

## **RYA Competent Crew practical sailing course syllabus**

*Aim: 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, lifejackets 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 liferaft

### **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.