

	Visa
<p><b>1. Sea Terms and Parts of a Boat, her Rigging and Sails</b> UNDERSTANDS:</p> <ul style="list-style-type: none"> <li>Orders given concerning the sailing and day-to-day running of the boat</li> </ul>	
<p><b>2. Sail Handling</b> CAN:</p> <ul style="list-style-type: none"> <li>Bend on, set, reef and handle sails</li> <li>Use sheets and halyards and their associated winches</li> </ul>	
<p><b>3. Ropework</b> CAN:</p> <ul style="list-style-type: none"> <li>Handle ropes, including coiling, stowing, securing to cleats and single and double bollards</li> <li>Handle warps</li> <li>Tie the following knots and knows their correct use: figure-of-eight; clove hitch; bowline; round turn and two half hitches; reef knot, rolling hitch, single and double sheet bend</li> </ul>	
<p><b>4. Safety on Board</b> UNDERSTANDS:</p> <ul style="list-style-type: none"> <li>Fire precautions and fighting</li> <li>What the particular hazards are, and actions to be taken to prevent and in the event of fire</li> <li>On-board alarms, including gas and carbon monoxide</li> </ul>	
<p><b>5. Personal Safety Equipment</b> UNDERSTANDS:</p> <ul style="list-style-type: none"> <li>How to comply with guidance for the wearing of safety harnesses, life jackets and personal buoyancy aids</li> </ul>	
<p><b>6. Man Overboard</b> UNDERSTANDS:</p> <ul style="list-style-type: none"> <li>The action to be taken to recover a man overboard</li> <li>How cold-water shock can affect a casualty in the water</li> </ul>	
<p><b>7. Emergency Equipment</b> UNDERSTANDS:</p> <ul style="list-style-type: none"> <li>How to launch and board a life raft</li> <li>Distress flares and knows when they should be used</li> </ul>	
<p><b>8. Manners and Customs</b> UNDERSTANDS:</p> <ul style="list-style-type: none"> <li>Accepted practice with regard to: use of burgees and ensigns; prevention of unnecessary noise or disturbance in harbour including courtesies to other berthed craft</li> <li>The responsibility of the boating community to protect the environment</li> </ul>	
<p><b>9. Rules of the Road</b> CAN:</p> <ul style="list-style-type: none"> <li>Keep an efficient lookout at sea</li> </ul>	
<p><b>10. Tender Usage</b> UNDERSTANDS:</p> <ul style="list-style-type: none"> <li>The loading rules and complies with them</li> <li>The use and importance of a kill cord</li> <li>Safety equipment for tenders</li> </ul> <p>CAN:</p> <ul style="list-style-type: none"> <li>Handle a dinghy under oars</li> </ul>	



## Competent Crew 5 days

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<p><b>11. Meteorology</b>            KNOWLEDGE OF:</p> <ul style="list-style-type: none"> <li>● The Beaufort Scale</li> </ul> <p>UNDERSTANDS:</p> <ul style="list-style-type: none"> <li>● The forecasting services and where to obtain a forecast</li> </ul>	
<p><b>12. Seasickness</b>            Working efficiency is unaffected/partially affected/severely affected by seasickness (Delete as applicable)            UNDERSTANDS:</p> <ul style="list-style-type: none"> <li>● How to reduce the effects of seasickness (e.g. steer, look at the horizon, take anti-seasickness tablets before going afloat)</li> </ul>	
<p><b>13. Helmsmanship and Sailing</b>            UNDERSTANDS:</p> <ul style="list-style-type: none"> <li>● The basic principles of sailing</li> </ul> <p>CAN:</p> <ul style="list-style-type: none"> <li>● Steer and trim sails on all points of sailing</li> <li>● Steer a compass course, under sail and power</li> </ul>	
<p><b>14. General Duties</b>            CAN:</p> <ul style="list-style-type: none"> <li>● Carry out general duties satisfactorily on deck and below decks in connection with the daily routine of the vessel</li> </ul>	