

# START SKIPPERING

## Student Record Master Sheet (SYLLABUS)



<b>PREPARATION</b>	
Can demonstrate the correct use & fitting of personal safety equipment, life jackets & safety harness	
Can assess risks on board and understands how they may be avoided.	
<b>BOATS &amp; EQUIPMENT</b>	
Can carry out basic maintenance on a boat	
<b>SAFETY &amp; EMERGENCY</b>	
Knows what safety equipment should be carried on board, its location and correct operation	
Recover a Man Overboard (as helm)	
Knows how to raise the alarm in the event of an emergency	
Knows actions to be taken in the event of a major gear failure, such as rig or rudder damage	
Can prepare for a tow by a power vessel	
<b>SKILLS &amp; TECHNIQUES</b>	
Come to and weigh anchor under sail in various conditions of wind and tide	
Pick up and leave a mooring under various conditions of wind and tide	
Handle a boat in confined areas under sail	
Berth alongside a pontoon under sail	
Heave to	
Sail a figure-of-eight without use of the tiller/rudder	
Sail backwards under control for a short distance	
Launch & recovery (optional)	
Handling under power (optional)	
Can tack and gybe effectively as helm	
Can heave-to	
Understands the effect and importance of heel and trim	
Understands how to anchor a boat	
Can reef and shake out sails whilst underway	
<b>SAILING THEORY</b>	
Knows the following: General rules, steering and sailing rules, sound signals, distress signals	
Is aware of local regulations	
<b>WEATHER and the ENVIRONMENT</b>	
Understands where to obtain a weather forecast and interpret its use	
Can interpret a chart of the local area	
Has basic knowledge of factors such as: buoyage, depths, areas suitable for anchorage, tidal heights and streams (where applicable)	
Can assess risk. Traffic density, local regs, narrow channels	