

Competent Crew Syllabus

The Competent Crew course introduces the complete beginner to cruising and teaches personal safety, seamanship and helmsmanship to the level required to be a useful member of crew of a cruising yacht.

1. Knowledge of sea terms and parts of a boat, her rigging and sails

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

2. Sail Handling

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

3. Ropework

- Handling ropes, including coiling, stowing, securing to cleats and single and double bollards
- Handling warps
- Ability to tie the following knots and to 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

4. Fire precautions and fighting

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

5. Personal safety equipment

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

6. Man overboard

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

7. Emergency equipment

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

8. Manners and customs

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

9. Rules of the road

- Is able to keep an efficient lookout at sea

10. Dinghies

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

11. Meteorology

- Awareness of forecasting services and knowledge of the Beaufort scale

12. Seasickness

- Working efficiency is unaffected/partially affected/severely affected by seasickness

13. Helmsmanship and 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 power

14. General duties

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