

# LET'S GO SAIL

Grab sunglasses

Got a cap

Warmed up before training

Forgot to take sunscreen

4

Ate a meal before training, you have a lot of energy

Got to your training on time

Put lifejacket on

Didn't check the weather forecast, you don't have proper clothes

3

Prepared the equipment for going on water

2

START

Helped your friend carry their boat

1

Trimmed the boom well



POLISH YACHTING ASSOCIATION

Reach out for more!



POLSAILING

[www.polsailing.pl](http://www.polsailing.pl)

[www.pya.org.pl](http://www.pya.org.pl)

SAILING



Learned  
a new  
knot

Your boat  
capsized,  
turn it right  
side up!

Returning  
to shore  
on your own

Took  
coach's  
advice

Getting  
water  
out of  
your boat

Downwind  
sailing

Ran  
aground

Downwind  
sailing

How dare  
you throw  
rubbish  
into water!

**FINISH**

Fold the card along the red line and glue with page 1.