

### **RYA Competent Crew Syllabus**

The Competent Crew course introduces the complete beginner to cruising and teaches personal safety, seamanship and helmsmanship to the level required to be a useful member of crew of a cruising yacht.

#### 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.

#### 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, using sheets and halyards and their associated winches
- 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

#### Safety on Board

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

#### Personal safety equipment

- Understands and 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
- How cold water shock can affect a casualty in the water

#### Emergency equipment

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

#### Manners and customs

- Understands accepted practice with regard to: use of burgees and ensigns, prevention of unnecessary noise or disturbance in harbour including courtesies to other craft berthed and is 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 the loading rules
- Is able to handle a dinghy under oars and knows the use and importance of a kill cord

#### Meteorology

- Awareness of forecasting services and knowledge of the Beaufort scale

#### Seasickness

- Working efficiency is unaffected/partially affected/severely affected by seasickness
- Understand how to reduce the effects of seasickness (steer, look at the horizon, take anti-seasickness tablets, etc)

#### Helmsmanship and sailing

- Understands the basic principles of sailing
- Can steer and trim sails on all points of sail
- 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