

Junior Sea Cadets

2010 Edition

BLUE MODULES

Waterborne Activities



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CORE MODULE

INFORMATION: The Water Safety Certificate must be completed by all Cadets.

Module: 1 - Water Safety Certificate

The Water Safety Certificate is aimed at those cadets who have not yet taken to the water in boats. It is designed to help cadets gain respect for their new environment and to get the most out of it. At the end of this course the cadets should know the hazards and dangers involved with being foolish near water, and build up confidence to start to take up any of the water sports available to Sea Cadets.

This is a Unit based certificate and is taught by Adult Unit Staff who hold any of the following certificates: RYA Sailing Level 2 or YSS Stage 3, RYA Powerboat Level 2, SCC Pulling Coxswain, RYA Windsurfing Level 1, SCC Canoe Supervisor or BCU 2 Star.

Practical Sessions

- Be aware of local water hazards.
- Be able to put on personal buoyancy aids correctly.
- Be confident floating in water, wearing a personal buoyancy aid.
- Can receive a rescue line.

Theory Sessions

- Knows how to dress correctly according to the activity and weather conditions.
- Knows the correct footwear for different activities.
- Knows how to summon help.
- Knows how to contact emergency services by telephone and pass on information to them.
- Knows how to stay with any overturned boat or canoe.
- Understands the principles of preventing fires onboard.
- Understands the Unit rules on afloat activities and behaviour.
- Knows the dangers involved with weirs and locks.
- Knows the importance of keeping a good lookout.
- Knows where and how to summon first aid assistance.
- Understands the dangers of ice covered ponds, lakes and rivers.
- Has consideration for other water users.

The Water Safety Certificate can be taught in the normal manner, using the Pulling Log Book (which may be issued to Juniors).

NB. This activity should last for several weeks and count for as many modules equal to the number of parade nights spent on it.

BOATS & SHIPS

Module: 2 - RN & MN

Look at the difference between the Royal Navy and the Merchant Navy. How do their roles differ? Perhaps look at what different types of vessels both Navies have.

Look at the rank structure in the Royal Navy. Can Junior Cadets draw and identify SCC rank markings?

Also look at the RFA; what is its role and where does it fit in.

Module: 3 - Visit

Where possible, arrange a visit to a warship, merchant ship, Dockyard, lifeboat station, Coastguard Unit or similar establishment. If you do not have such facilities, perhaps arrange to visit a ferry or anything similar in your locality.

How about visiting a lighthouse?

Module: 4 - Maritime Museum

Plan a visit to a local Maritime Museum. Throughout the country there are lots of museums to do with water, whether they be on fishing or inland water ways.

As a leader, explore your local community and find a museum with something to do with the sea or water.

Module: 5 - Battleships

Play Giant battleships. Mark off the hall with a curtain or similar. Mark squares on the floor and number/letter them just like a battleship board. Split the Cadets into 2 teams.

Either use the Juniors as ships or make flat paper cut outs of several different size ships. The juniors select the position of the ships and try to sink their opponent, as with any normal game of battleships. Make something like an X on A4 paper to mark the selected square.

You could use two different rooms and two way radios to pass the selected squares to add to the fun.

The Juniors should work as a team to complete this activity, jointly selecting the attack square, sending the message and marking the squares. This activity can be a lot of fun!

Module: 6- Famous Battles

Look at some famous historical battles, such as Trafalgar, Jutland, sinking of the Bismark, Falklands etc. Compare the battles.

Pick a famous battle and encourage the Juniors to research information. Get them to use books, the internet etc.

Perhaps make costumes or models and re-enact the battle.

How about using water bombs to add a new dimension to the battle!

BOAT BUILDING

Module: 7 – Models

Get hold of a variety of boat models and get the Juniors to build a model.

Try to get different types to emphasis the different types of boats around, ie sailing models, destroyers and RN ships, tankers or similar, ferries etc. See what different model types are available.

Please ensure that Juniors using glue are properly supervised.

Module: 8 - Boat construction

Build a model of a boat/raft using plastic bottles, balsa wood, or household items.

Module: 9 - Boat Construction 2

Build the raft designed above with the Juniors and get them to see if it floats.
This is a perfect way to test their knotting ability as well!

*You may need some additional adult support to help ensure the knots are secure enough.
Also make sure SCC TARs are followed.*

WATERWISE

Module: 10- Waterwise

Look at the dangers of swimming alone, of cold water, and of lakes, rivers, canals and ponds.
Also consider the consequences of jumping into water of unknown depth. Get the Cadets to draw a warning poster detailing some of the dangers.

Look at the reasons why we do not swim straight after eating a large meal.
Look at the rules in a swimming pool, discuss why pools have rules and what safety aspects we should be aware of.

Consider the dangers of swimming in the Sea. Look at the different types of flags used on a beach and what they mean. Get the cadets to draw all the flags used on a beach.

If possible get a lifeguard to talk to the Cadets about water safety.

This is a continuation from the Water safety certificate.

Module: 11 – Lifeguard

Get the lifeguard to teach the Cadets some basic lifesaving methods in a local swimming pool and what to do if they find someone in trouble in different types of water.

This is a continuation from the Waterwise session.

Module: 12 – Swimming

Take the Cadets to a swimming pool for a set period of time.
Perhaps arrange some swimming lessons for those that can't swim and encourage those that can to improve their stroke and stamina.

Perhaps involve the local swimming club to help you.

Module: 13 - SCC Swimming Test

Complete the SCC Swimming Test.

Module: 14 - Sponsored Swim

Arrange a sponsored swim to raise money for your Sea Cadet Unit.

Module: 15 - Water games

Arrange an evening in the pool playing a variety of games, water polo, synchronised swimming(!) etc. Have fun playing water games!

As with any game, ensure sufficient adult supervision and control.

Module: 16- Swimming Gala

Take part in a Swimming Gala or similar swimming competition, it could be a District or Unit event or a wider gala involving more organisations.

BOATING

Module: 17 - Manning a boat

Set out chairs in the room in the positions you would sit in a pulling boat.

Explain the procedure for entering and leaving a pulling boat and the safety rules.

Get the Juniors to practise entering and leaving the boat.

Using New Entry workbook (J17) get the Juniors to draw the positions and names of a pulling crew. What do they do?

Using (J18) talk about acceptable behaviour in a boat and why these rules exist.

Module: 18 – Buoyancy

Look at the different types of buoyancy aids available, try to have a good selection with everything from rubber rings, armbands used to teach swimming through to 250 newton lifejackets (if possible).

Look at the difference between a life jacket and a buoyancy aid. List the pros and cons for each one on a board.

Ask and explore when the different sorts might be used and who might use which ones. Try to get hold of some old style lifejackets (like on the Titanic!) and look at them, compare them to today's lifejacket.

Teach the Cadets to undertake mandatory lifejacket checks that they should do with every lifejacket/buoyancy aid before using it.

Try to get hold of some survival suits and play with them!

Module: 19 – Pulling

Describe all the orders used in pulling (J19)

Set out seats in a classroom as a pulling boat. Shout out the various orders and expect the Juniors to mime the action. If you have small paddles then use these in the place of oars. The purpose is to learn all the orders in a fun way.

Complete the worksheet (J19)

Module: 20 – Sailing

Undertake a YSS course in dinghy sailing.

NB This activity should last for several weeks and count for as many modules equal to the number of parade nights spent on it.

Module: 21 – Canoeing

Undertake a 1 star BCU Canoeing course or Rainbow Canoe qualification.

NB This activity should last for several weeks and count for as many modules equal to the number of parade nights spent on it.

Module: 22 – Pulling

Undertake the SCC Pulling Competent Crew badge.

NB This activity should last for several weeks and count for as many modules equal to the number of parade nights spent on it.

FURTHER AFIELD

Module: 23 - Crossing the line

Look at the tradition of crossing the line. Look at where the 'line' is and what it is. Explain the traditional type of crossing the line ceremony.

Get the Cadets to plan their own crossing the line party (possibly around Hallowe'en time).

Find a suitable King Neptune and hold your own crossing the line party.

Module: 24 - Voyage of Discovery

Go for a day trip in a boat! It could be any type of boat, from a canal narrowboat to a fishing boat or ferry.

Module: 25 – Navigation

Get hold of some charts and some maps. Get the juniors to look at both and list the differences and similarities. Look at the contour lines showing height on maps and depths on charts.

Look at the different types of symbols on charts, what do they all mean? Perhaps make up a game of Chart symbol bingo.

Look at the different types of buoys and how they are used to help navigate, ie cardinal markers, lateral markers, isolated danger marks, safe water marks etc.

Make some giant markers and get the cadets to navigate through a channel, perhaps blindfold the cadets and give them directions by a radio to navigate safely through a marked channel.

Module: 26 - Naval Traditions

Research phrases used in everyday language that came from a nautical background, ie 3 square meals a day, no room to swing a cat, etc. Find out what the sayings mean and where they originally developed from.

Get hold of some traditional sea shanties. Find out the history of shanties and their purpose.

Get the juniors to learn some shanties or write their own.

Look at hornpipe dancing, what was that used for? Learn how to do a hornpipe dance.