

# 2015 Fastnet Challenge Badge

The proceeds from the sale of the Fastnet Challenge badge will be used to sponsor the Girlguiding Fastnet crew members to help towards the cost of their training for the race.

For this challenge it is suggested that you aim to complete 10 of the following challenges – one from each of the 6 Ports plus 4 others.

The activities are suitable for all Sections. How to complete the challenge is left to individual units – it's up to you how challenging the activity is.

Unit Leaders – please ensure that each activity is done in a safe and secure environment with a risk assessment completed as appropriate.



## Port 1 Training

- 1 Create a full waterproof outfit using bin bags and tape and then test it out!
- 2 Look at equipment and clothing used by early sailors and compare it to modern day equipment and clothing. Have a fashion show using sailing clothing.
- 3 Visit an RLNI station.
- 4 Invite someone from the RNLI or a sailor to talk to you about their experiences.
- 5 Visit a historic boat such as the Mayflower, Victory, Mary Rose, SS Great Britain, HMS Belfast, Warrior etc.
- 6 Raise money for the RNLI, Tall Ship's Youth Trust or someone you know who is taking part in the Fastnet Challenge.
- 7 Learn about the points of the compass and follow a short trail using a compass.
- 8 Have a session at your local swimming pool.

## Port 2 Cowes

- 1 Find out the history of Cowes Week.
- 2 Have your own garlic festival by making dishes using garlic.
- 3 Make your own model of the 'Needles rocks'.
- 4 During Cowes Week, sailing boats use their spinnaker sail. They are all different colours and designs. Design your own spinnaker depicting your group/unit/area.
- 5 Have a sailing session at your local sailing club/outdoor centre.
- 6 Have a go at a different type of boating, such as canoeing, windsurfing, etc.
- 7 Have a ride on a sailing boat, narrowboat or pleasure boat.
- 8 Visit Cowes Week and if possible see the start of the Fastnet Race.

## Port 3 On board

- 1 Sample different high energy drinks and bars.
- 2 Make your own high energy/cereal bar.
- 3 Make your own edible boat such as melon boats.
- 4 Visit a nature reserve or a local area and make a list of the different sea birds you see.
- 5 Sing some sea shanties.
- 6 Learn about the Beaufort Scale.
- 7 Visit a local Sealife centre and find out about the different types of creatures which live in the sea.
- 8 Have a go at catching crabs or look in rock pools by the coast.
- 9 Play 'Captain's coming'.
- 10 Find out about the Green Blue and how everyone can help to protect the environment. Information can be found on [www.thegreenblue.org.uk](http://www.thegreenblue.org.uk)

# 2015 Fastnet Challenge Badge

## Port 4 Ireland

- 1 Find out about the culture of Ireland. Perhaps have a go at traditional Irish dancing or watch Riverdance.
- 2 Have a go at making a Shamrock Shake.
- 3 Make some traditional Irish food such as Colcannon (winter vegetable casserole) or Irish soda bread.
- 4 Watch the film Titanic (12 rating) or find out where the Titanic sailed from on its fateful journey.
- 5 Find out about St Patrick and celebrate St Patrick's Day.
- 6 Write your own limerick.
- 7 Make a shamrock out of felt, tapestry or embroidery.

## Port 5 Fastnet Rocks

- 1 Find out about the history of the lighthouse which sits on the Fastnet Rocks.
- 2 Visit a lighthouse and if possible climb to the light at the top.
- 3 Have a go at climbing on a tower or climbing wall and climb the height of the lighthouse (44.5 metres). You will need to climb several times!
- 4 Find out about the history of lighthouses and how many are still used today in the country.
- 5 Make your own model of a lighthouse either from materials or from edible ingredients.
- 6 With a torch, have a go at sending messages to each other using Morse code. Find out how to send SOS using your torch.
- 7 Walk 1.126 or 11.26km, which represents the 1126km distance of the Fastnet Race.

## Port 6 Plymouth

- 1 Find out about Sir Francis Drake and what he did in Plymouth.
- 2 Have a game of either traditional bowls or 10 pin bowling.
- 3 Climb Smeaton's Tower on Plymouth Hoe, or climb your own high point where you can see the landscape around.
- 4 Visit an outdoor swimming pool or lido and swim, or have a paddle in the sea.
- 5 Plymouth hosts the British Fireworks Championships. Create your own firework picture using paints, pastels or other medium.
- 6 Visit an organised firework event with your unit.
- 7 Using international maritime signal flags make up the message 'Welcome Home' to welcome the Girlguiding Fastnet team back. If possible visit Plymouth and welcome the team back waving your flags.

