

Live-aboard Cruising Program - 2 Days (1 or 2 students)

Day 1		2 Day Live-aboard: Day 1	Day 2		2 Day Live-aboard: Day 2
Start	Finish		9.00	16.30	
9.00	16.30	Admin & Introduction			Safety and Emergency Procedures
Onshore		Skipper's responsibility			Anchoring Techniques
		Weather			Towing
		Piloting			Heavy Weather Sailing
		Planning	On Board		Check Yacht (Walk – Around)
		Crew briefing & plan of responsibilities			Engine Checks
		Overboard Recovery Methods			Boat Control Under power
		Heavy Weather Sailing			Sail Controls
		Reefing			Boat Control Under sail
		Furling			Reefing Exercise
		Anchoring Techniques			Furling Exercise
		Safety and Emergency Procedures			MOB Exercise
		Refueling			Preparation Prior to Arrival
		Correct use of log book			Returning to the Dock
On Board		Preparation to Sail	Onshore		Securing the Boat Properly
		Yacht inspection and briefing			Exam Review
		Engine & Electrical etc. Systems			
		Running rigging, standing rigging and hull integrity			
		Location and operation of safety equipment			
		Winch operation and clearing a fouled			
		Heave a line			
		Leaving the Dock under power			
		Plan and execute departure			
		Going Down the Channel under Motor			
		Transits, Depth Sounder & GPS			
		Heavy Weather Sailing			
		Overboard Recovery Methods			
		Quick-Stop or Quick-Turn methods			
		Anchoring Techniques			
		Use of Galley equipment			
		Use of dinghy and outboard			
		Complete Log and Debrief			
		Knots and Lines			