plan-Do-Review cycle to help guide your success!

I received my **Voyageur Scout** Badge on (Date) _____.



3. Pathfinder Scout

Pathfinders are explorers who find new paths. Using their skill and courage, they travel into previously unexplored areas and mark out routes so others may follow. Canada's first pathfinders were the First Nations. Unfortunately, their names are lost, and most "Canadian" pathfinders who are remembered were European, like Pierre de la Verendrye, Alexander Mackenzie, David Thompson, Henry Hudson, Anthony Henday, and Samuel Hearne.



Perhaps you think pathfinders are just people of the past. But you can be a pathfinder in today's world: simply go where no one has gone before. Where you go might even be out of this world, like Canada's first astronaut, Commander Marc Garneau. Or you could be a pathfinder like mountaineer Laurie Skreslet, the first Canadian ever to climb Mount Everest, the world's highest mountain. Other pathfinders don't go anywhere but, like Alexander Graham Bell, they invent things such as the telephone. Who knows, you might become another Jonas Salk and develop a vaccine that will prevent a harmful disease like polio.

There are limitless opportunities. What kind of pathfinder will you be?

If they're not already a Coxswain or Leading Hand, Pathfinder Scouts should find opportunities to take the lead on activities building up to a larger adventure. Just like you did as a Voyageur Scout, use the Plan-Do-Review cycle to help.

I received my **Pathfinder Scout** Badge on (Date) _____.



4. Trailblazer Scout

Blazing a trail goes a little further than finding a path. In both cases, you have an idea where you'd like to be, but where the pathfinder looks for the clear path from point A to point B, the trailblazer recognizes that a brand new path needs to be made, and does what needs to be done to make that happen.



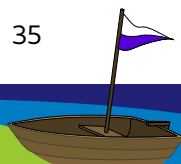
Most of the pathfinders mentioned above built on the successes of others. This doesn't diminish their accomplishment! They did things no one else had done before. Who might be a trailblazer you know of? Sir John Franklin, a 19th century Royal Navy officer, sought the Northwest Passage through the Arctic Ocean. Though the expedition failed (and Sir John paid for it with his life), he exhibited a trailblazing spirit.

In Sea Scouts, it's important to know when to turn back, and how to blaze your trails safely, but Trailblazer Scouts set out on a path they create for themselves, particularly when they set out to earn the Chief Scout's Award.

You should also look for activities where you can link up with a Venturer Scout Company or Rover Scout Crew. The Company or Crew may come to you—many Outdoor Adventure Skills at the Company and Crew level require leading activities for younger Scouts! This is an opportunity to see what Scouting is like at that higher level you'll be a part of.

Trailblazer Scouts should already have lots of experience leading activities. Use the skills you've learned to lead, or co-lead, an entire adventure, using the Plan-Do-Review cycle. You should definitely link up with a Venturer Scout Company this year, to get to know the Venturer Scouts you'll join.

I received my **Trailblazer Scout** Badge on (Date) _____.



Chief Scout's Award

The Chief Scout's Award was created in September 1973 by Governor General Roland Michener, who was then Chief Scout of Canada. You will receive the award when you complete the following requirements:

- Complete 18 Outdoor Adventure Skills stages:
 - Camping Skills Stage _____
 - Scoutcraft Skills Stage _____
 - Trail Skills Stage _____
 - Emergency Skills Stage _____
 - Winter Skills Stage _____
 - Vertical Skills Stage _____
 - Aquatic Skills Stage _____
 - Paddling Skills Stage _____
 - Sailing Skills Stage _____
- Review your personal progression throughout Sea Scouts with the Ship's Company Leadership Team and Scouters, and if possible, some Venturer Scouts.
- Lead your Boat Crew on an adventure, taking responsibility for the complete Plan-Do-Review cycle for the adventure.
- Complete 30 volunteer service hours. These hours can be completed outside of Sea Scouts, and should be done doing something important to you.
- With the oversight of a Scouter, design and undertake a Chief Scout Project that will benefit a community (local, national, or international). This project can be completed as part of another project for another organization, such as your school, the Duke of Edinburgh's



You will continue to wear the Chief Scout's Award as a Venturer Scout and Rover Scout, and will be entitled to wear the Adult Recognition Award on your uniform if you decide to become a Scouter. If you have already received the North Star Award in Beaver Scouts, or the Seeonee Award in Cub Scouts, you'll add a small version of those awards to your uniform, and replace the larger one with the Chief Scout's Award.



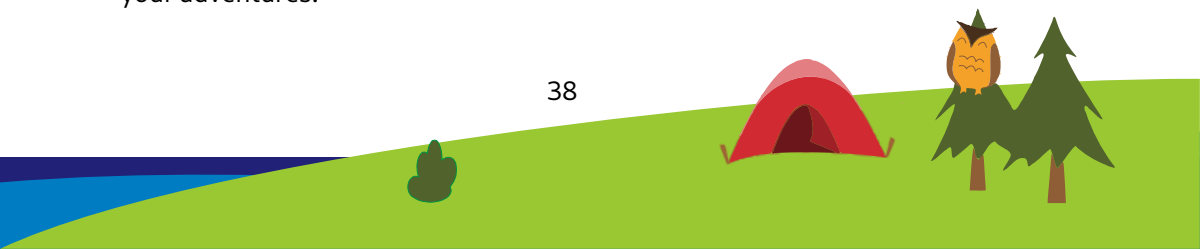
I received my **Chief Scout's Award** from _____
on (Date) _____.

Scout Law and Promise

In Chapter 1, you explored the Scout Law and the Promise. Sea Scouts should try to remember these not only whenever they're part of a Scouting activity, but throughout their day-to-day lives. After all, you're still a student of your school on weekends—you're still a Sea Scout, even when your uniform's put away.

Adult Support

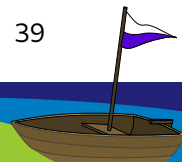
Some adventures feel pretty clear. But there will be other that you'll realize might just need an adult's guidance. Over the course of your time in Sea Scouts, you'll be taking more and more ownership over your adventures, to a point where, at the end of your time in Sea Scouts, you're presenting your plans to the Scouter Team! Adult Scouters are part of Ship's Company life to help your Coxswains and Boatswain make sure their plans are what's best for the Ship's Company, and can help make sure that everyone learns the skills they need to be successful. Your Scouters are there to support your adventures!



Learning by Doing

The best way to develop a skill is to practise it. This is why your Scouters will encourage you at every opportunity to take personal responsibility, and it's why Boat Crews put skills to practical use on camping trips, hikes, cruises, and other outings. It's more fun to be out on an adventure than inside talking about one!

At the same time, don't be afraid to make mistakes. There's a saying that "experience is the best teacher," though it's too bad the test comes before the lesson! In Sea Scouts, we have that cycle of Plan-Do-Review, and it's in the "review" part where we learn about what to do differently next time for better success. Whether that's a better strategy for the wide night-time games, or a better way of organizing who's doing what at mealtime so that the work is shared fairly, we always seem to learn what works best through experimenting, and finding out what doesn't work, first!



Chapter 3: Ship's Company Meetings

The Boat Crew and Ship's Company in Action

Your Boat Crew and Ship's Company will have two main kinds of meetings: planning meetings and activity meetings. When the Boat Crew gets together to discuss plans for future activities, the meetings are called Boat Crew meetings. Your Boat Crew can hold these meetings apart from your regular Ship's Company meeting time, in the home of one of the Boat Crew members. Perhaps your Boat Crew has even created or built its own special meeting place. Terrific!

Boat Crew Meetings

Usually there are specific reasons for calling a Boat Crew meeting. Perhaps the Boat Crew want to work on a badge together, and need everyone to have a say in making the decision. Once you've all chosen a badge, the Boat Crew will want to decide what adventures to go on to achieve the badge requirements. You can find some ideas in the Personal Achievement Badge Guide. Some inspiration for adventures to go on are available in the Activity Finder, part of the Canadian Path. This website helps Scouts of any age find things to do throughout the Canadian Path, and can be a great jumping-off point for your Boat Crew to find an adventure to go on. The Activity Finder is available on the Scouts Canada website, at <https://www.scouts.ca/programs/activity-finder.html>.

Maybe you have a camp or hike coming up, and the Boat Crew has to draw up a meal plan, decide who is going to buy the food, and who is going to prepare the Boat Crew's equipment.

Maybe the Boat Crew just wants to do some long-range planning, and needs members to say what they would like to see the Boat Crew do in the next three to six months. The Boat Crew's job is then to take everyone's



ideas and work out a plan that gives each member at least some preferred activities. The Coxswain's job in the Boat Crew meeting is to coordinate the meeting. Someone needs to make a written record of the major decisions the Boat Crew makes so you all can keep track of who has agreed to do what.

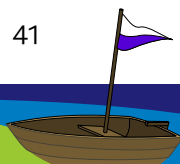
Boat Crew meetings don't always have to be formal. They can be called whenever a Boat Crew has a problem to solve. Suppose you're on a bike hike. You'd planned to go 50 km, but strong headwinds slowed you down. The Coxswain might quickly call a Boat Crew meeting to decide whether or not the Boat Crew wants to change its original plan, because of the unexpected circumstances.

A Boat Crew meeting is a time for everyone's opinions to be heard. Be prepared to volunteer your own thoughts. If you notice that some of your Boat Crew members aren't contributing, encourage them to give their ideas. The more ideas you have, the better decisions you can make.

Boat Crew meetings are also a time to share feelings. Perhaps you aren't happy being in your Boat Crew. Share this information with other Boat Crew members. Perhaps the Boat Crew needs to begin to behave in a different way towards you, or possibly you might be happier if you were a member of another Boat Crew.

Boat Crew meetings are fun times. Almost anywhere can be a Boat Crew meeting place. Here's what you'll find: the more often your Boat Crew meets, the better you'll get to know everyone, the more fun you'll have, and the greater your *esprit de corps* will be.

You can use Boat Crew meetings to practise skills like foil cooking, or to work on projects. Boat Crew meetings also give you extra opportunities to work on badges. You can also use Boat Crew meetings just to get together and spend time with each other. Some Boat Crews plan and hold outdoor activities or events in addition to those conducted by the Ship's Company.



Scouters don't need to be present to hold a Boat Crew meeting. If you'd like to have a Scouter keep things running smoothly, you might want to talk to your Ship's Company Leadership Team about making time during a Ship's Company meeting for the Boat Crews to meet individually.

The Leadership Team

This doesn't refer to the Scouters! In fact, the **Ship's Company Leadership Team** (SCLT) is made up of all the Coxswains, often the Leading Hands, sometimes all the final-year Sea Scouts, and one other Sea Scout: the Troop Leader, or **Boatswain**. Much like the Coxswains, the Boatswains is usually a Sea Scout in their third or fourth year, but they aren't a Coxswain in their own right. In fact, the Boatswain is usually a regular member of their Boat Crew, most of the time. The times they act as the Boatswain are during Ship's Company Leadership Team Meetings and ceremonies. The Ship's Company Leadership Team is sometimes also called the **Court of Honour**.

Ship's Company Leadership Team meetings coordinate the plans of the Boat Crews and also make short- and long-term plans for the entire Ship's Company. For example, the SCLT might decide when and where the next Ship's Company camp will be held, and what its theme will be. As well, the SCLT could say which Boat Crews will serve as the Duty Crew at Ship's Company meetings, to take care of such tasks as preparing the flags, and cleaning up after the meeting.

A Scouter is usually the SCLT's resource person. Your Coxswain is responsible for taking your Boat Crew's ideas to the SCLT.

A good Coxswain represents the interests of the entire Boat Crew at the SCLT, not just their own interests. Suppose all the Boat Crews in the Ship's Company agreed they want to go bowling, but couldn't decide if it should be five or ten pin. In your Boat Crew meeting, your Boat Crew decided they preferred five pin bowling, but your Coxswain wanted ten pin. At the



Leadership Team, the Coxswain's responsibility is to report the Boat Crew's preference for five pin.

The Coxswain takes information to the SCLT, but also reports back to the Boat Crew about SCLT decisions.

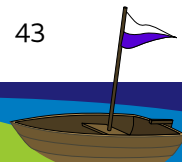
The Boatswain is responsible for keeping the SCLT meetings moving, and making sure the program the entire Ship's Company come up with meets Scouts Canada's standards, with the guidance of the Scouters. In these meetings, the Boatswain doesn't speak to their own interests, but the good of the entire Ship's Company. When no Boatswain is available, a Scouter takes on these responsibilities.

It is the responsibility of each member of the SCLT to:

1. Set a good example in living the Scout Promise and Law,
2. Uphold the honour and traditions of this Ship's Company,
3. Consider the wishes of their Boat Crew before personal wishes,
4. Be fair and just when making all judgments,
5. Abide cheerfully by the decisions of the majority,
6. Help the Scouters run the Ship's Company, and
7. Respect the secrecy of SCLT discussions when appropriate.

Activity Meetings

Activity meetings happen both at the Boat Crew and Ship's Company level. Ship's Companies vary in how often they meet as a whole Ship's Company. Some Ship's Companies hold evening Ship's Company meetings every week in an outdoor setting, such as a park or campground. Other Ship's Companies meet indoors in a large meeting space, like a school gym or community club, and then hold part of their meetings outside. As well as a time to play games and learn new things, Ship's Company meetings offer occasions for ceremonies to recognize Sea Scouts for earning various Scout badges and awards.



Through the planning of the Boat Crews and the SCLT, many Ship's Companies hold at least some form of major outdoor expedition, such as a camp, hike, cruise, or canoe trip, every month of the year. Some Ship's Companies also hold a long-term camp, hike, cruise, or canoe trip during the summer. Your activity meetings will also provide opportunities to prepare for these events.

The Duty Crew

Each meeting should have a Duty Crew. This is a Boat Crew who is responsible for making sure everything is ready to run smoothly, and that the meeting space is cleaned up after your Ship's Company has used it. They ensure that anything taken out or moved for the meeting is put back where it came from. This Boat Crew names a Colour Bearer who handles the Flag of Canada, but all members of the Duty Crew should have something to do. The Colour Bearer role should rotate, with the Coxswain or Leading Hand ensuring that the evening's colour bearer knows all the parts of the role.

The Duty Crew should rotate from meeting to meeting, so that everyone has an opportunity in this role. The Coxswain holds the title of Duty Crew Chief for the meeting. If the Coxswain isn't present, the Leading Hand steps in, and in both of their absences, the remaining Sea Scouts decide for themselves who will be their Duty Crew Chief.

Before the Meeting

In addition to the Duty Crew's role, every Sea Scout has one important thing to do before every meeting: make sure you're in your full uniform! Neckerchief on, over your collar, and woggle'd properly. Formal shirts should be tucked in and buttoned all the way up. If there's anything you need to present or demonstrate for the meeting, get that ready to go. Once you're ready, gather your Boat Crew and make the watch lines when the Boatswain calls.



The Duty Crew should decide on their roles for ceremonies and the end of the meeting. The Duty Crew Chief should make sure the Colour Bearer knows their role (securing the halyards and leading the Ship's Company in the Scout Promise). If there's only one member of the Duty Crew in uniform, they become the ceremonial Duty Crew Chief by default, and should ask for a Colour Bearer from another Boat Crew, since you should be in full uniform to have a ceremonial role. If none of the Duty Crew are in uniform, they should ask another Boat Crew to fill the roles for ceremonies.

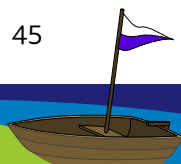
The Duty Crew will set up the meeting hall. Your Ship's Company will have its own routine, but your Duty Crew's responsibilities might include:

1. Flagpole brought into place
2. Flag of Canada tied onto the halyards and ready to raise, secured with a cleat hitch.
3. Set up any other flags you use.

Cleat Hitch

To tie a flag halyard to the cleat on the flagpole, use a cleat hitch. *See also Knots later in this manual.*

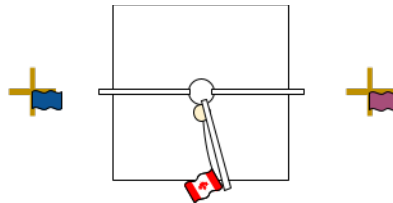
1. Turn both lines of the halyard around the lower post.
2. Cross over the cleat, then come around the upper post. Cross over the cleat again, and repeat for at least four crossings.
3. Tuck the working end under the last crossing to secure the line.



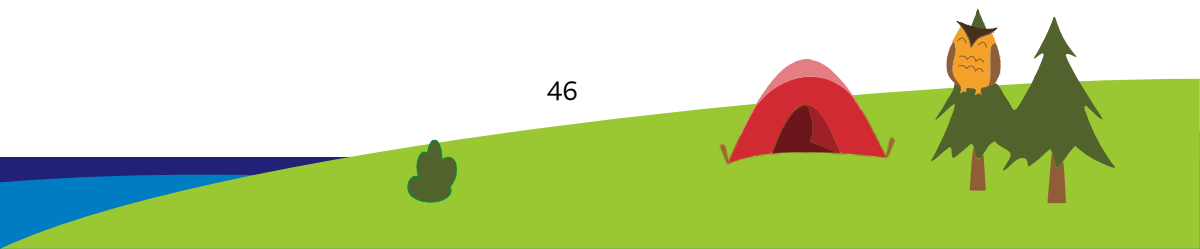
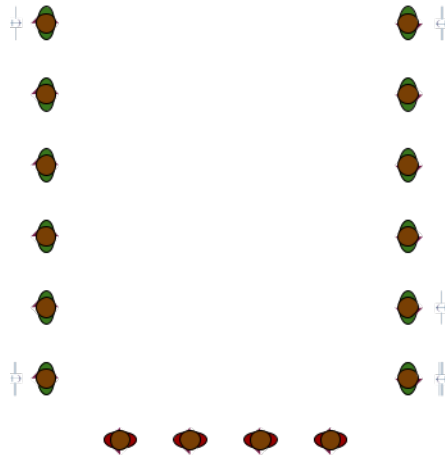
Ceremonies

All your Sea Scout ceremonies should start with the Ship's Company in the same position. Most Ship's Companies and Troops use the traditional horseshoe formation, and Sea Scouts should stand **at ease** (feet shoulder-width apart, with their hands clasped behind their back), about one arm's length apart. Our Ship's Company lines up with our Boat Crews in *watch lines*, to the port and starboard of the mast, with the Scouters filling in the space across the top.

Sea Scouts who need to enter the deck, whether for a ceremonial duty, or to be awarded something, take one step back from their spot, then left turn before walking smartly around the outside. You'll enter from the nine-o'clock position (on the left side of the diagram), and exit the way you came. One thing is consistent about ceremonial formations, though: once they're formed up, no one should enter the space in the middle without being invited!



In the diagram below, the Boatswain, Coxswains, and Leading Hands of two Boat Crews are each marked with the number of stripes on their woggles. Usually, Coxswains stand at the right end of their Boat Crew, and Leading Hands on the left end. The Scouters stand outside of the formation, across the opening. After all, Sea Scout meetings ought to be youth-led!



Opening Ceremony

Every meeting starts with the **Opening Ceremony**. Once all are assembled, properly in uniform, the Boatswain (or a Scouter, in the Boatswain's absence) will take charge of the meeting and begin the Opening Ceremony. Everything said during ceremonies should be said loudly and clearly, so that everyone in the room can understand you. Here's an example of an opening ceremony (yours might change in a few places):

BN: Ship's Company! *[This gets the attention of Sea Scouts and Scouters alike, but they don't move yet.]* Ship's Company, alert!

*[The Ship's Company snap to **alert**—hands at your sides, feet together.]*

BN: Colour Party, to your post.

*[The Colour Party, made of a **colour bearer** and the Duty Crew's Coxswain or Leading Hand as **colour guard**, approach the mast. Upon reaching the mast, they come back to attention.]*

CG: Clear the halyards.

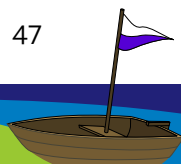
[After making sure the halyard isn't wrapped up in itself (or "fouled"), the colour bearer unties the cleat hitch, and holds them fast in their hand.]

CB: Halyards all clear, aye!

CG: Raise the flag.

BN: Ship's Company, salute!

[The colour bearer pulls on the halyard smartly to raise the flag smoothly to the top of the mast, as the rest of the Ship's Company raise their right hand in the Sea Scout Salute. Sea Scouts out of full uniform instead raise their right hand in the Scout Sign. Once the flag has been raised completely :)]



CG: Secure the halyards.

[The colour bearer reties the cleat hitch, ensuring that the flag stays in position. Once the hitch is tied, and the flag isn't going anywhere:]

CB: Halyards all secure, aye.

BN: Ship's Company, as you were.

[The Ship's Company return to alert.]

BN: Colour Party, dismiss.

[The Colour Party return to their positions. On arriving, the colour bearer might raise their right hand in the Scout Sign, and the Ship's Company does likewise, to recite the Scout Promise, led by the colour bearer. Other Ship's Companies might sing O Canada. At the end, all return to alert.]

BN: Ship's Company, at ease.

[At this point, the Boatswain should give the plan of the day. Afterwards, the Scouter Team may have announcements. They'll tell the Boatswain to "carry on" when they've finished.]

BN: Ship's Company, alert! Turning aft, *[The Ship's Company face the mast.]* BREAK OFF!

At this point, the Opening Ceremony is complete, and the first planned activity can proceed.

Closing Ceremony

The Closing Ceremony is usually similar. Just before the end of the meeting, the Boatswain will call the Ship's Company to the watch lines. Any badges earned recently should be awarded by the Boatswain, and any closing announcements or notes will be given. In the closing ceremony, the

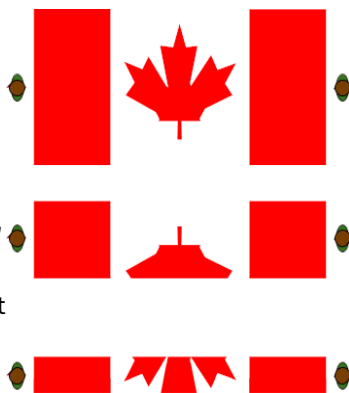


colour bearer is ordered to “lower the flag”, but no order to salute is given. The colour bearer lowers the flag quickly and carefully, without allowing it to touch the floor, and waits at alert for the order to “secure the halyards.” Upon returning to the watch lines, the colour bearer does not lead the Ship's Company in the Scout Promise. Instead, the Boatswain gives the final order for the night, “Ship's Company, turning right, DISMISS!”

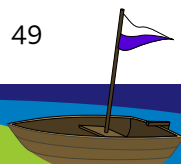
After the Boatswain has dismissed the Ship's Company, the Duty Crew has to put away everything that was brought out for the meeting. The Flag of Canada should be carefully folded and prepared for the next meeting. Upon finishing folding the Flag of Canada, it's customary for the Sea Scout handing off the flag to give the Sea Scout Salute to the other (and for the salute to be returned, since all salutes should be returned). The floor should be swept and the flagpole returned to its place.

Folding the Flag of Canada

Folding up the flag after a meeting can be a bit of a serious thing. The flag comes with some rules about how to take care of it, and many Sea Scout Ship's Companies have borrowed a rule from the military—don't ever let it touch the ground! After all, a dirty, ragged flag isn't fit to fly, and if the flag never touches the ground, it's unlikely to get dirty. Folding the flag well means that it won't touch the floor in the process.



The colour bearer holds the “fly” end of the flag—the end that is away from the flagpole—with the colour guard holding the other. Stretching the flag taut, they fold the flag lengthwise (bring your hands together, without moving your feet), then turn it so that the top-left corner of the flag (the “canton”) is at the bottom.



Fold the flag lengthwise again, and turn it again so the canton is outside, at the bottom.

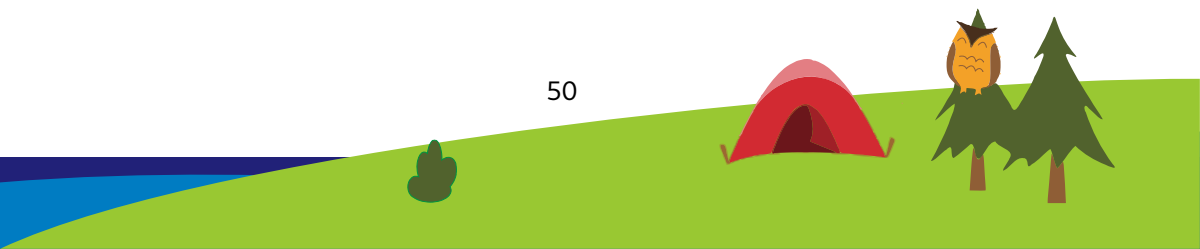
Next, the Colour Party walk toward each other until the flag is folded. The colour bearer lets go, and picks up the end of the flag (which is really the middle). They step back, bring the flag taut again, and repeat.

Finally, while the colour guard holds it, the colour bearer rolls up the flag tightly, until it's completely rolled. Take the short rope, and make a round turn around the flag, tucking a bight in near the standing end. Now the flag has been folded, and is ready for the next opening ceremony!

This flag folding is ideal for breaking the flag, because once the bight slips, the whole flag unfurls itself. Folding it this way also makes sure it takes up only a little bit of space, and can be easily tied onto the halyard.

Investiture

Investing a new Sea Scout is an important occasion. Investitures might happen in the regular meeting hall, during a camp, at a nearby park, or any other meaningful location to the new Sea Scouts and to the Ship's Company. The investiture ceremony can be led by the Boatswain or by the Skipper. Care should be taken in the ceremony to give it the weight it deserves and to show respect for the life choice being made by the new Scout in making their promise.



Chapter 4: Badges and Awards

The badges and awards you earn in Sea Scouts aren't the end of the journey, they're just the beginning! Wearing them on your uniform shows other Scouts that you've developed a certain set of skills, and that you're interested in certain things. But earning your Hobby Badge shouldn't mean that you, say, put away your camera just because you've earned a badge, any more than earning your Winter Fitness Badge would mean that you stop skating, just because you satisfied a few badge requirements.

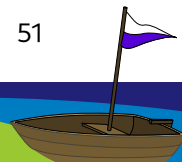
The adventures you plan, do, and review in the course of earning badges in Sea Scouts will hopefully inspire you to keep exploring these parts of your life. You'll do things you never thought you could do, and you'll have a lot of time in your life to continue exploring!

Outdoor Adventure Skills

The Outdoor Adventure Skills are a badge system that spans from Beaver Scouts through Rover Scouts. The Outdoor Adventure Skills can be used to drive and inspire new adventures you go on, because there's always a new skill to build.

Badges you earn in the Outdoor Adventure Skills are called "stages". Each of the nine OAS skill sets have nine stages to earn in order, and you wear the highest-stage badge you've earned in each skill set on your uniform. When you move from Sea Scouts to Venturer Scouts, your OAS badges will move with you, so that you can continue developing those skills the whole time you're in Scouting!

You'll probably find that you complete OAS requirements without planning to. Many of the skills are naturally part of Scouting, and your Scouters might slide these skills into a camp plan, or review a meeting and see that everyone satisfied some set of these requirements. If you see something in



OAS you'd like to pursue by yourself, or as a Boat Crew, you should! Have a Scouter, or someone who already has the skill, watch, to determine whether you've demonstrated the skill and initial the page, then show your Coxswain for approval! For instance, certain skills in the Aquatics skills are also covered if you've taken formal swimming lessons, so a parent could initial the matching skills between Aquatics Skills and your swimming lessons.

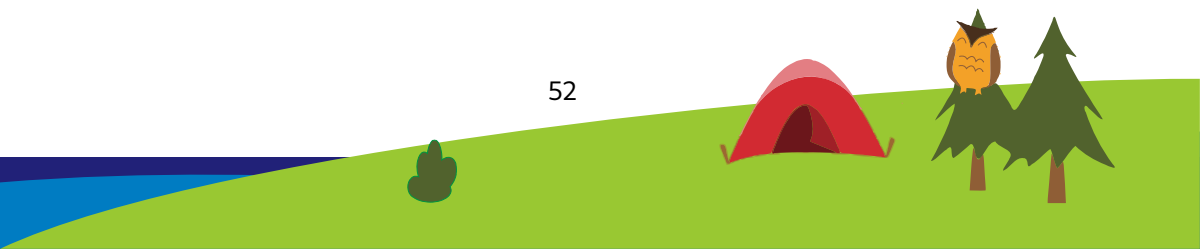


Your fellow Scouts can do this if they have the OAS badge two stages above what you're doing. That means any Scout with Scoutcraft Stage 3 can sign off that you can "gather dry burnable wood for a fire", a Scoutcraft Stage 1 skill.

If it's included, Appendix A has the requirements for each OAS badge. You can also find them online at

<https://www.scouts.ca/programs/sections/outdoor-adventure-skills.html>

or at <https://scoutstracker.ca/scouts>



Personal Achievement Badges

The Personal Achievement Badges are a way to explore your own interests, and how they intersect with Scouting. After all, Sea Scouts is much more than camping, hiking, and learning to make campfires!

Unlike other badges in Scouting, the Personal Achievement Badges are, at their core, all about **achieving** something that's important to you, **personally**. You'll create a plan to explore some area of your own interest, where you'll go on five new adventures of your own choosing.

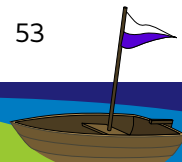


You have to come up with your plan before you start, so you can't use past work, but an adventure for a Personal Achievement Badge could be part of another project at the same time. If you have a school project coming up that lines up with one of these badges, for instance, it would be okay for that project to be included in your badge adventures.

The other big reason that Personal Achievement Badges need to be planned ahead, is that you and your Scouter need to agree that the adventures you've chosen are the right level of challenge. Not too easy, but not impossible. After all, it wouldn't be fair to expect a Sea Scout pursuing the Summer Fitness Badge to run the 100-metre dash in ten seconds—that's a benchmark of a world-class professional sprinter!

As you work through the Plan-Do-Review cycle for your Personal Achievement Badges, you'll go through each of these tasks:

- With a Scouter, plan **five** adventures that explore the area of Scouting you chose. Think about what you hope to learn or achieve. What skills do you need to learn? What supplies do you need? Set a target date to finish all five.



- Do each of your five adventures. Make sure you can be safe in your adventures!
- Review your adventures with a Scouter and your Boat Crew:
 - What did you learn?
 - What worked well and what didn't?
 - What would you do differently next time?
 - How can you use and share what you've learned in Sea Scouts and the rest of your life?
 - How have you demonstrated the Scout Promise, Law, and Motto in doing this adventure?
 - How did you grow in the SPICES?

The sixteen Scout Personal Achievement badges in the Canadian Path are:

Air: Anything connecting with the atmosphere, including exploration, environment, leisure pursuits, experiments, etc.

Arts: Exploring your own creative expression and the creative output of others.

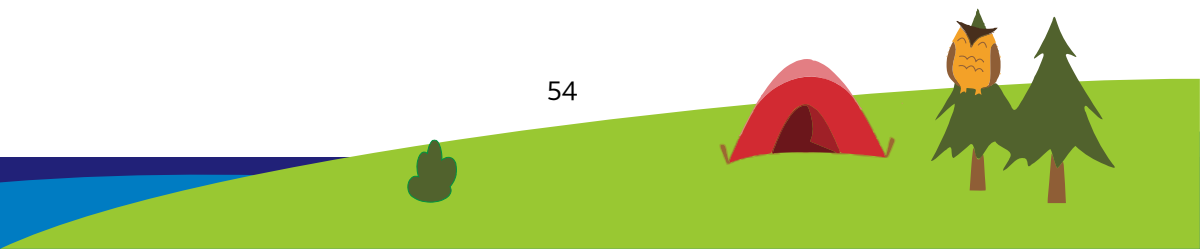
Canada: Exploring what it means to be a citizen who makes positive contributions to the country.

Community: Exploring what it means to be an active, contributing member of your neighbourhood and the city.

Earth: Anything connecting with our planet's soil and geology, including exploration, environment, leisure pursuits, experiments, etc.

Engineering: Conceiving, planning, and constructing functional items in a calculated, hands-on way.

Hobby: An opportunity to develop one specific interest or to explore new interests.



Home: Exploring what it means to be a contributing member in a household.

Science: Learning and experimenting critically and empirically.

Space: Anything connecting with outer space, including exploration, leisure pursuits, experiments, etc.

Summer Fitness: Anything related to active and healthy fitness and the summer season.

Technology: Exploring how to use digital technology effectively and responsibly.

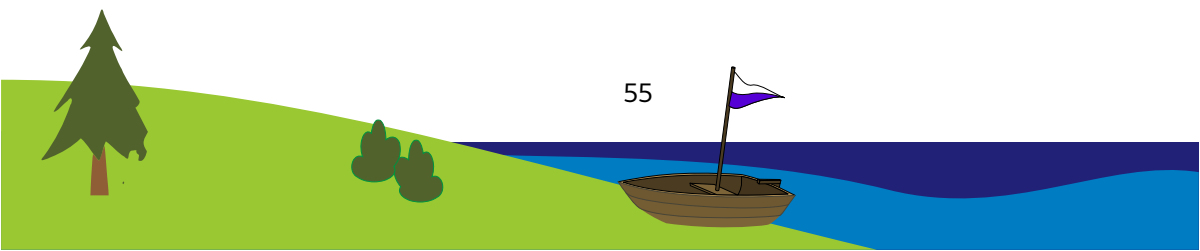
Water: Anything connecting with water, including exploration, environment, leisure pursuits, experiments, etc.

Winter Fitness: Anything related to active and healthy fitness and the winter season.

World: Exploring what it means to be a contributing global citizen.

Year-Round Fitness: Anything related to active and healthy fitness that can be pursued year-round.

You might get an idea for one of these badges after an adventure you go on with your Boat Crew or Ship's Company. If you're looking for other inspiration for your Personal Achievement Badges, you'll probably find some ideas in the Activity Finder on scouts.ca.

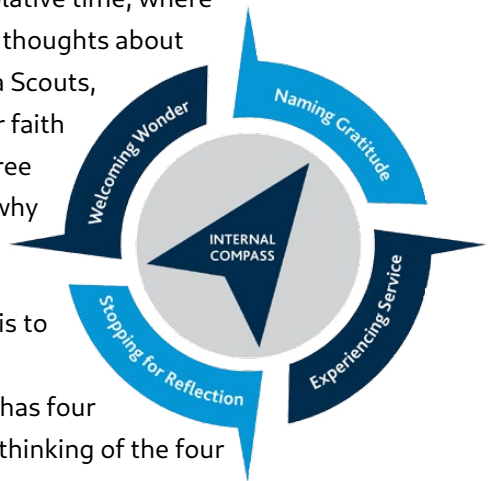


Scouting and Spirituality

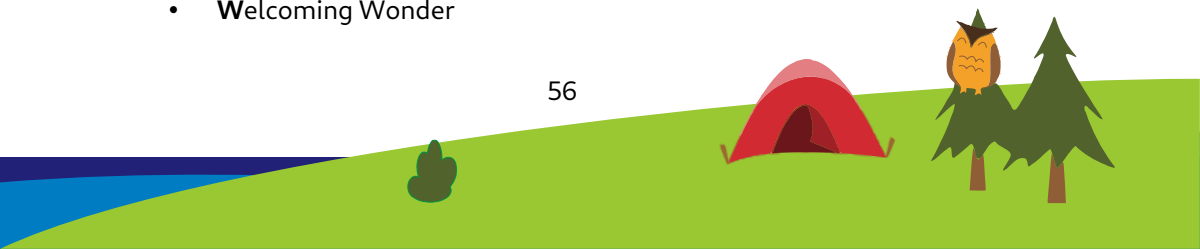
When many Sea Scouts make their Scout Promise, they say they'll do their duty to God. In our group we name a duty to the Land and that duty is also spiritual. Your relationship with your beliefs is your own, and how you demonstrate that can take many forms. Many faiths connect individuals to each other, and their environment, through formal worship and prayer. Other faiths expect their adherents to make their practice personal. Many Sea Scouts and Scouters profess no faith at all! But they still feel that connection to the rest of the world, and Scouting can offer many opportunities to explore your own spirituality.

A Scouts' Own is the usual way that Sea Scouts and Scouters have their beliefs play a part in their Scouting. A Scouts' Own is a simple practice, usually taken at camp, on the day you leave for home, when everything's all packed up and you have some time to think about what's happened, and how you feel about it. It's a quiet, contemplative time, where Scouts think about, and maybe share their thoughts about that connection to each other, to other Sea Scouts, the Land and the world. If words from your faith come to mind during a Scouts' Own, feel free to share it. After all, it's about you. That's why it's a "Scouts' Own!"

One way you might reflect on your beliefs is to make the Internal Compass part of your Scouting, and your Sea Scouts program. It has four simple parts, which you can remember by thinking of the four cardinal directions:



- **N**aming Gratitude
- **E**xperiencing Service
- **S**topping for Reflection
- **W**elcoming Wonder



Look for opportunities to strengthen your spiritual life in your Scouting with this compass. These opportunities might include a few moments of silence at the beginning or ending of a meeting to give thanks for friendships, a time of reflection on a quiet trail to give thanks for this beautiful world we must take care of, a simple grace said together at mealtimes at camp, or a chance to ponder life, next to a crackling campfire.

Religion in Life and Spirituality Awards

Another way that you might explore and demonstrate that connection is by pursuing the Religion in Life or Spirituality Awards. Scouts Canada has worked with many religious groups in Canada to create a range of Religion in Life Awards, but these don't describe the full range of faiths practised by Scouts. If we don't have a specific program for your faith, an individual exploration can earn a Spirituality Award.

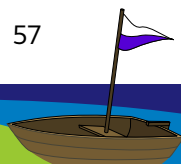
For the **Religion in Life Award**, you need to get the requirements for your faith from the Scouts Canada website. You may want to ask a Scouter, or a parent or guardian, to help you find it. Usually an adult from your faith community will help you with the requirements.

The Spirituality Award, like the Personal Achievement Badges, requires you to explore your own spirituality. Guidelines are available on the Scouts Canada website.



Once you have completed the requirements, you will be presented with both an emblem and a certificate. Your Scouter will probably arrange for a spiritual leader of your faith to present them to you at an appropriate occasion—perhaps at a religious service.

These Awards have five stages, one for each section. You may continue to wear each emblem until you earn a higher level emblem as a Sea Scout. You should only wear the highest stage you've earned. You wear the Religion in Life or Spirituality Award on the left chest pocket.



Language Strip

As a Sea Scout, particularly when you participate in jamborees, you may find yourself in a situation where you need to speak a language other than English, either to communicate for yourself, or to help someone get by who doesn't speak the local language.



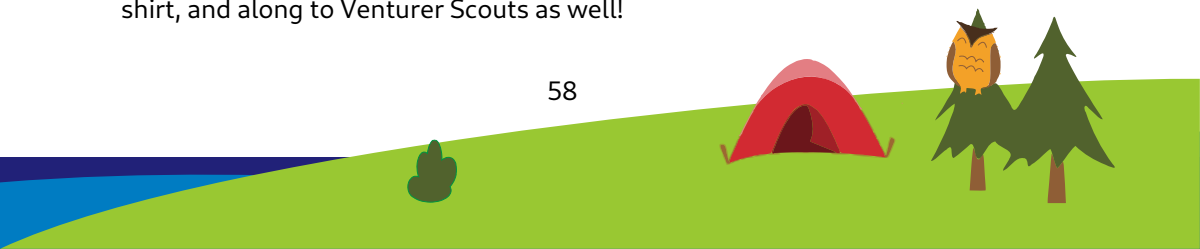
Sea Scouts who can carry on a fifteen-minute conversation, in a language other than what's spoken in the area you live in, to the satisfaction of a Scouter, are awarded an appropriate Language Strip, to wear on their uniform.

Scouts for Sustainability

The Scouts for Sustainability Badges bring the UN's Sustainable Development Goals into your progression in Sea Scouts. These badges group the 17 SDGs into three topics: the **environment**, **society**, and **innovation**. You, your Boat Crew, and your Ship's Company can take on projects meant to improve sustainability in the goals, and the more projects you take on, the higher the tier of badge you'll be awarded to wear on your uniform shirt!



When you've completed projects taking on **two** goals in a group, you'll earn the Bronze tier for that group. After **four** goals, you earn the Silver tier, and after you've taken on every SDG in a group, you earn Gold. Like the OAS badges, these move from one uniform to the next, so if you've completed the Bronze or Silver tier in Cub Scouts, you can bring the badge straight on to your Sea Scout shirt, and along to Venturer Scouts as well!



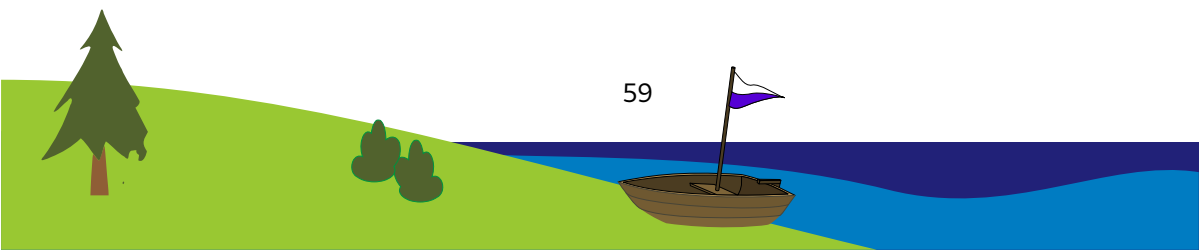
Maybe your Ship's Company is concerned about plastic waste and you all decide to go home and survey all the single-use plastic in your homes. Then, you decide to learn about ways you can use less plastic and take some actions. Maybe, one of you is working on the Chief Scout's Award and decides to plan a zero-waste camp. These are great projects that explore sustainability, and how they relate to not only your daily life, but also your life in Scouting. These projects in particular work toward SDG #12, **Responsible Consumption and Production**.



You can also work on these badges alongside other badges. You might set yourself an adventure exploring SDG #9, **Industry, Innovation, and Infrastructure**, as part of your Engineering or Technology Personal Achievement Badge, or use your Chief Scout's Award project to take on SDG #10, **Reduced Inequalities**. As long as you decide ahead of time that the adventure goes toward both badges, you're good to go!

Environment

Keep track of what SDGs you've taken on that affect sustainability of the environment:



Society

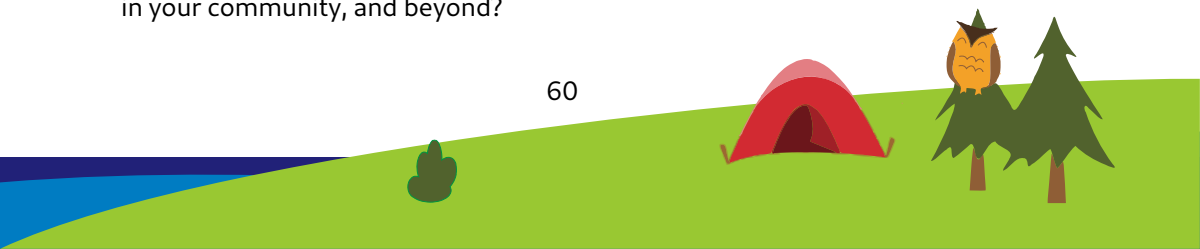
Keep track of what SDGs you've taken on that affect sustainability of our society:

Innovation

Keep track of what SDGs you've taken on that affect sustainability through innovation:

Messengers of Peace Award

The Messengers of Peace Award is a WOSM-based award, also related to the UN Sustainable Development Goals. Messengers of Peace takes Scouts for Sustainability to a much higher level of achievement. As you get more experience taking on these projects, try to expand your focus. Sustainability at home, and on one camping trip, is a great start, but how can you make a lasting change in your community, and beyond?

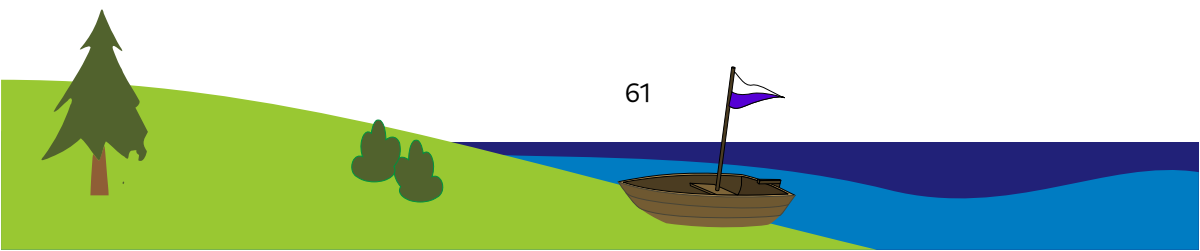


To become a Messenger of Peace, any member of Scouting, worldwide, must take on the plan-do-review process, either by themselves, or as part of a team (this could be your Boat Crew, your Ship's Company, or even just a small, passionate group of your fellow Sea Scouts) for a project tackling one of the SDGs. The way that it builds on the Scouts for Sustainability Badges is that your Messengers of Peace project should work to create lasting change in the community where you're working to improve sustainability. You might explore SDG #12 (Responsible Consumption and Production) toward your SSBs by helping your family build and maintain a vegetable garden. Afterward, you might build on your success at home by taking on an extended project in your community to create a community vegetable garden, which would create a broader, more lasting change!

Kayla Bernard, a Rover Scout and Colony Scouter from Halifax, Nova Scotia, was awarded the Messengers of Peace Hero Award in 2021, for creating the *HeART in a Box* project, which sends out art and mindfulness kits to youth across Nova Scotia, to help them navigate stressful situations. While Kayla was already a Rover Scout when she conceived of this project, what contributions can you make to your community, that will improve its sustainability?

Because Messengers of Peace is a WOSM award, there is a global hub to track your project. With your parents, or your Scouters, create a personal (or Boat Crew, or Ship's Company) profile on sdgs.scout.org/youth, and you'll join the worldwide network of Scouts and Scouters working on the Sustainable Development Goals, and their Messengers of Peace Awards!

Recipients of the Messengers of Peace Award receive a badge that rings the World Scout Emblem on your uniform shirt. Once you're a Messenger of Peace, you can wear the badge on every uniform shirt you wear as a member of Scouting, worldwide!



Duke of Edinburgh Award

The Duke of Edinburgh's International Award scheme was launched in Canada in 1963. This award scheme is open to everyone between the ages of fourteen and twenty-five.



The Duke of Edinburgh's International Award has three levels: Bronze, Silver, and Gold. These levels are geared to different age groups—bronze for 14+, silver for 15+, and gold for those over sixteen. The different levels of the award correspond to increased challenge, as well as how long you should expect to work on the award.

The program has four sections: Service, Physical Fitness, Skills, and an Adventurous Journey. Your Adventurous Journey might be an Expedition—a journey with a purpose—or an Exploration—a purpose with a journey. When earning the Gold Award, you'll also work on a Gold Project, where you will challenge yourself to work with new people toward a common goal in an unfamiliar setting.

Often, officials from different levels of government make the award presentations. In Canada, your provincial Lieutenant Governor or Territorial Commissioner may present the DoE Gold Award.

If you are coming up to your 14th birthday and think you might be interested in the Duke of Edinburgh's International Award, explore <https://www.scouts.ca/programs/youth-leadership/duke-of-edinburghs-international-award.html> for the latest information, and ask your Scouter to help you get a hold of an Award Centre near you!

Youth Leadership Training

Learning to lead your fellow Sea Scouts shouldn't be a case of "trial by fire," where you learn as you go. The Youth Leadership Training program helps you learn to lead



through some training exercises in a larger group of other Sea Scouts, usually facilitated by Venturer Scouts or Rover Scouts. Ask a Scouter when the next SCYLT program will run near you.

Together with the other trainee leaders, you'll discuss what leadership skills you'd like to learn and improve upon, and choose two Trail Cards in each of five aspects of leadership: **Becoming a Leader, Communication, Teamwork, Problem Solving,** and **Project Management.** Which cards you choose will depend on you—what do you think you need to learn in order to become a better leader of your peers? As you make your plan to become better leaders, you'll be given a worksheet to help to plan, do, and review your progress.

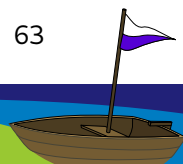
After you complete the Trail Cards, you'll review the whole process. What did you learn about being a leader? Do you feel like you've improved? How can you be a leader in the Ship's Company, your Boat Crew, at home, at school, and with friends?

At the end of the review process, you'll receive the Scout Youth Leadership Training badge, which you'll wear on your uniform, just below your Group badge.

I received my **Youth Leadership Training** badge on (Date) _____.

Link Badges

If you were a member of a Cub Scout Pack before you joined the Ship's Company, toward the end of your Howler year, you would have linked up with the Sea Scouts for some activities, and been awarded a Link Badge when you leapt up, with a wolf's paw print on it. This badge shows that you were a Cub Scout before being a Sea Scout, and you wear it on your Sea Scout, Venturer Scout, and Rover Scout uniforms! If you swam up from Beaver Scouts to Cub Scouts, you should



already have a Link Badge with a beaver paw on it. You should move this badge from your Cub uniform to your Sea Scout uniform.

In your last year as a Sea Scout, you might link up with a Venturer Scout Company for some activities, just like you did as a Howler. You might join in Venturer Scout camps, or help out at a Kub Kar rally, as a Venturer Scout would. At the advancement ceremony, you'll be awarded a Link Badge with a barefoot footprint on it, to commemorate your time and adventures in Sea Scouts. You'll wear it on your Venturer and Rover uniforms.

Venturer Scouts are largely responsible for planning and running their own programs and activities. The Venturer Scout motto, *Challenge*, should give you some idea of the Venturer Scout program's focus and nature.



Outstanding Service and Awards for Valour

Probably no one sets out to be a hero and receive a medal, but the Scout Motto is *Be Prepared*. By using the skills you learn as a Scout, you may save a life or demonstrate extraordinary Scouting spirit, through some adverse conditions, or on an ongoing basis. Scouts who act in these ways may be eligible for a special award. These are adjudicated by the National Recognition Network, and require a nomination of the Scout they think is deserving. If you think a fellow Scout is deserving of one of these awards, talk to your Scouter. They'll help you fill out the nomination paperwork.

Medals should only be worn for ceremonial occasions, but the figure-eight knot uniform flashes should be sewn on your formal uniform shirt.

The Medal of the Maple

The Medal of the Maple is awarded for distinguished youth and excellence within the Scouting movement. It's intended to honour those youth who have significantly



contributed to the Scouting movement and the spirit of Scouting through community service, extraordinary Scouting participation, and a solid system of personal values.

Award for Fortitude

The Award for Fortitude is for Scouts Canada members who carry on Scouting, to the best of their ability, despite being challenged in some respect as a result of some considerable physical or mental health condition, injury, or disease, and continue to contribute to the movement. For instance, someone who continues to attend regular meetings and events, while undergoing treatment for cancer, would be a worthy recipient of this award.



The Jack Cornwell Decoration

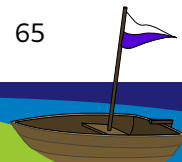
Named for Jack Cornwell, VC, a former Scout and Royal Navy sailor who, at only sixteen, served aboard HMS *Chester* as a sight-setter for one of the forward guns on the ship. His ship was attacked, and Jack was the only surviving member of his gun's crew. After the battle, the medics found Jack, grievously wounded but awaiting orders. In the end, Jack died from his wounds, but he was recognised with the Victoria Cross, and has been commemorated by both Scouts and Cadets around the world.



While we hope no one in Scouting passes away while doing their duty, B.-P. created the Jack Cornwell decoration to recognise Scouts who demonstrate high character and great physical courage, or undergo great suffering in an heroic manner. The emblem for this decoration could be worn on the heart-side chest pocket.

Awards for Meritorious Conduct

The Awards for Meritorious Conduct take the form of a certificate, or a medal, in recognition of distinguished conduct, worthy of commendation,



but not involving heroism or risk of life. A Certificate for Meritorious Conduct might be awarded to a Scout who assists in a first aid situation, calling for aiding and keeping the casualty calm, or for someone acting as a primary caregiver for a person needing medical support.

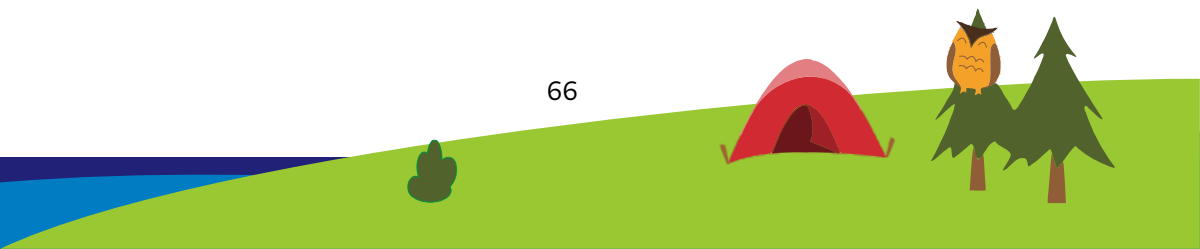
Someone who demonstrates further meritorious conduct might be awarded a bar to their medal.

Awards for Gallantry

The Awards for Gallantry recognise Scouts who, in the course of taking some action worth of commendation, put themselves in harm's way for the sake of doing the right thing. We don't expect anyone to ever wake up in the morning, thinking, "I'm going to earn a medal for gallantry!" If you find yourself in a situation where you have to put yourself at risk to do the right thing, **be careful**. Don't create a second emergency.

These awards take the form of a certificate and flash, and three medals: the Bronze Cross, Silver Cross, and Gold Cross. Each involves considerably more risk to self than the last. Below are some citations that have been read when Scouts were presented medals by the Governor General of Canada:

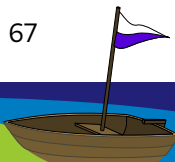
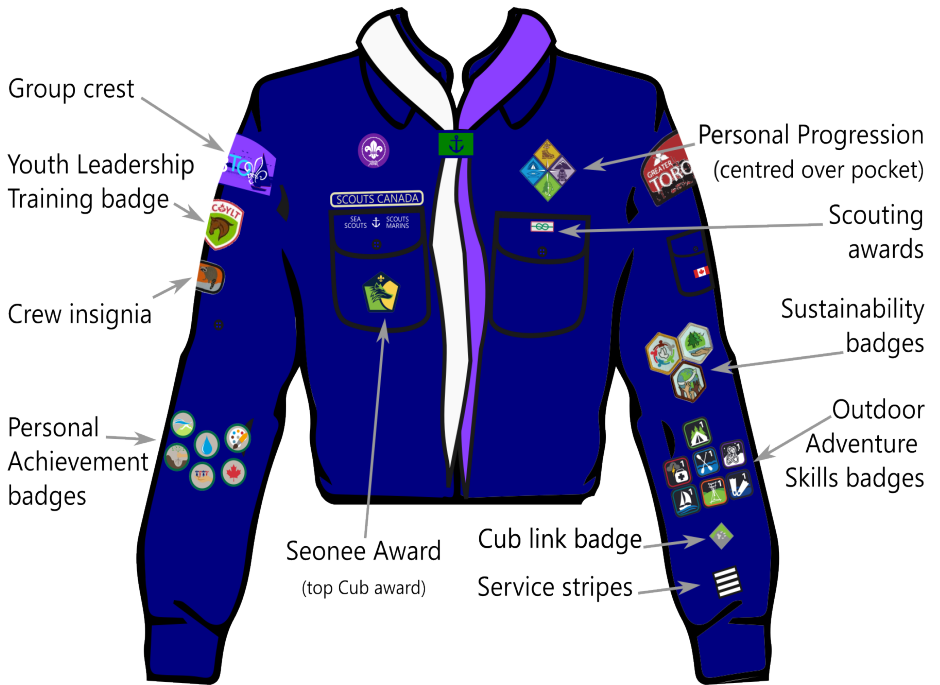
Scout Colin Puetz, 12, of Rose Valley, Saskatchewan, received the Silver Cross for Gallantry with considerable risk. When his brother Jason, 2, was attacked by the family dog, Colin took quick and courageous action to save the badly mauled youngster from further injury or death. The Scout crawled under the patio on his stomach and elbows, moved slowly towards the child and dog, grabbed his little brother, and dragged him to safety.



The Sea Scout Uniform

Sea Scouts generally have two uniform options, the formal uniform and activity uniform. The activity uniform can be used for any event or camp, but the formal uniform should be worn for formal occasions, such as award ceremonies, public events, and civic meetings where you're out in public.

Badges are to be worn according to the diagram on this page. Try to add your badges to your uniform as soon as you can after you've earned them.



Formal Uniform

- Navy blue long-sleeve Scouts Canada shirt
- Neckerchief
- Sea Scout cap

Activity Uniform

- Navy blue Sea Scouts tech shirt
- Neckerchief

Normally you will wear your group neckerchief. The tan or red National neckerchiefs should only be worn when outside of Canada at Scouting events (such as a World Jamboree). In these cases, group neckerchiefs should not be worn.



Chapter 5: Safety Permits

From time to time, Sea Scouts handle things that, in untrained hands, could end up hurting someone. These are parts of Scouting—using pocket knives, chopping wood, lighting campfires and camp stoves—so Sea Scouts learn how to do these things safely, with or without a Scouter present.

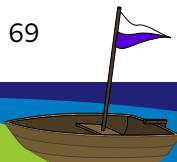
As a Cub, you may have learned to light a small campfire. As a Sea Scout, you'll practice the whole life cycle of a campfire, from preparing your fire area and lighting it, through keeping it going, to making sure it's completely out, and no longer a hazard.

You've probably helped cut food to prepare a meal before, under an adult's supervision. In Sea Scouts, you'll learn how to properly maintain that knife, and how to keep yourself and others safe from it, at all times.

Scouts Canada issues safety permits for four types of hazardous activities: the Knife Permit, the Axe and Saw Permit, the Stove and Lantern Permit, and the Match and Fire Permit. Without these permits, you can still perform these activities, but only under the close supervision of a Scouter.

But once you've earned the permit, you're trusted, on your honour, to carry out these activities safely, without supervision. You will probably have opportunities to camp without a Scouter on your campsite, and it'll be important for each of these permits to be held by at least one or two members of your Boat Crew, but ideally everyone.

Think of the permit as a letter from one Scouter to another, that you know what you're doing. If you show a Scouter that you've forgotten the rules, you may get that letter—the permit—taken away, until you can take your training again. Once you have your permit, make sure you have it in your pocket before you start doing something the permit covers. If you can't

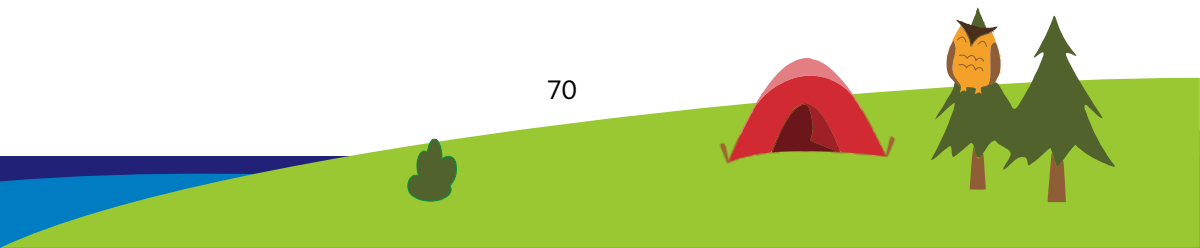


show your permit, you'll have to stop what you're doing, and you may even be sent home from the event.

Scouters will ensure that the training happens at an appropriate time, for you to have the skills needed for the adventures you choose.

A Note About Knives

All knives used at a Scouts Canada event must have a blade no longer than 10cm. Any knife, including those in the kitchen, that doesn't fit that description needs special permission from your Group Commissioner to bring to camp. If you have earned your Knife Permit, when you carry your personal knife, most Scouters prefer a folding knife with a blade that locks, and needs to be opened with both hands. Ask your Scouters to help you get this permission if your camping knife is longer than 10cm. If you're unsure if you should get a particular knife, ask your Scouter before you buy!



Chapter 6: Code of Conduct

Every Ship's Company should revisit their Code of Conduct every year. Everyone gets the chance to make suggestions, and everyone agrees, together, to follow it. The Scout Promise and Law should be your guide, and your Code of Conduct will allow you to get more specific about how the Ship's Company expects its members to behave. How you do this is up to you, and your Scouters will help guide the conversation along.

Below is a sample Code of Conduct that your fellow Sea Scouts might take for inspiration.

A Scout is Helpful and Trustworthy

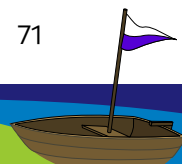
Members shall keep their freely given word. If a member assures another that they will do something, that person can expect they will do so to the best of their ability. Members shall give assistance to others to the best of their ability.

Members shall use the buddy system when leaving the larger group. Scouters may not be a Scout's buddy.

A Scout is Kind and Cheerful

Members shall refrain from harassment of all kinds.

Members shall refrain from inappropriate physical contact and language. "Inappropriate" physical contact includes, but is not limited to, assault, excessive force in games, and any kind of sexual contact. Inappropriate language includes, but is not limited to, comments of racist, sexist, ableist, and threatening natures.



A Scout is Considerate and Clean

Members shall follow the group uniform policy. All issued uniform badges shall be attached to the formal uniform at the member's first chance.

Members shall attend all Sea Scouts meetings and fundraising events, or inform the Leadership Team of their expected absence. Allowances shall be made at the discretion of the Ship's Company Leadership Team .

When participating in a discussion, members shall listen attentively to the person speaking.

A Scout is Wise in the use of all Resources

Members shall endeavour to minimize their general environmental impact by use of the Three R's: Reduce (purchasing less, and with less packaging when available), Reuse (finding novel uses of objects after use), Recycle (proper disposal)

Members shall adhere to the principles of Leave No Trace in their activities.

Consequences

Members that break this Code of Conduct should expect an escalating chain of consequences. The first three offences will incur warnings, either verbal or written. Following this will be three removals from the current, or a future, activity. After six offences, the Ship's Company Leadership Team shall meet to determine the most appropriate response to the member's ongoing offences.



Chapter 7: Scouting on the Water

Safety on the Water

As a Sea Scout you'll take part in lots of fun activities on the water. Activities on the water come with additional risk. Our highest priority is to make sure you stay safe during these activities. This means ensuring you have the right skills and equipment to keep you and your crew safe.

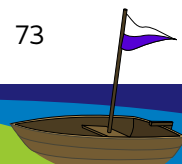
Personal Flotation Devices

A Personal Flotation Device (PFD) is the most safety equipment when on the water. What is the difference? A lifejacket is designed to keep your face out of the water, even if you fall unconscious. A PFD is more comfortable, but is only designed to keep you afloat.

Make sure your PFD fits properly, and all the straps and buckles are done up properly. A PFD will only keep you afloat if you're actually wearing it, so always wear your PFD when on the water.

Safety Equipment

As well as a PFD for every passenger, every boat needs to carry a throw rope, a bailing bucket and a whistle or other sound signalling device. Depending on the size of your boat, you might need to carry additional safety equipment. This can include things like a water proof flashlight, flares, a spare paddle, an anchor, a fire extinguisher and a ladder. It's always important to check that your safety equipment works and you know where it's stored.



Canoeing

August is laughing across the sky
Laughing while paddle, canoe and I,
Drift, drift,
Where the hills uplift
On either side of the current swift.

Be strong, O paddle!
Be brave, canoe!
The reckless waves
you must plunge into.
Reel, reel.
On your trembling keel,
But never a fear my craft will feel.

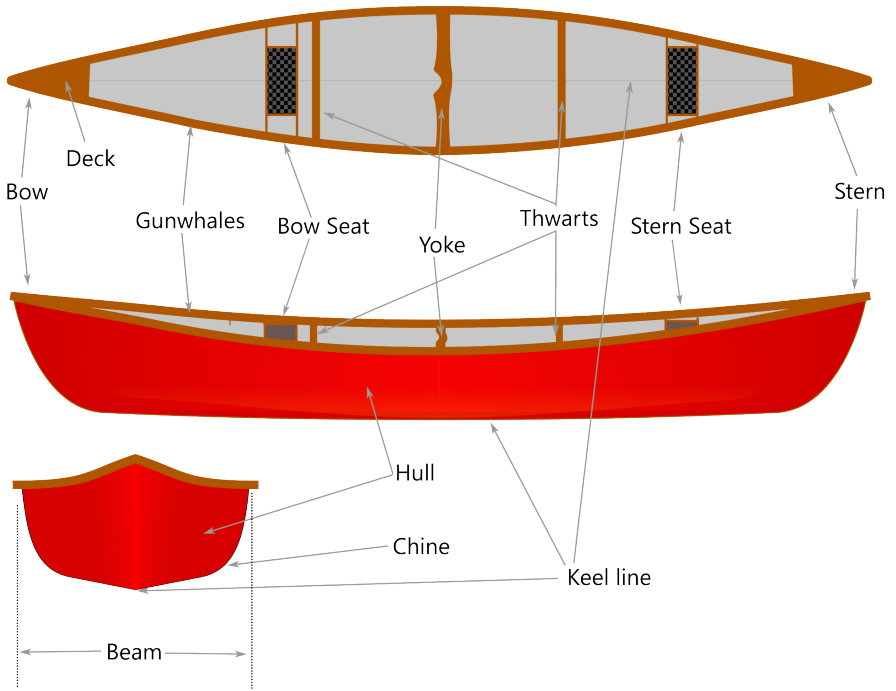
— from the song "My Paddle Sings" by E. Pauline Johnson (Tekahionwake)

Canoes are a great way to explore this land. Many modern canoe routes were first created long before settlers came to what we now call Canada. In fact, the canoe was invented here. The earliest canoes were built from birchbark, white cedar and spruce roots in eastern Canada and carved whole from great cedars on the west coast. First Nations travelled far and wide across Turtle Island using the networks of lakes and rivers that connect the land from coast to coast to coast.

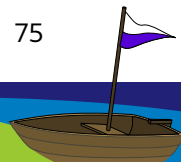
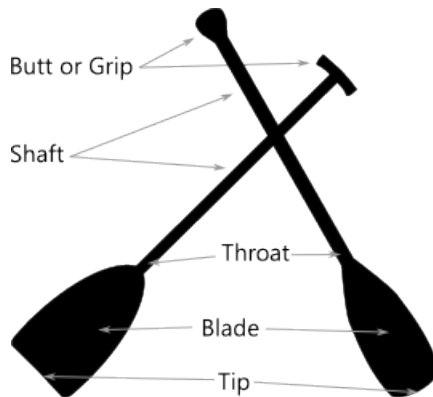
When settlers came from Europe, they adopted the canoe and adapted it to meet their desires for greater trade. Large canoes paddled by voyageurs crossed the land carrying huge loads of goods. The materials and designs have changed since the earliest canoes, but they are still recognizably the same kind of watercraft and are paddled in much the same ways. Canoes remain important to indigenous people and to all Canadians both culturally and for recreation.



Parts of a Canoe



Parts of a Paddle



Types of canoes

Most modern canoes are recreational, but there are still many styles from rugged whitewater canoes, to lightweight race canoes. The most common canoe for canoe tripping is 4.8-5.2m (16-17'), and the most popular general purpose design is the Prospector. It strikes a nice balance between stability and manoeuvrability, but there are many styles of canoe and people make different choices for all sorts of good reasons.

Length

Generally, longer and narrower canoes are the fastest. They track or travel in a straight line more easily. Shorter canoes will be lighter and more manoeuvrable, but slower.

Width

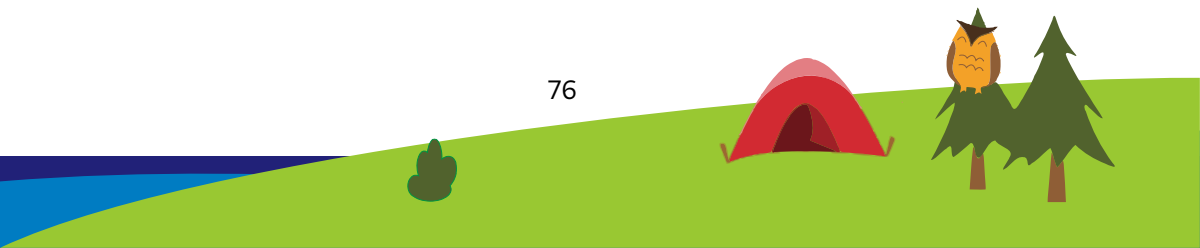
The width or beam of a canoe is a key performance factor. A wider canoe is more stable and has more carrying capacity, but may have more drag in the water. Narrower canoes will have less drag and will likely be faster, but less stable.

Depth

Canoes with a deep hull will generally stay drier and will be able to carry large loads. However, that extra height will add weight and may catch wind.

Bottom

Canoes with a flat bottom have good initial stability (they will feel stable on flat water). Canoes with a more rounded bottom provide better secondary stability (i.e. they may not feel initially stable, but they balance on their chine better and resist tipping).

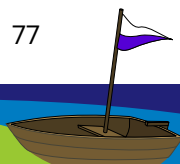


Sides

- **Flare.** The canoe sides flare outward and are widest at the gunwhales. This sheds water well and keeps the paddlers drier.
- **Tumblehome.** A canoe with tumblehome has sides that slope inwards at the gunwhales. This can contribute to secondary stability and make it easier to reach the water while paddling.
- **Straight.** This is a compromise between the two types above and is quite common.

Materials

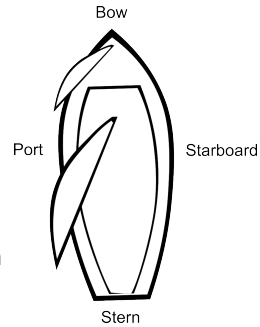
Canoes can be made of many things, but these days, some form of composite or plastic are the most common. Common materials include: T-Formex, Tuffstuff, fibreglas, kevlar, polyethelene, aluminum and carbon fibre. Each material has advantages and disadvantages. Price, weight, durability and ease of repair being some key things to consider. Be sure to talk to someone knowledgeable before making a purchase. For occasional use, consider renting—it will solve your storage problem too!



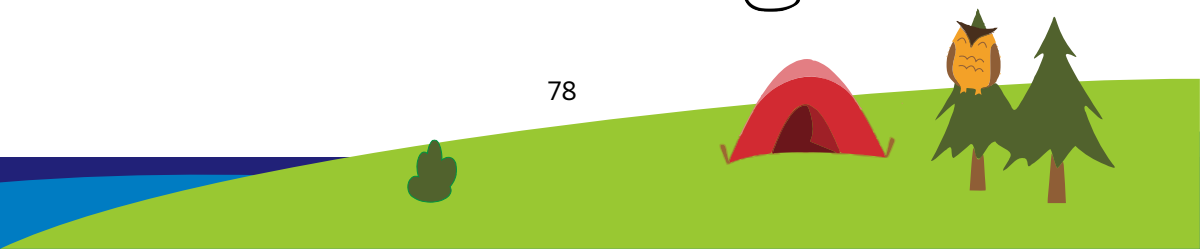
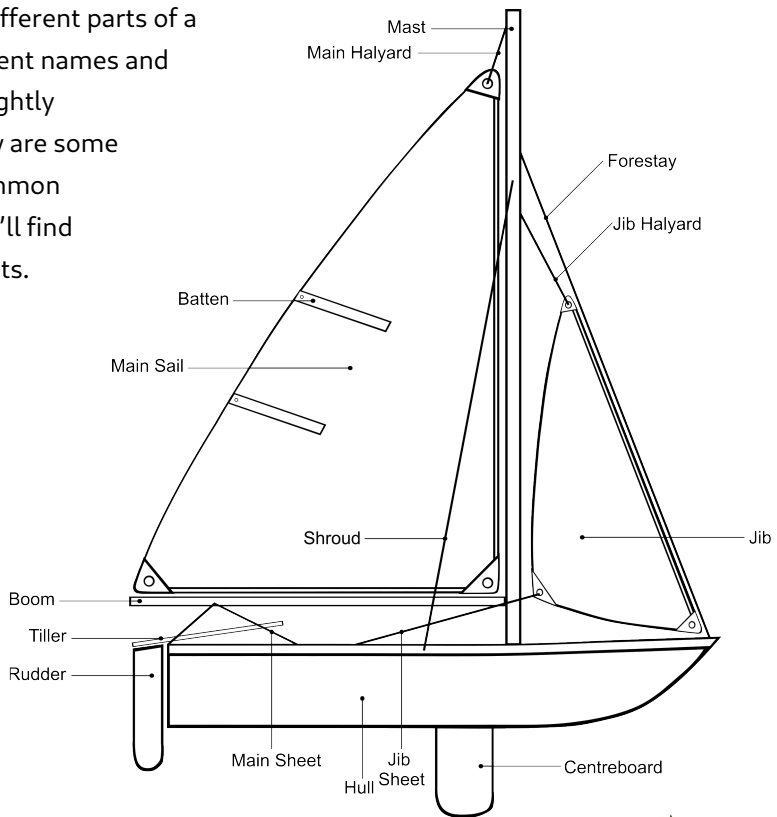
Sailing

Parts of a Sailboat

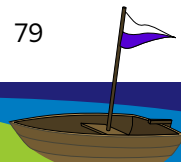
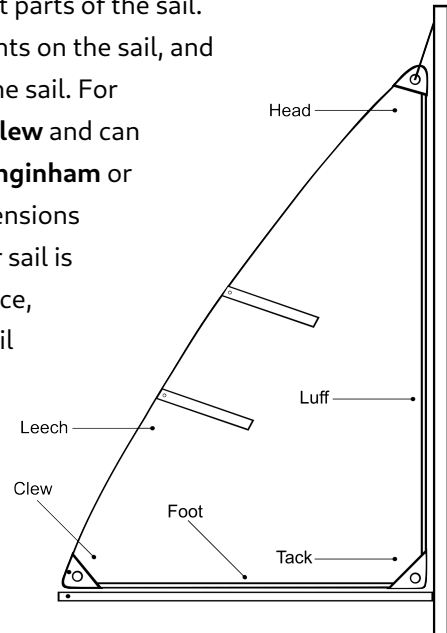
It's important to have a common set of terminology when sailing so directions are clear and you can communicate effectively with your Boat Crew. When on a boat, we call the front of the boat the **bow**, and the back of the boat the **stern**. Instead of left and right, we say **port** and **starboard**. You can remember which is which, because port and left both have 4 letters.



We also have specific terminology for different parts of a sailboat. There are dozens of different parts of a boat with different names and every boat is slightly different. Below are some of the most common parts which you'll find on most sailboats.

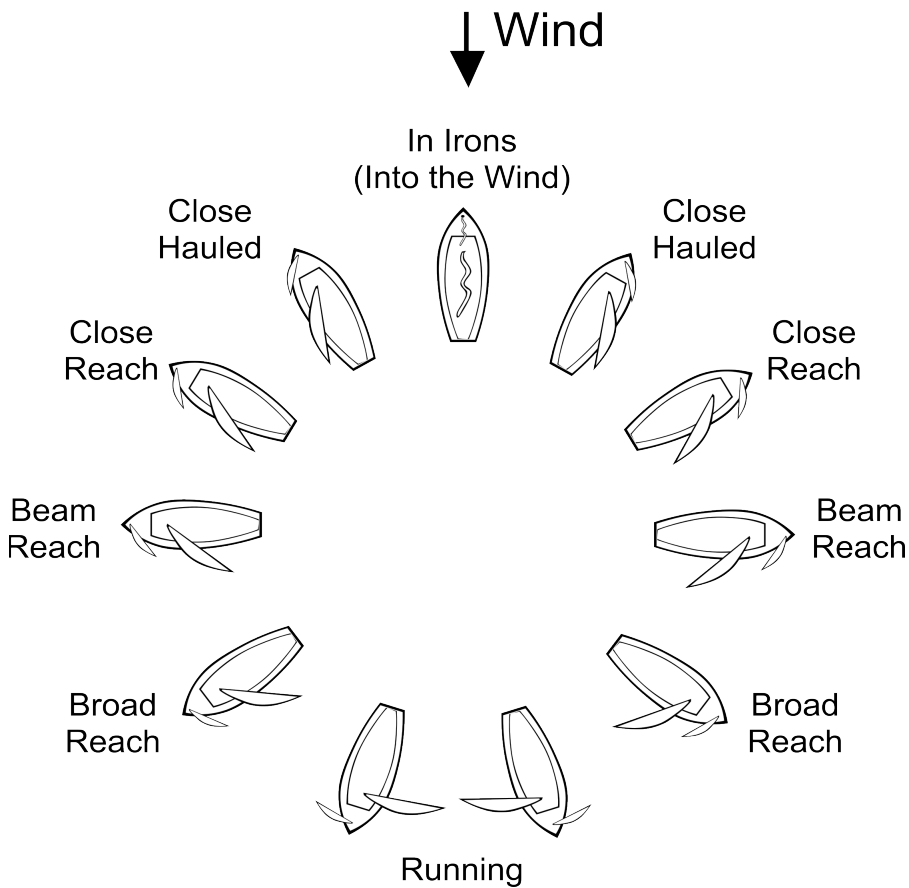


There are also names for the different parts of the sail. Different lines attach to different points on the sail, and can be used to adjust the shapes of the sail. For example an **outhaul** attaches to the **clew** and can be used to tension the **foot**. Or a **cunningham** or **downhaul** attaches to the **tack** and tensions the luff. Optimizing the shape of your sail is a complex art that takes lots of practice, but understanding the parts of the sail is an important first step.



Points of Sail

One of the most important skills while sailing is keeping track of the wind direction and your boat's orientation relative to the wind. The wind is invisible but you can always see and feel its effects. Try looking at the direction flags are flying, or close your eyes and turn your head until the wind feels even on both cheeks. Of course sailors have our own terminology for describing a boat's direction relative to the wind, also know as the **point of sail**.



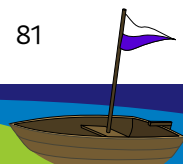
Take a look at the angle of the sails in the diagram. Notice that as you **head up**, or turn closer to the wind, you pull your sails in tighter. Conversely, as you **bear away**, or turn downwind, you let your sails further out. This positioning of your sails is called your **sail trim**.

All of the boats on the left side of the diagram have the wind coming from the starboard side of the boat. We say these are on a **starboard tack**. Similarly all the boats on the right side of the diagram are on a **port tack**. Notice that the tack is always opposite the side the mainsail is on (e.g. if the boat is on a starboard tack, the boom and mainsail are on the port side of the boat). The position of the mainsail always determines the tack. This is especially important to remember when running, since the mainsail and jib are on opposite sides.

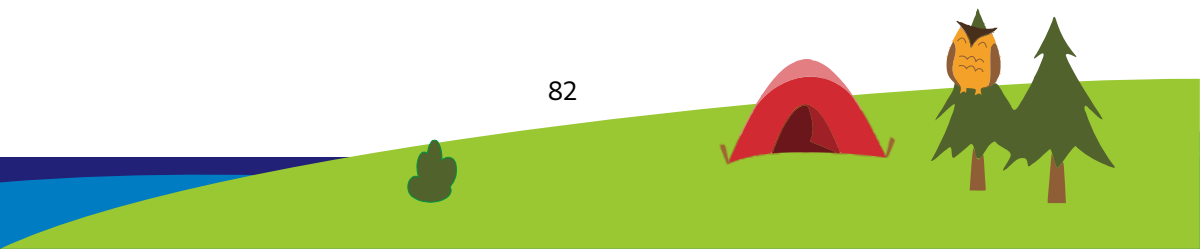
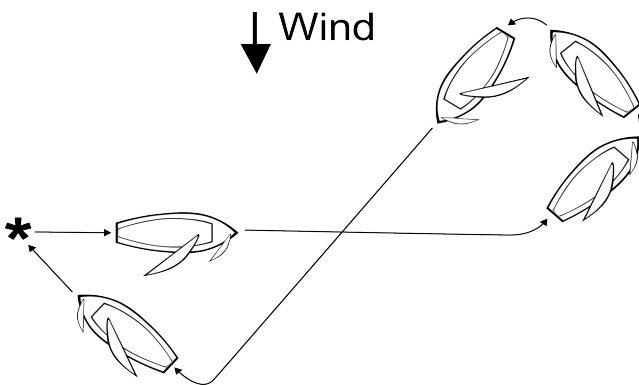
When your boat is pointed directly into the wind, your sails will **luff** (flap around) and your boat won't move forward. This is called being **in irons**. So what do you do if the place you want to go is upwind? You have to zig zag back and forth, switching from close hauled on a port tack to close hauled on a starboard tack. As you turn and the bow of your boat passes through the wind, your sails will switch sides. This is called **tacking**. Conversely **gybing** is when you turn from one tack to another while sailing downwind, so the stern of your boat passes through the wind.

Crew Overboard

What happens if one of your Boat Crew members falls overboard while sailing? What's the safest way to quickly sail back to them and pick them up? We use the figure eight method, which has a few key advantages. It keeps you within eyesight of the crew member at all times, it avoids gybing, and it allows you to approach the crew member from downwind, so you can ease your sails and slow to a stop as you approach them. Like any sailing maneuver, the figure eight method takes practice to perform smoothly. Whenever you're out sailing and someone's hat falls overboard, use it as a chance to practice your COB drill.



1. Call out "CREW OVERBOARD" so everyone 's aware of the situation
2. Assign a spotter. This person's job is to continually point at the COB, and make sure they don't lose sight of them
3. Throw buoyant objects (e.g. a life ring) to the COB
4. Steer to a beam reach, sail approximately 5 boat lengths away from the COB
5. Tack over to a broad reach
6. Head up to a close reach, steer for the COB
7. As you approach the COB, let out your sail and coast up to them
8. Throw a heaving line to the COB and help them aboard



Right of way on the water

In general, powered boats give way to sailboats and human-powered watercraft. But there are many other situations that you will have to navigate on the water and rules about how best to give way. The most critical thing on the water is to be predictable and avoid a collision. These rules for right of way called Collision Regulations or “colregs” guide how we respond to other boats when we’re out on the water.

Rules of the road

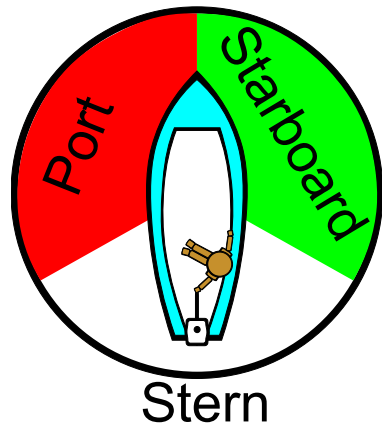
Lets start with the basics. In this drawing, we are the boat. In general, when we give way, we do so by turning to starboard. This is critical in a head-on scenario.

Port

If a power-driven vessel approaches within this sector, maintain your course and speed with caution.

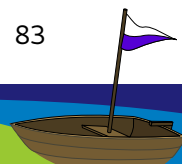
Starboard

If any vessel approaches within this sector, keep out of its way. (Note: This rule may not always apply if one or both vessels are sail boats.

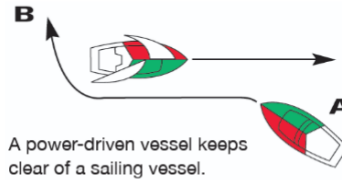
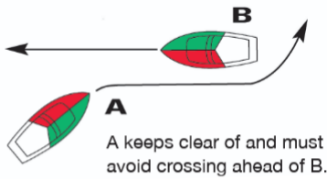
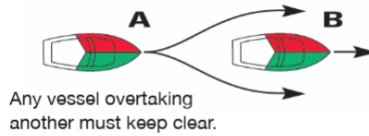
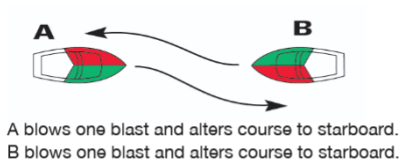


Stern

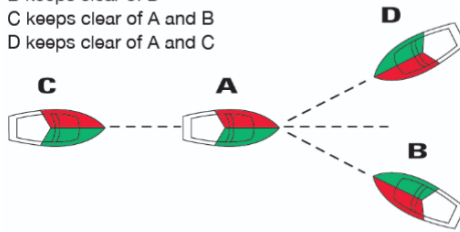
If any vessel approaches this sector, maintain your course and speed with caution



Rules of the Road examples



A keeps clear of B
B keeps clear of D
C keeps clear of A and B
D keeps clear of A and C

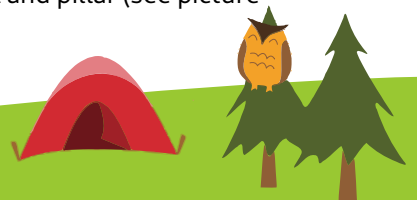


Finding the channel

The safe channel is marked with buoys and daybeacons. Buoys float in the water and daybeacons are on land. If you are in a canoe or kayak, you may not be very concerned about the safe channel for yourself, but you need to be aware of it because larger vessels must remain in it. You should never obstruct a channel.

Lateral buoys

Lateral buoys will be red or green and can be any of four shapes: spar (long and narrow), can (much wider than a spar), conical and pillar (see picture



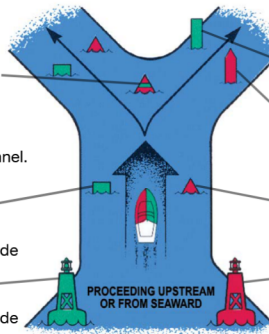
below).

Lateral Buoys

Bifurcation (red and green bands)
You may pass this buoy on either side when moving upstream.
The colour of the top band shows which is the main or preferred channel.
For example: keep this buoy on your starboard (right) side.

Port (green can)
Keep this buoy on your port (left) side when going upstream.

Port (green pillar)
Keep this buoy on your port (left) side when going upstream.



Port (green spar)
Keep this buoy on your port (left) side when going upstream.

Starboard (red spar)
Keep this buoy on your starboard (right) side when going upstream.

Starboard (red conical)
Keep this buoy on your starboard (right) side when going upstream.

Starboard (red pillar)
Keep this buoy on your starboard (right) side when going upstream.

The chart above gives you instructions for how you should pass them, but there is a little phrase that you can use to remind yourself of the basics: **"red right returning."** That means that when we are returning to harbour or travelling upstream we must keep the red buoys to starboard (right).

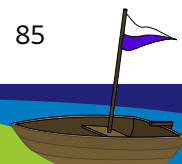
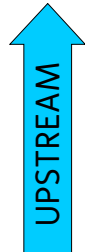
Standard daybeacons

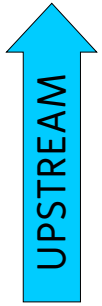


Port Hand: When going upstream, keep a port hand daybeacon on your port (left) side

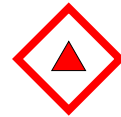


Junction (preferred channel to right): This daybeacon marks a point where the channel divides and may be passed on either side. If you want to take the channel to your right, keep this daybeacon on your port (left) side.





Junction (Preferred channel to left): This daybeacon marks a point where the channel divides and may be passed on either side. If you want to take the channel to your left, keep this daybeacon on your starboard (right) side.



Starboard Hand: When going upstream, keep a starboard hand daybeacon on your starboard (right) side.



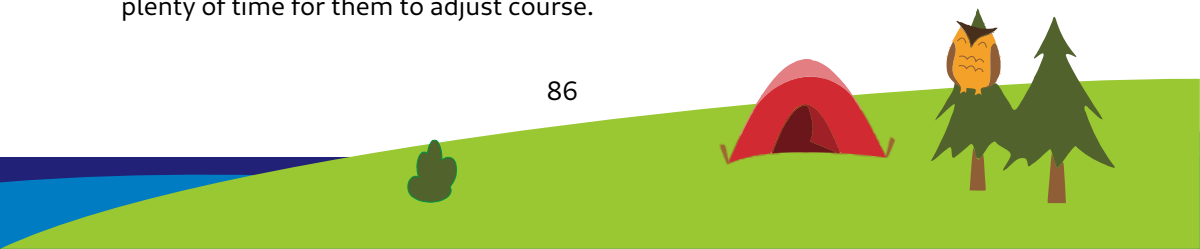
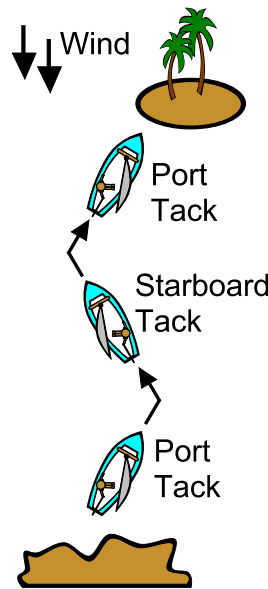
Right of way under sail

The general rules above still matter, but there are also some special rules for sailboats to decide who gives way. They are based on wind direction with respect to your boat. There are two things we need to be aware of:

1. whether we are on port or starboard tack
2. whether we are windward or leeward

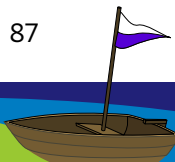
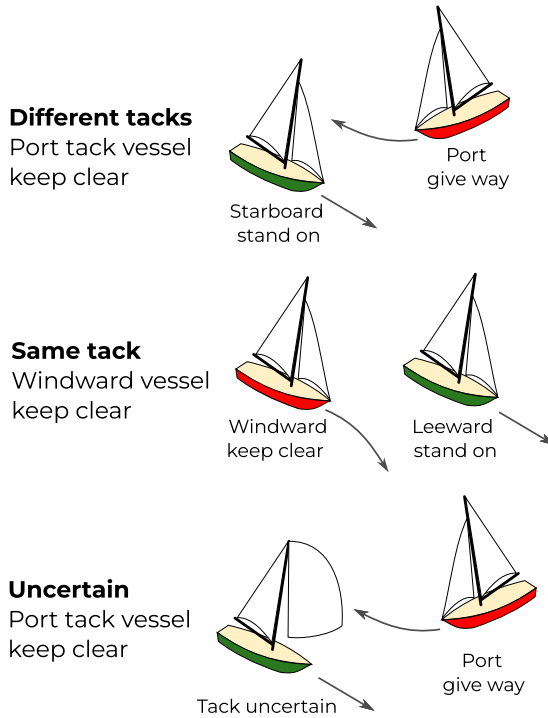
If you are on a port tack, that means the wind is filling your sails from the port side of your boat and your boom is probably over on your starboard side. If you are on a starboard tack, then the wind is coming from your starboard side and your boom is probably over on the port side of your vessel. You should always know which tack you are on.

If you are on a port tack, you must give way to sailboats on starboard tack or any vessel who's tack you cannot determine. If you are both on the same tack, then you must determine whether you are windward or leeward of the other boat. If you are unsure if the other vessel has seen you and you are on starboard tack, you should call out "starboard!" to the other craft in plenty of time for them to adjust course.



If the wind gets to your boat first and you are upwind, then you must give way to the other boat. If the wind crosses the other boat first and they are upwind, then you are the leeward boat and they must give way to you.

Here is a diagram that gives the basic rules:



Chapter 8: Other Useful Skills

This part is a work in progress. If you think of things that should be in here or you want to work on improving a section, send a note seascouts@403to.ca

Signalling

Spelling Alphabet & Maritime Signal Flags

Communicating while between boats on the water can be difficult. We'll often use radios, but those come with their own challenges, especially for individual letters. Have you ever had trouble telling if someone is saying B or D when spelling something out? That can be even worse over a staticy radio. That's why we use a spelling alphabet, where for each letter we have a clear code word. It's so much easier to distinguish Bravo from Delta. A cool video about how it came

Alfa – Bravo – Charlie – Delta – Echo – Foxtrot – Golf – Hotel – India – Juliet – Kilo – Lima – Mike – November – Oscar – Papa – Quebec – Romeo – Sierra – Tango – Uniform – Victor – Whiskey – X-ray – Yankee – Zulu.

How would you spell your name using this alphabet?

There's also a system of flags for each letter. These can be used to spell out words, but each flag also has distinct meaning depending on the context. For example, you'll often see the Papa flag used as part of a sailing race start sequence. But on a frigate it could mean "report to the ship, we sail immediately."



Signal flags



ALFA



BRAVO



CHARLIE



DELTA



ECHO



FOXTROT



GOLF



HOTEL



INDIA



JULIET



KILO



LIMA



MIKE



NOVEMBER



OSCAR



PAPA



QUEBEC



ROMEO



SIERRA



TANGO



UNIFORM



VICTOR



WHISKEY



X RAY



YANKEE



ZULU



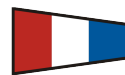
0



1



2



3



4



5



6



7



8



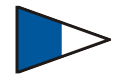
9



ANSWERING
PENNANT



FIRST
SUBSTITUTE



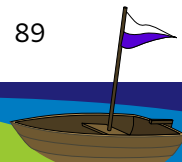
SECOND
SUBSTITUTE



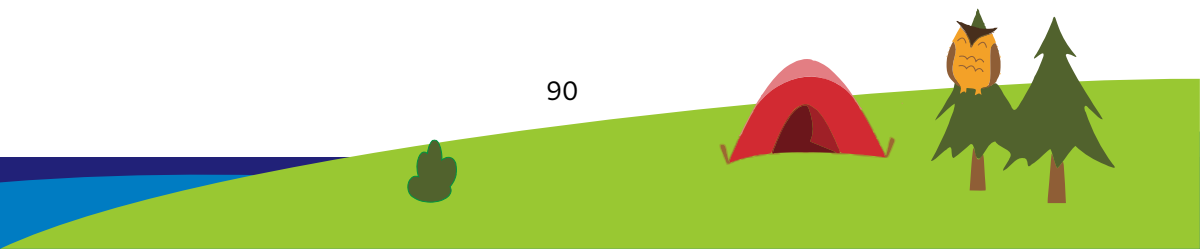
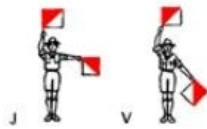
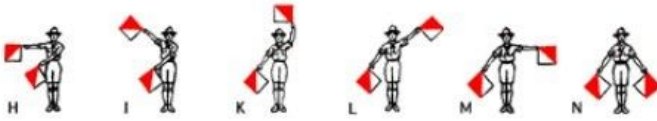
THIRD
SUBSTITUTE



FOURTH
SUBSTITUTE



Semaphore



Knots & Rope

What is a rope?

A rope is a bunch of strong fibres twisted or braided together so you can pull, tie, or lift things. On boats, ropes are called **lines**.

1. Natural Fibre Ropes

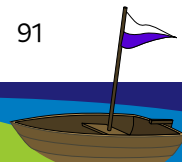
- Made from plants like **cotton, hemp, or manila**.
- **Good for:** Decoration or old-style sailing.
- **Downside:** They soak up water and can rot, so not great for modern boats.

2. Synthetic Fibre Ropes

- Made from plastics like **nylon, polyester, or polypropylene**.
- **Why sailors love them:**
 - They don't rot in water.
 - They're strong and last a long time.
- **Common sailing ropes:**
 - **Nylon:** Stretches a bit, so it's great for dock lines (absorbs shock when the boat moves).
 - **Polyester:** Doesn't stretch much, so it's perfect for sails and control lines.
 - **Polypropylene:** Floats on water, often used for rescue ropes.

How rope is made

- **Twisted Rope:** Looks like a candy cane twist. Cheap and easy to tie, but can twist up on itself.
- **Braided Rope:** Looks like a braid. Smooth, strong, and doesn't twist as much—most sailing ropes are braided.



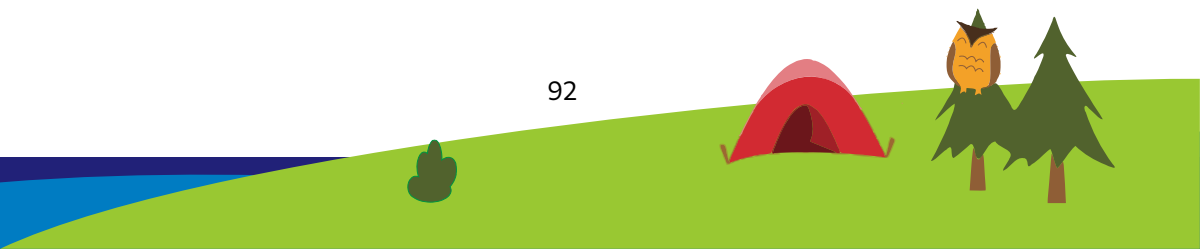
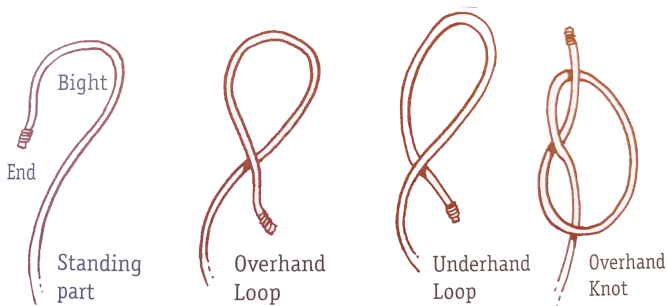
- **Single Braid:** One layer of braided fibres. Flexible and easy to handle, often used for light-duty lines.
- **Double Braid:** A braided core inside a braided cover. Super strong, resists wear, and is common for halyards and sheets on sailboats.

Special sailing lines (ropes)

- **Sheets:** Control the sails (usually polyester for low stretch).
- **Halyards:** Pull sails up (need strong, low-stretch rope).
- **Dock Lines:** Tie the boat to the dock
- **Anchor Line:** Often nylon: it's strong and handles shock well.

Parts of a rope

A piece of rope doesn't have parts such as head, body or tail. To understand knot-tying, think of rope as having three sections: two ends and a standing part. Some knots are formed by two ends (reef knot), some by the end and the standing part (bowline), and some by the standing part alone (sheepshank). Some knots seem like they have many parts, but can always be broken down into three basic terms: bight, standing part and free end.



Knots

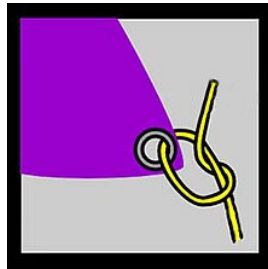
The best way to learn a knot is in person with someone who knows how.

However, there are some good videos and other resources online. A good one is Animated Knots. You can find many knots there:

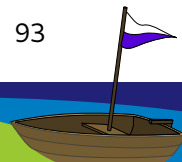
<https://www.animatedknots.com/>

If you already have tied a knot, you may find the following images are good enough to jog your memory.

Half hitch (overhand knot)



Reef knot



Bowline



Sheetbend

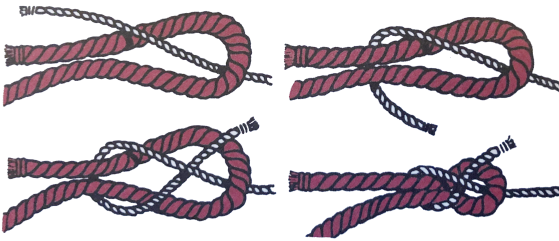
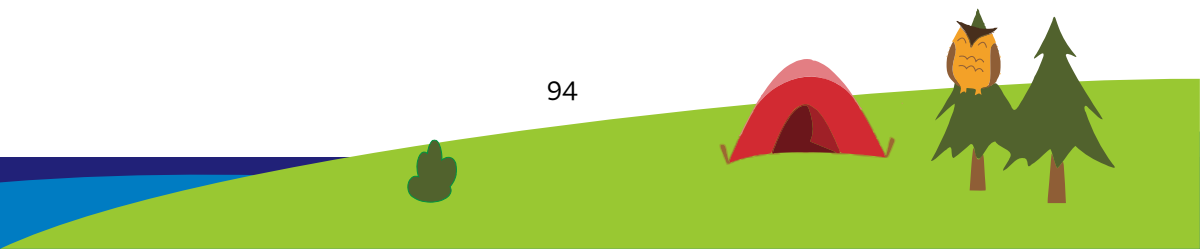
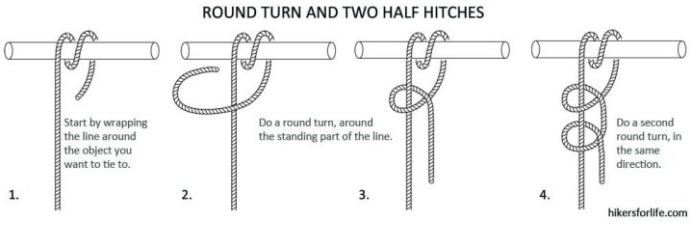


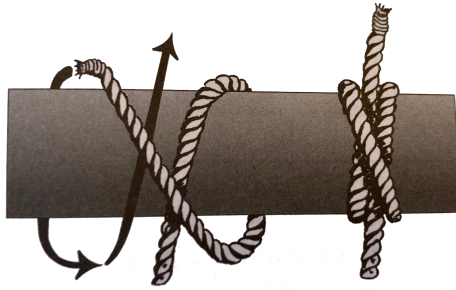
Figure-eight



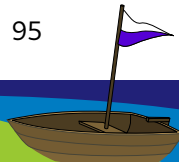
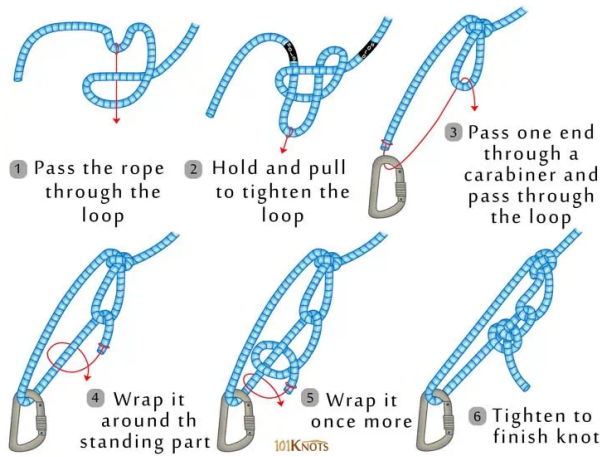
Round turn and two half-hitches



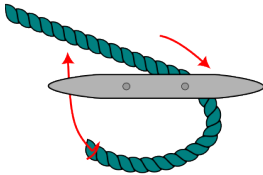
Clove hitch



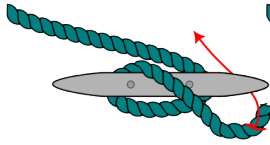
Trucker's hitch



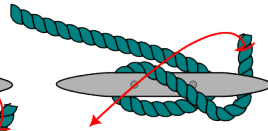
Cleat Hitch



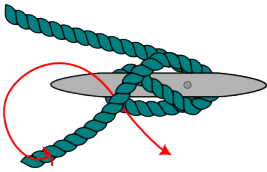
1. Tension the line around the far horn



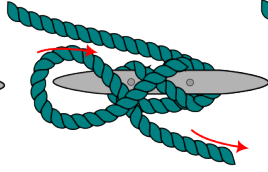
2. Wrap around the near horn and pass behind the far horn again



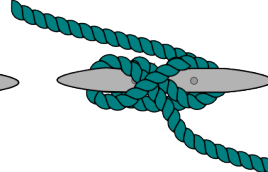
3. Pass across the front to the near horn again



4. form an underhand loop at the near horn



5. Slide the loop over the near horn



6. Snug the loop to complete the hitch

