

START HELMING

Student Record Master Sheet (SYLLABUS)



STUDENT NAME: _____	Competent	Signed	Date
PREPARATION			
Understands the importance of the correct fitting and wearing of life jackets and complies with the rules of wearing life jackets			
Understands the importance of appropriate clothing and footwear			
BOATS & EQUIPMENT			
Can prepare the sails and rig the boat			
Knows correct use of halyards, sheets, and associates deck hardware			
ROPEWORK			
Can tie the following knots: <ul style="list-style-type: none"> - figure of eight, - bowline, - round turn and two half hitches, - clove hitch, - reef knot 			
SKILLS & TECHNIQUES			
Can helm and trim sails effectively on all points of sail			
Can helm effectively around a triangular course			
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 our sails whilst underway			
SAFETY & EMERGENCY			
Can recover a MOB under sail as helm			
Knows the location and correct operation of all safety equipment onboard			
Knows how to raise the alarm in the event of an emergency			
SAILING THEORY			
Has a working knowledge of: general rules, steering and sailing rules, and their application			
Knows how to source information on local regulations			
WEATHER & ENVIRONMENT			
Understands where to obtain a weather forecast			
COMMENTS			