

COMPETENT CREW SYLLABUS			
The Competent Crew course introduces 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.			
Sea Terms and Parts of a boat, her Rigging and Sails			
Sail Handling:			
Reefing and handling sails			
Use of sheets and halyards and winches			
Ropework:			
Coiling Ropes			
Cleating off			
Figure of Eight, Clove Hitch, Bowline, Round turn & 2 half hitches, Reef knot			
Rolling Hitch, Single and double sheet bend			
Know the correct use of these knots			
Fire Precautions and Fighting:			
Hazards and Prevention			
Personal Safety Equipment:			
Safety Harness, Life Jackets			
Personal Buoyancy Aids			
Man Overboard:			
Action to be taken to recover an MOB			
Cold-water shock and affects			
Emergency Equipment:			
Launch and board a Life-raft			
Distress Signals: When to use and how to operate			
Coldwater shock			
Recover a MOB under power and sail			
Rules of the Road: keeping a proper lookout			
Helmsmanship and Sailing			
Basic Principles of Sailing			
Steering and trimming sails - all points of sail			
Steer a compass course under power and sail			
Tender Usage:			
Use and importance of Kill Cord			
Safety equipment for tenders			
Handle Dinghy under Oars			
Loading Rules			
Manners & Customs:			
Use of Burgees and Ensigns			
Prevention of noise and disturbance in harbour			
Protection of the environment			
Meteorology:			
Beaufort Scale			
Where to obtain weather forecasts			
Seasickness: Working efficiency is unaffected/partially affected/severely affected by seasickness?			
General Duties:			
Carries out general duties satisfactorily on deck and below deck			