



Rainbow Sailing School – Course Syllabus

Competent Crew

Aim: The aim of this course is to introduce the complete beginner to cruising and to teach personal safety, seamanship and helmsman ship to the level required to be a useful member of the crew of a cruising yacht.

Suggested minimum pre-course experience: None.

ASSUMED KNOWLEDGE: None

Syllabus

1. **Sea terms and parts of a boat, her rigging and sails**
 - Sufficient knowledge to understand orders given concerning the sailing and day-to-day running of the boat.
2. **Sail handling**
 - Bending on, setting, reefing and handling of sails.
 - Use of sheets and halyards and their associated winches.
3. **Rope work**
 - Handling ropes, including coiling, stowing, securing to cleats and single or double bollards.
 - Handling warps.
 - Ability to tie the following knots and to 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.
4. **Fire precautions and fighting**
 - Awareness of hazard of fire and the precautions necessary to prevent fire.
 - Knowledge of action to be taken in the event of fire.
5. **Personal safety equipment**
 - Understands and complies with rules for the wearing of safety harnesses, lifejackets and personal buoyancy aids.
6. **Man overboard**
 - Understands the actions to be taken to recover a man overboard.
7. **Emergency equipment**
 - Can operate distress flares and knows when they should be used.
 - Understands how to launch and board a liferaft.
8. **Manners and customs**
 - Understands accepted practice with regard to: use of burgees and ensigns, prevention of unnecessary noise and disturbance in harbour, including courtesies to other craft berthed alongside.
 - Aware of the responsibility of yacht skippers to protect the environment.

9. **Rules of the road**

- Is able to keep an efficient lookout at sea.

10. **Dinghies**

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

11. **Meteorology**

- Awareness of forecasting services.
- Knowledge of the Beaufort scale.

12. **Seasickness**

- Working efficiency is unaffected/partially affected/severely affected by seasickness (to be defined by the skipper during training)

13. **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.

14. **General duties**

- Has carried out general duties satisfactorily in connection with the daily routine of the vessel.