

# RYA TRAINING: Sailing boat courses



## COMPETENT CREW COURSE SYLLABUS

Our aim is to introduce the complete beginner to cruising and to teach personal safety, seamanship, and helmsmanship to the level required to be a useful member of the crew of a cruising yacht.

### SECTION A: KNOWLEDGE OF SEA TERMS AND PARTS OF THE BOAT, HER RIGGING AND SAILS

Sufficient knowledge to understand orders concerning the sailing and day to day running of the boat.

### SECTION B: SAIL HANDLING

Bending on, setting, reefing and handling of sails. Use of sheets and halyards and their associated winches.

### SECTION C: ROPEWORK

Handling ropes, including coiling, stowing, securing to cleats and single and double bollards. Handling warps. Ability to tie the following knots and know their correct use: figure of eight, clove hitch, rolling hitch, bowline, round turn and two half hitches, single and double sheet bend, reef knot.

### SECTION D: FIRE PRECAUTIONS & FIRE FIGHTING

Awareness of the hazards of fire and the precautions necessary to prevent fire. Knowledge of the action taken in the event of fire.

### SECTION E: PERSONAL SAFETY EQUIPMENT

Understands and complies with the rules for wearing of safety harnesses, lifejackets and personal buoyancy aids.

### SECTION F: MAN OVERBOARD

Understands the action to be taken to recover a man overboard.

### SECTION G: EMERGENCY EQUIPMENT

Can operate distress flares and knows how they should be used. Understands how to launch and board a liferaft.

### SECTION H: MANNERS & CUSTOMS

Understands the accepted practice with regard to: use of burgees and ensigns, prevention of unnecessary noise or disturbance in harbour including courtesies to other craft berthed alongside. Be aware of the responsibility of yacht skippers to protect the environment.

### SECTION I: RULES OF THE ROAD

Is able to keep an efficient lookout at sea.

### SECTION J: DINGHIES

Understands and complies with loading rules. Is able to handle a dinghy under oars.

### SECTION K: METEOROLOGY

Awareness of forecasting and the Beaufort scale.

### SECTION L: SEASICKNESS

Working efficiency unaffected/ partially affected / severely affected by seasickness (delete as applicable).

### SECTION M: HELMSMANSHIP & SAILING

Understands the basic principles of sailing and can steer and trim sails on all points of sailing. Can steer a compass course, under sail and motor.

### SECTION N: GENERAL DUTIES

Has carried out general duties satisfactorily on deck and below decks in connection with the daily routine of the vessel.