

## RYA Competent Crew

*This course is for beginners and those who would like to become active crew members rather than just passengers.*

<b>Course Objective:</b>	Introduces the complete beginner to cruising & teaches personal safety, seamanship & helmsmanship to the level required to be a useful member of the crew of a cruising yacht.
<b>Pre-course Experience:</b>	None
<b>Assumed Knowledge:</b>	None
<b>Course Content:</b>	Knowledge of sea terms and parts of a boat, her rigging and sails, sail handling, ropework, fire precautions and fighting, personal safety equipment, man overboard, emergency equipment, meteorology, seasickness, helmsmanship, general duties, manners and customs, rules of the road, dinghies
<b>Ability after course:</b>	Able to steer, handle sails, keep a lookout, row a dinghy and assist in all the day to day routines
<b>Minimum Duration:</b>	5 consecutive days or completed over 3 weekends or 3 days plus a weekend. If you have done the Start Yachting course, this course can be completed in 3 or 4 days
<b>Minimum Age:</b>	None
<b>Next Steps:</b>	Day Skipper Theory & Practical

### Competent Crew - Syllabus

#### *Knowledge of Sea Terms & Parts of a Boat*

- ★ Sufficient knowledge to understand orders given concerning the sailing & day-to-day running of the boat

#### *Sail Handling*

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

#### *Ropework*

- ★ Handling ropes, including coiling, stowing, securing to cleats & single & double bollards
- ★ Handling warps
- ★ Ability to tie the following knots and to know their correct use: figures-of-eight, clove hitch, rolling hitch, bowline, round turn & two half hitches, single & double sheet bend, reef knot

#### *Fire Precautions & Fighting*

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

### ***Personal Safety Equipment***

- ★ Understands & complies with rules for the 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 & knows when they should be used
- ★ Understands how to launch & board a liferaft

### ***Manners & Customs***

- ★ Understands accepted practice with regard to: use of burgees & ensigns, prevention of unnecessary noise or disturbance in harbour including courtesies to other craft berthed
- ★ 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 & complies with the loading rules
- ★ Is able to handle a dinghy under oars