

## Competent Crew Course Program - 5 Days (3+ students)

### Day 1 Theory & Day Sail

#### Start Finish

<b>9.00</b>	<b>16.30</b>	Admin & Introduction
<b>Onshore</b>		Preparation on Shore Wind and tide Heading Down & Heading-up Tacks & Gybes
<b>On Board</b>		Boat Control Steering control Crew coordination and communication Tacking Gybing Speed control Sailing at various wind angles

### 5 Day Live-aboard: Day 1

<b>9.00</b>	<b>16.30</b>	Preparation to Sail
<b>On Board</b>		Identify and name parts of the yacht Yacht inspection & Systems Safety Equipment and Use Anchoring Refueling Crew briefing & responsibilities Leaving the Dock or Mooring Crew Operations and Skills Knots Reefing Exercise MOB Exercise Safety and Emergency Navigation (Piloting & Rules) Dinghy Use of Galley equipment Brief Day 1 Course Complete Log and Debrief

### Day 2 5 Day Live-aboard: Day 2

<b>9.00</b>	<b>16.30</b>	Heavy Weather Sailing
<b>On Board</b>		Check Yacht (Walk – Around) Engine Checks Brief for Day Anchoring Reefing Exercise Furling Exercise MOB Exercise Brief Day 2 Course Complete Log and Debrief

### Day 3 5 Day Live-aboard: Day 3

<b>9.00</b>	<b>16.30</b>	Overboard Recovery Methods
<b>On Board</b>		Quick-Stop and Quick-Turn Check Yacht (Walk – Around) Engine Checks Check Tides & Weather Anchoring Reefing Exercise Furling Exercise MOB Exercise Update positions using transits and fixes Danger Bearing Check Plot Day 3 Course Complete Log and Debrief

### Day 4 5 Day Live-aboard: Day 4

<b>9.00</b>	<b>16.30</b>	Overboard Recovery Methods
<b>On Board</b>		Quick-Stop and Quick-Turn Check Yacht (Walk – Around) Engine Checks Brief for Day Reefing Exercise Furling Exercise MOB Exercise Brief Day 4 Course Complete Log and Debrief

### Day 5 5 Day Live-aboard: Day 5

<b>9.00</b>	<b>16.30</b>	Response to Emergencies & Checklist
<b>On Board</b>		Operation of the emergency steering equipment Check Yacht (Walk – Around) Engine Checks Brief for Day Reefing Exercise Furling Exercise MOB Exercise Sailing with simulated steering failure Preparation to arrival Returning to the Dock or Mooring Securing the Boat Properly Check/Complete log Stowing of sails, rigging and equipment Complete Exams Debrief