

Practical

	Visa
<p>1. Rigging CAN:</p> <ul style="list-style-type: none"> ● Rig according to weather conditions ● Reef alongside 	
<p>2. Sailing Techniques and Manoeuvres KNOWLEDGE OF:</p> <ul style="list-style-type: none"> ● Leaving and returning to a jetty or mooring ● Coming alongside a moored boat ● Sailing in close proximity to other vessels ● Performing a man-overboard recovery ● Lee shore dangers <p>UNDERSTANDS:</p> <ul style="list-style-type: none"> ● Sailing using transits <p>CAN:</p> <ul style="list-style-type: none"> ● Use the Four Essentials (sail setting; balance; boat trim; course made good) ● Tack while sailing upwind, sailing efficiently, losing minimal ground ● Gybe in a controlled manner while sailing downwind ● Show good communication when manoeuvring ● Show awareness of other water users ● Sail around a short course using all points of sail and crewing skills ● Anchor 	
<p>3. Ropework CAN:</p> <ul style="list-style-type: none"> ● Tie a bowline, clove hitch and reef knot 	
<p>4. Racing KNOWLEDGE OF:</p> <ul style="list-style-type: none"> ● The course and starting procedure (covered as onshore session) 	
<p>5. Rigging Rigging CAN:</p> <ul style="list-style-type: none"> ● Reef afloat 	
<p>6. Ropework CAN:</p> <ul style="list-style-type: none"> ● Use winches and cleats 	
<p>7. Use of Engines KNOWLEDGE OF:</p> <ul style="list-style-type: none"> ● Engine checks; starting, stopping and running procedures ● Picking up a mooring <p>UNDERSTANDS:</p> <ul style="list-style-type: none"> ● Coming alongside 	
<p>8. Emergency Equipment and Precautions KNOWLEDGE OF:</p> <ul style="list-style-type: none"> ● A VHF radio and how it could be used for distress signalling <p>UNDERSTANDS:</p> <ul style="list-style-type: none"> ● How to launch and board a life raft ● How cold-water shock can affect a casualty in the water ● The importance of first aid kits and flares, including stowage 	

Theory

	Visa
<p>1. Clothing and Equipment UNDERSTANDS:</p> <ul style="list-style-type: none"> The importance of personal safety <p>CAN:</p> <ul style="list-style-type: none"> Comply with rules for the wearing of safety harnesses, life jackets and personal buoyancy aids 	
<p>2. Slipping and Coming Alongside CAN:</p> <ul style="list-style-type: none"> Take the action required as a crew member when departing or arriving at the yacht's mooring 	
<p>3. Sailing Background KNOWLEDGE OF:</p> <ul style="list-style-type: none"> How a sail works How a sailing boat moves (basic theory) <p>UNDERSTANDS:</p> <ul style="list-style-type: none"> Basic rules of the road; collision avoidance; power/sail; port/starboard; windward boat; overtaking boat The points of sailing and the no go zone 	
<p>4. Meteorology KNOWLEDGE OF:</p> <ul style="list-style-type: none"> The Beaufort Wind Scale Inshore forecasts and their interpretation A simple synoptic chart <p>UNDERSTANDS:</p> <ul style="list-style-type: none"> Sources of relevant weather forecasts When to reef 	

Coastal Waters

	Visa
<p>KNOWLEDGE OF:</p> <ul style="list-style-type: none"> Tide tables <p>UNDERSTANDS:</p> <ul style="list-style-type: none"> How to apply weather forecasts in coastal waters The tidal sequence of springs and neaps, and ebb and flow Speed over ground with/against tidal flow The effect of wind direction and tidal flow on sailing conditions How to access local information and advice for sea sailing The importance of informing someone ashore of your sailing plan 	