

Day Cruising Course Program - 3 Days (3+ Students)

Day 1		Sail & Theory	Day 3		Sail to an Island
Start	Finish		9.00	16.30	Planning
9.00	16.30	Admin & Introduction	Onshore		Check Plan
	Onshore	Skipper's responsibilities	Onboard		Check Yacht (Walk – Around)
		Weather			Engine Checks
		Piloting			Sail Controls
	Onboard	Correct use of log book			Boat Control
		Preparation to Sail			Overboard recovery method
		Yacht inspection and briefing			Anchoring Techniques
		Engine & Electrical etc. Systems			Use of Galley equipment
		Running rigging, standing rigging and hull integrity			Use of dinghy and outboard
		Location and operation of safety equipment			Preparation prior arrival
		Winch operation and clearing a fouled			Returning to the Dock
		Leaving the Dock under power			Securing the Boat Properly
		Plan and execute departure		Onshore	Complete Log
		Boat Control Under power			Exam Review
Onshore		Anchoring			Debrief
		Overboard Recovery Methods			
Onboard		Overboard Recovery Methods			
		Anchoring Techniques			
		Preparation prior to arrival			
		Returning to the Dock			
		Securing the Boat Properly			
		Complete Log and Debrief			
Onshore		Knots and Lines			
Day 2		Sail & Theory			
9.00	16.30				
Onshore		Heavy Weather Sailing			
Onboard		Heavy Weather Sailing			
Onshore		Safety and Emergency Procedures			
		Refueling			
		Towing			
Onboard		Safety and Emergency Procedures			
		Boat Control			
Onshore		Brief for Sail to Island			
		Weather			
		Crew briefing & plan of responsibilities			