

# COMPETENT CREW

Competent Crew is your first step in learning to sail a yacht. This course is designed to introduce the complete beginner to cruising. You will learn about personal safety, seamanship and helmsmanship to the level required to be a useful member of the crew of a cruising yacht.

**DURATION:** Approximately 15 hours split over 5 sessions (3 hours/ session) nonconsecutively.

**PRE – REQUISITES:**

- Experience – None
- Knowledge – None
- Age – Generally 18+.
- We will assess younger individuals (14 + )based on confidence, attention and accepting instruction, ability on/around water and previous experience prior to accepting them onto a course.



# SYLLABUS CHECKLIST

## Practical

Has a practical understanding of:

### RIGGING

- Wind awareness ashore.
- Understands the use of halyards and sheets and their associated winches.
- Understand basic rigging; de-rigging and storage requirements
- Understand how to rig according to weather conditions.

CAN:

- Reef afloat

### SAILING TECHNIQUES & MANOEUVRES

- Wind awareness afloat
- Reach- sailing across the wind
- Tacking- Turning the front of the boat through the wind
- Stopping-Lying to
- Sailing upwind
- Sailing downwind
- Gybing- turning the back of the boat through the wind, from a training run.
- Controlling speed
- The importance of good communication when manoeuvring
- Sail around a short course using all points of sail and crewing skills.

Can:

- Steer and trim sails on all points of sailing
- Steer a compass course, under sail and power
- Keep an efficient lookout at sea

### BERTHING & LEAVING

Can:

- Understands the action to be taken as a crew member when departing or arriving at the yachts' mooring.
- Secure a fender to the yacht
- Coil a line.
- Throw a mooring line.
- Secure lines to cleats
- Use springs to leave a berth.

## ROPEWORK

- Can tie the following knots and know their uses:
- Figure of eight knot
- Round turn and two half hitches
- Clove hitch
- Bowline
- Reef knot
- Secure a rope to a cleat.  
Use winches & Jamming cleats

## USE OF ENGINES

- Knowledge of:  
Engine checks, starting, stopping, and running procedures

## MAN OVERBOARD RECOVERY

- Understands:
- The action to be taken as crew to recover a man overboard



## Sailing Theory

### SAILING BACKGROUND

Has basic understanding of:

- The main points of sailing & The 'no go zone'
- Terms: Windward/Leeward, Upwind/Downwind, Port/Starboard, luff up and bear away

### METEOROLOGY

Has basic knowledge of:

- How to obtain weather forecast, relevant weather forecast sources, interpretation, effects on sailing area.
- The Beaufort Scale

### FIRE PRECAUTIONS AND FIGHTING

- Understands the hazards of fire and the precautions necessary to prevent it.
- Can carry out the action to be taken in event of fire.

### EMERGENCY EQUIPMENT AND PRECAUTIONS

Understands:

- Hazards on board a yacht
- Understand the importance of first aid and flares, including stowage.

Can:

- Use visual methods to attract.
- Understand where safety equipment is stowed and how it is used.

### EQUIPMENT AND CLOTHING

Has knowledge and knows the importance of:

- The range of suitable clothing and accessories

Can:

- Use and correctly fit life jackets.

**THE BOAT:** Our yacht is Elite 24' with tiller steering and outboard engine for auxiliary power.

**THE TRAINING:** We teach a maximum of 3 students onboard.

**THE COST:** KD250, syllabus and logbook included.

# WEATHER ON COURSES

When training, we are always subject to environmental conditions. On sailing courses wind is the key issue.

On all courses our aim is to complete the course in the safest way possible, covering all the theory and practical elements.

We are not able to guarantee courses will have practical sessions on every day as we will work around the weather forecast

Therefore there is a chance that you may not sail every Saturday. If we can sail safely, we will. Please also bear in mind that if we cannot sail, we will cover theory subjects as all practical courses still have approximately 30% theory in the course which we normally break up into chunks throughout the weekend, but we may save them for the too windy/no wind times.



- Sporty, layered clothing is best. You want to be comfortable, and able to move easily.
- Fleeces and thermals are good for chillier times of the year.
- Waterproof clothing : waterproof trousers and jackets , Warm clothing. as It can sometimes be considerably cooler at sea than on land.
- A woolly hat for cold weather.
- Suncream.
- Sunglasses
- Retaining strap for glasses/sunglasses.
- Sailing gloves.
- Non marking shoes (Trainers or deck shoes)
- A sunhat/baseball cap.
- Logbook, if you have one, if not we can provide one for KD 3.5
- Sea sickness pills
- Water bottle
- You can bring a backbag and snacks

