

1. The Yacht

Knowledge of

- Sea terms: Parts of a boat, her rigging and sails

2. Ropework

Understands

- The bowline

Can

- Tie the following knots: Figure of eight; Round turn and two half hitches
- Secure a rope to a cleat
- Use winches and jamming cleats

3. Underway

Knowledge of

- Sailing a yacht on all points of sail

Can

- Steer a yacht under sail or power

4. Rules of the Road

Can

- Keep an efficient lookout at sea

5. Meteorology

Understands

- Where to obtain a weather forecast

6. Man Overboard Recovery

Understands

- The action to be taken as crew to recover a man overboard
- The effects of cold-water shock on a casualty

7. Clothing and Equipment

Understands

- Good practice for the wearing of safety harnesses, life jackets and personal buoyancy aids

8. Emergency Equipment and Precautions

Understands

- Hazards on board a yacht
- Actions to be taken in the event of an emergency