



World Sailing

Topic 6

Boat Cleaning & Maintenance

Trainer's guide

World Sailing Sustainability
Education Programme

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Welcome to the World Sailing Sustainability Education Programme!

World Sailing has a long term sustainability strategy called 'Sustainability Agenda 2030'. The aim is to ensure that sustainability is embedded into our sport.

This Education Programme aims to encourage participants to:

- **Implement sustainable actions on and off the water**
- **Increase awareness of sailors' impact on the ocean and marine life**
- **Increase awareness of climate change and how actions can reduce effects**
- **Understand sailing's place within the UN Sustainable Development Goals**

The United Nations Sustainable Development Goals are 17 global goals set by the United Nations General Assembly in 2015 for the year 2030. These goals include ending poverty, combatting climate change, fighting injustice and inequality for a better, more sustainable world. World Sailing is committed to contributing to the United Nations 2030 Agenda for Sustainable Development. World Sailing's Sustainability Agenda 2030 outlines the Sustainable Development Goals that the sport can contribute to, as well as the alignment with the 5 focus areas of the International Olympic Committee's Sustainability Strategy. Sailing is part of a global movement to create change and positive impact, and sailors themselves can be part of this through their actions, on and off the water.

You can access World Sailing's Sustainability Agenda 2030 at the following link: bit.ly/2sjGrKZ

Sustainable Development Goals



World Sailing’s Sustainability Agenda 2030 is aligned with the 5 focus areas of the IOC’s Sustainability Strategy



Infrastructure and natural sites



Sourcing and resource management



Workforce



Mobility



Climate

Topics

There are 6 topics in the Sustainability Education Programme.

Topic 1	Race with World Sailing!
Topic 2	Resources & Climate Change
Topic 3	Navigating Wildlife & Biodiversity
Topic 4	Reducing Waste
Topic 5	Oil & Fuel
Topic 6	Boat Cleaning & Maintenance

There are links between the topics, but you can use them in any order with your students.

For each topic, there is a...



Age colour coding

6-8 years

8-10 years

10-12 years

This is the Trainer's Guide for **Topic 6 Boat Cleaning & Maintenance**.

The objectives of this topic are:

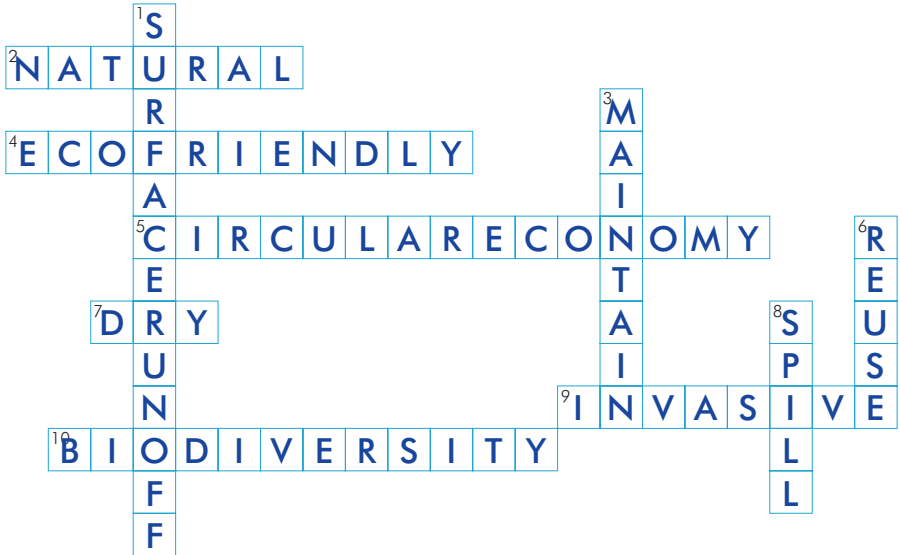
- The importance of keeping boats clean and maintained
- Invasive species
- Environmentally-friendly ways of keeping boats clean and maintained
- How to lengthen the life of boat sails and reuse them at the end of their life

Worksheet answer key

Vocabulary review answer key

Key word	Meaning	Trainer prompts
Steward	Someone who supervises or takes care of something.	It is important to be sailors who care for the water we sail in and the plants and animals that live there.
Surface runoff	Water from rain or other sources that flows over the land. It can collect contaminants like oil, chemicals, and fertilizers before entering drains, rivers, lakes and the ocean.	Someone washed their boat at the club with chemicals and the polluted water flowed into the drains.
Bilge	The lowest point inside the boat where water can collect.	This is where the extra water collects, but can also have chemicals and waste material mixed in. It is so important to dispose of this water properly so it doesn't contaminate aquatic life.
Antifouling	The treatment of a boat's hull with a paint or similar substance designed to prevent organisms growing on it.	We don't want organisms growing on the hull of our boat because we might transport them to other places and they will become invasive species. So, we need to paint the hull with a special substance to prevent this happening.
Aquatic	Associated with water.	Living in a water ecosystem.

Crossword answer key



Across

2. Natural
4. Eco friendly
5. Circular economy
7. Dry
9. Invasive
10. Biodiversity

Down

1. Surface runoff
3. Maintain
6. Reuse
8. Spill

Investigation time

How eco-friendly is your club when it comes to cleaning and maintaining boats?

This task will allow your crew to think about the ways that the boats and equipment are cleaned and maintained in their sailing club. They will gather information and determine whether they think the club is eco-friendly and what they can do to become more sustainable sailors.



Age: 6-8
years



Step 1

Bring the crew together as a whole group to let them know they will be inspecting the eco-friendliness of their club when it comes to cleaning and maintaining boats.



Step 2

Set boundaries and give a safety debrief (e.g. stay together as a whole crew, only the instructor can touch any chemical cleaning products, listen carefully to all instructions etc).



Step 3

Work as a whole crew to complete the table in the worksheet. Encourage your crew to add detail to their findings, not just write 1 word answers. You can do this by asking them extra questions, asking them to describe what they have found and to give examples.



Step 4

After you have completed the inspection as a whole crew, let them work in pairs to complete the 'My sustainable sailing club' worksheet exercise. You can discuss their ideas at the end as a whole crew.



Age: 8-10
years



Step 1

Bring the crew together as a whole group to let them know they will be inspecting the eco-friendliness of their club when it comes to cleaning and maintaining boats.



Step 2

Set boundaries and give a safety debrief (e.g. stay together as a whole crew for Step 1, only the instructor can touch any chemical cleaning products, listen carefully to all instructions etc).



Step 3

As a whole crew, complete Step 1 (refer to Worksheet). Encourage your crew to add detail to their findings, not just write 1 word answers. You can do this by asking them extra questions, asking them to describe what they have found and to give examples.



Step 4

Form your crew into pairs and ask them to complete Step 2. Depending on how your club is laid out (and to safely supervise), you might want to take them to each area and give them a set amount of time to inspect, before moving on to the next location.



Step 5

After you have completed the inspection, let them work in pairs to complete the 'My sustainable sailing club' worksheet exercise.

Optional:

Compile their lists from 'My sustainable sailing club' into a Top 5 list to display in the club

Age: 10-12
years



Step 1

Bring the crew together as a whole group to let them know they will be inspecting the eco-friendliness of their club when it comes to cleaning and maintaining boats.



Step 2

Set boundaries and give a safety debrief (e.g. stay together as a whole crew for Step 1, only the instructor can touch any chemical cleaning products, listen carefully to all instructions etc).



Step 3

As a whole crew, complete Step 1 (refer to Worksheet). Encourage your crew to add detail to their findings, not just write 1 word answers. You can do this by asking them extra questions, asking them to describe what they have found and to give examples.



Step 4

Form your crew into pairs and ask them to complete Step 2. Depending on how your club is laid out (and to safely supervise), you might want to take them to each area and give them a set amount of time to inspect, before moving on to the next location.



Step 5

In the same pairs, your crew can complete the 'My sustainable sailing club' Action Plan.

Optional:
Crew members
could present their
action plans to
the club manager

Extension activities

Age: 6-12
years

Let's get cleaning!



Step 1

Before the session,
set up 3 stations:

Window cleaner:

950ml warm water & 1
capful of white vinegar

General cleaner:

1 cup white vinegar & 1/2
cup bicarbonate of soda

Stain remover:

1 cup bicarbonate of soda
& 1/3 cup warm water

Materials:

- Bicarbonate of soda
- White vinegar
- Warm water
- Cleaning cloths (reusable)
- Buckets/containers
- Access to a dinghy and a window in the sailing club



Step 2

As a whole crew, move between the stations and
make up the 3 eco-friendly cleaning products.



Step 3

Divide the crew into 3 teams -
windows, general and stains.



Step 4

Give each team 1 of the cleaning products and give
them 5 - 10 minutes to use them. The window team
can clean a club window, the general and stain team
can get onto the dinghy and clean. Another option
is to swap each team to a different area (window,
general, stain) every 5 minutes so they get the chance
to see the effectiveness of each cleaning product.



Step 5

Bring the whole crew together:

- Did the cleaning product work well?
- Was it easy to use?
- What are the benefits of using the eco-friendly products?



Step 6

Tidy up cleaning products and materials and dispose of any wastewater appropriately.



Recipe cards

Age: 6-12
years

Eco-friendly cleaning

Build on your crew's awareness of non-toxic products for cleaning boats and equipment by making recipe cards for the sailing club.

Materials:

- Paper or card
- Markers



Step 1

Brainstorm different non-toxic products that can be used for cleaning boats and equipment. See what your crew can recall before checking the Topic 6 Booklet.



Step 2

Make a list of everything that is needed in a recipe - title, list of ingredients and quantity, step-by-step instructions, a picture or image.



Step 3

Ask each member of your crew to select 1 area of the boat or piece of equipment to design a recipe card for.



Step 4

Using the list (recipe components) and Topic 6 Booklet, your crew will each design a recipe card.



Step 5

These recipes could be displayed in cleaning areas around the club, or presented to the member of staff who is responsible for buying the cleaning products.

Optional:

Make a few of the recipes with your crew and test them out!

Photos

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