**SYLLABUS COMPETENT CREW**

**Knowledge of Sea Terms and Parts of a Boat, her Rigging and Sails**

* Understands orders given
* Day to day running of the boat

**Sail Handling**

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

**Ropework**

* Use sheets and halyards and their associated winches
* Handling ropes, including coiling, stowing, securing to cleats and bollards
* Handling warps (mooring lines/anchor line)
* Tie following knots; figure-of-eight, clove hitch, rolling hitch, bowline, round turn and two half hitches, single and double sheet bend, reef knot

**Fire Precautions and Fighting**

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

**Personal Safety Equipment**

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

**Man Overboard**

* Understands the action to be taken to recover a man overboard
* How cold-water shock can affect a person in the water

**Emergency Equipment**

* Can operate distress flares and know when they should be used
* Understands how to launch and board a life raft

**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

**Rules of the Road**

* Is able to keep an efficient lookout at sea

**Dinghies**

* Understands and complies with the loading rules
* Is able to handle a dinghy under oars
* Safety equipment for tenders
* The use and importance of a kill cord

**Meteorology**

* Awareness of forecasting services
* Knowledge of the Beaufort scale

**Seasickness**

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

**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

**General Duties**

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