

# START SKIPPING

## Student Record Master Sheet (SYLLABUS)



STUDENT NAME: _____	Competent	Signed	Date
<b>PREPARATION</b>			
Can demonstrate the correct use & fitting of personal safety equipment, life jackets, and safety harness			
Can assess risks onboard and understands how they may be avoided			
<b>BOATS &amp; EQUIPMENT</b>			
Can carry out basic maintenance on a boat			
<b>SKILLS &amp; TECHNIQUES</b>			
Come to and weight 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			
Can 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			
Understands the importance of heel and trim			
Understands how to anchor a boat			
Can reef and shake out sails whilst underway			
<b>SAFETY &amp; EMERGENCY</b>			
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			
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>SAILING THEORY</b>			
Understands: General rules, steering and sailing rules, sound signals, distress signals			
Is aware of local regulations			
<b>WEATHER &amp; 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 regulations, narrow channels			
<b>COMMENTS</b>			