

LET'S GO SAILING

Grab sunglasses

Got a cap

Forgot to take sunscreen

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

START

Prepared the equipment for going on water

Helped your friend carry their boat

Warmed up before training

Got to your training on time

Put lifejacket on

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

Trimmed the boat well

Your boat capsized, turn it right side up!

Downwind sailing

How dare you throw rubbish into water!

Learned a new knot

Returning to shore on your own

Took coach's advice

Getting water out of your boat

Ran aground

FINISH

Reach out for more!



POLSAILING

www.polsailing.pl

www.pya.org.pl



POLISH YACHTING ASSOCIATION