

START YACHTING SYLLABUS

This course provides a short introduction to sail cruising for novices. By the end of the course, participants will have experienced steering a yacht, sail handling, ropework and be aware of safety on board.

Holders of a Start Yachting certificate can obtain a Competent Crew certificate by completing a further three days or two weekends of the Competent Crew course.

1. *The yacht*

* Basic knowledge of sea terms, parts of a boat, her rigging and sails

2. *Ropework*

* Ability to tie the following knots: figure of eight, round turn and two half hitches, bowline

* Securing a rope to a cleat

* Use of winches and jamming cleats

3. *Underway*

* Has experienced sailing a yacht on all points of sail

* Can steer a yacht under sail or power

4. *Rules of the Road*

* Can keep an efficient lookout at sea

5. *Meteorology*

* Knows where to obtain a weather forecast

6. *Man Overboard recovery*

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

7. *Clothing and equipment*

* Understands and complies with the rules for the wearing of safety harnesses, lifejackets and personal buoyancy aids

8. *Emergency equipment and precautions*

* Is aware of hazards on board a yacht

* Knows the action to be taken in the event of an emergency