

# Competent Crew Syllabus

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

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

## 2. **Sail Handling**

- a. Bending on, setting, reefing and handling of sails
- b. Use of sheets and halyards and their associated winches
- c. Safe use of equipment with an understanding of possible loads and common errors

## 3. **Ropework**

- a. Handling ropes, including coiling, stowing, securing to cleats and single and double bollards
- b. Handling warps
- c. Ability to tie the following knots and to know their correct use:
  - i. Figure-of-eight
  - ii. Clove hitch
  - iii. Rolling hitch
  - iv. Bowline
  - v. Round turn and two half hitches
  - vi. Single and double sheet bend
  - vii. Reef knot

[\(Have a Look Here\)](#)

## 4. **Fire precautions and fighting**

- a. Awareness of the hazards of fire and the precautions necessary to prevent fire.
- b. 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 actions to be taken and your role to recover a man overboard

## 7. **Emergency equipment**

- a. Can operate distress flares and knows when they should be used
- b. Understands how to launch and board a life raft

## 8. **Manners and customs**

Understands accepted practice with regard to:

- a. Use of burgees and ensigns
- b. Prevention of unnecessary noise or disturbance in harbour including courtesies to other craft berthed
- c. 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. Learn to handle a dinghy under oars

11. **Meteorology**

Awareness of forecasting services and knowledge of the Beaufort scale

12. **Seasickness**

- a. Working efficiency is unaffected/partially affected/severely affected by seasickness.
- b. Methods to offset/overcome Mal de Mere.

(If concerned that this may be a problem we would be delighted to offer advice on how to prepare and prevent seasickness)

13. **Helmsmanship and Sailing**

- a. Understands the basic principles of sailing and can steer and trim sails on all points of sailing
- b. 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