



## COXSWAINS MATE



-  **1. Navigating the Seas.**  
 Learn about Sound Signals and the Nautical Rules of the Road [IRPCS].  
 Make an Origami Ship to practice these rules!  
 Consider completing the **Coastal Navigation for Small Boats** Shorebased Course.
-  **2. Weather Window.**  
 Listen to a Sea-Area Broadcast and be able to interpret the Forecast.  
 Barometer and Investigate how it can support your weather predictions.  
 Discover Irelands meteorological buoys used to monitor conditions.
-  **3. Plain Sailing!**  
 Discover the basics of sailing from the comfort of Home!  
 Setup a Virtual Regatta with your Crew.
-  **4. United Nations; Sustainable Development Goals [discussion group]**  
 Goal 3 - Good Health & Wellbeing.  
 Goal 14 - Life Below Water.  
 How you could your Crew make positive action in your Scout Group or Community.
-  **5. Connect with Nature and the Marine.**  
 Implement a Simple Project to benefit your local Community or Marine Environment.  
**OR** host a Seamanship Training Workshop to support boating skills in your area.
-  **6. Rover Crews Cruise**  
 Plan an outing with your Rover Crew. Consider connecting with another Crew.  
 Try one; Beach Yoga, Tide-Pooling, Surf, SUP, Swim, Snorkel, Scuba, Sandcastles.

## COXSWAIN



-  **1. Complete a Day Activity Afloat in Unfamiliar Waters.**  
 Consider linking up with another Rover Crew.  
 If you are a Coastal Crew - get afloat on the Inland Lakes & Waterways.  
 If you are a River/ Lake Crew - get afloat on the Sea.
-  **2. Volunteer** at the Annual Watersports Inclusion Games.  
**OR** support another local community event on the water.
-  **3. Irelands Maritime Security.**  
 Explore the roles of those who keep Ireland's waters safe.  
 Consider how underwater infrastructure, trade and fisheries are protected and by what Irish marine assets.
-  **4. Waxing & Waning**  
 Discover the different phases of the Moon and understand how this could be used for tidal planning and navigation.
-  **5. Night Owl - Spend at least 1-hour on the Water after Dark.**  
 Preparation and Safety for a night boating navigation exercise.
-  **6. Enter the Master Mariner Seamanship Competition.**  
**OR** Interview and engage with a professional mariner, boating instructor, watersports athlete, marine scientist or advocate, coastguard or RNLI member.  
  
 Complete **Adventure Skills Stage 7** in Sailing, Rowing or Paddling.