



## 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 the 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 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 harbor 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 (delete as appropriate)

## 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