

Competent Crew – 5 day course

Monday	<p>Introductory talk Engine operation and checks, checking prop walk Equipment checks Basic knots Hoisting mainsail and reefing Bending on and hoisting headsail Winch operation</p> <p>Manoeuvres under power Picking up mooring, use of boat hook Coming alongside Boat handling under power as appropriate Basic sailing. reach tack reach. Basic sail trim</p>
Monday evening	<p>Simple passage plan for Day 2 Tides: time and height of high water Basic chart work</p>
Tuesday	<p>Short cruise</p> <p>Helming, steering by eye and compass Keeping lookout Buoyage and pilotage Tidal stream awareness Sail changing underway. Knots Basic navigation, position fixing and log entry</p>
Tuesday evening	<p>Weather Sources of weather forecast. The Beaufort scale Passage planning. Tidal streams, strength and direction Height of tide and tidal graph</p>
Wednesday	<p>Offshore passage</p> <p>Watch keeping Routine navigation. Students assist as much as possible Record of weather forecast Use of VHF in emergency</p>
Thursday	<p>Sailing and boat handling Sailing a triangular course. Sail trim MOB Method 1 as helmsmen Method 2 instructor demonstrates</p>

Night passage	Precaution when night sailing. Lookout Watchkeeping system Entry into a harbour at night Instructor in charge
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Friday	Return to departure point Cover points missed Sailing practice Refuel and clean up Log books and debriefs
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* The course will usually be run in conjunction with Day Skipper or Coastal Skipper. It may not always be possible to execute an offshore passage, but a night passage should take place during the week.