

# START CREWING

## Student Record Master Sheet (SYLLABUS)



STUDENT NAME: _____	Competent	Signed	Date
<b>PREPARATION</b>			
Understands the importance of the correct fitting and wearing of life jackets			
Understands the importance of appropriate clothing and footwear			
<b>BOATS &amp; EQUIPMENT</b>			
Has basic knowledge of sailing terms, can identify parts of a boat, rigging and sails			
Can bend on, hoist, lower and stow sails			
<b>ROPEWORK</b>			
Can tie the following knots: - figure of eight, - bowline, - round turn and two half hitches			
Has basic knowledge of the use of sheets, halyards, winches, clutches, mooring lines and cleats			
Can coil and stow a rope			
<b>SKILLS &amp; TECHNIQUES</b>			
Understands the theory and basic principles of sailing including tacking and gybing			
Has basic wind awareness			
Can trim sails efficiently on all points of sail			
Can tie up boat alongside using springs and mooring lines			
<b>SAFETY &amp; EMERGENCY</b>			
Understands the correct action to be taken to recover a MOB			
Understands the correct use of safety equipment on board			
Is aware of hazards on board a boat and understands how to avoid them			
<b>SAILING THEORY</b>			
Has awareness of the basic rules of the road			
Can maintain a continuous lookout			
<b>COMMENTS</b>			