



SYNERGY SAILING
BUILDING BUSINESS... UNDER SAIL

RYA Competent Crew practical sailing course syllabus

To introduce the complete beginner to cruising and to teach personal safety, seamanship, and helmsmanship to the level required to be a useful member of the crew of a cruising yacht.

Knowledge of sea terms and parts of the boat, her rigging and sails

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

Sail handling

- Bending on, setting, reefing and handling of sails
- Use of sheets and halyards and their associated winches

Ropework

- Handling ropes, including coiling, stowing, securing to cleats and single and double bollards
- Handling warps
- Ability to tie the following knots and 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

Fire precautions and fighting

- Awareness of the hazards of fire and the precautions necessary to prevent fire
- Knowledge of the action taken in the event of fire

Personal safety equipment

- Understands and complies with the rules for wearing of safety harnesses, life jackets and personal buoyancy aids

Man overboard

- Understands the action to be taken to recover a man overboard

Emergency equipment

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

Manners and customs

- Understands the accepted practice with regard to: use of burgees and ensigns, prevention of unnecessary noise or disturbance in harbour including courtesies to other craft berthed alongside
- Aware of the responsibility of yacht skippers to protect the environment

Rules of the Road

- Is able to keep an efficient lookout at sea

Dinghies

- Understands and complies with loading rules
- Is able to handle a dinghy under oars.

Meteorology

- Awareness of forecasting and the Beaufort scale 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

General duties

- Has carried out general duties satisfactorily on deck and below decks in connection with the daily routine of the vessel.