

Practical

	Visa
<p>1. Rigging KNOWLEDGE OF:</p> <ul style="list-style-type: none"> • Spars and rigging; parts of the sail and sail controls • Wind awareness ashore <p>UNDERSTANDS:</p> <ul style="list-style-type: none"> • Use of halyards and their associated winches 	
<p>2. Sailing Techniques and Manoeuvres KNOWLEDGE OF:</p> <ul style="list-style-type: none"> • The Four Essentials (sail setting; balance; boat trim; course made good) <p>UNDERSTANDS:</p> <ul style="list-style-type: none"> • Wind awareness afloat • Sailing upwind • Controlling speed • Sailing downwind • Tacking - turning the front of the boat through the wind • Gybing -- turning the back of the boat through the wind, from a training run • The importance of good communication when manoeuvring <p>CAN:</p> <ul style="list-style-type: none"> • Reach sailing across the wind • Stop - heave-to 	
<p>3. Slipping and Coming Alongside KNOWLEDGE OF:</p> <ul style="list-style-type: none"> • The action to be taken as a crew member when departing or arriving at the yacht's mooring 	
<p>4. Ropework KNOWLEDGE OF:</p> <ul style="list-style-type: none"> • Round turn and two half hitches; clove hitch; bowline <p>CAN:</p> <ul style="list-style-type: none"> • Tie a figure of eight knot; secure a rope to a cleat; secure a fender to the yacht 	
<p>5. Clothing and Equipment CAN:</p> <ul style="list-style-type: none"> • Use and correctly fit life jackets • Use a safety harness if fitted 	
<p>6. Emergency Equipment and Precautions KNOWLEDGE OF:</p> <ul style="list-style-type: none"> • How cold-water shock can affect a casualty in the water <p>UNDERSTANDS:</p> <ul style="list-style-type: none"> • The potential hazards of fuel and gas • Where safety equipment is stowed and how it is used <p>CAN:</p> <ul style="list-style-type: none"> • Perform actions to be taken as a crew member to recover a man overboard (MOB) 	

Theory

	Visa
<p>1. Clothing and Equipment KNOWLEDGE OF:</p> <ul style="list-style-type: none"> • The importance of personal safety, clothing and buoyancy 	



Start Sailing - Level 1

16 hours

Theory

	Visa
2. Sailing Background KNOWLEDGE OF: <ul style="list-style-type: none">• How to be aware of other water users• Basic rules of the road — collision avoidance; power/sail; port/starboard; overtaking boat; windward boat CAN: <ul style="list-style-type: none">• Use visual methods to attract attention	
3. Meteorology KNOWLEDGE OF: <ul style="list-style-type: none">• Where to obtain a weather forecast	