

## **Day Cruising**

**ASA Standard: ASA 103 Basic Coastal Cruising**

**ISSA Standard: Yacht** Level 1+ Level 2 (Part)

### **General Standard**

Basic Cruising Certification graduate will have successfully demonstrated the ability to responsibly skipper and crew an auxiliary powered Cruising Yacht on a day sail. These requirements are expected to be able to be performed safely with confident command of the boat in a wind range of 5 to 15 knots. Some regions may have stronger prevailing conditions, which are acceptable if the candidate can safely control the boat, and be aware of his or her limitations in these conditions.

### **Course formats**

The course completion is a combination of practical and a written theoretical examination.

The theoretical elements of the course may be conducted on shore or aboard.

### **Recommended Equipment**

It is recommended that Basic Cruising Certification courses and examinations be conducted on 23' to 32' auxiliary powered sloop-rigged Cruising Yacht of up to 32 feet in length with auxiliary power and with adequate equipment inventory to complete all required certification outcomes.

### **Prerequisite**

Basic Keelboat or appropriate experience

### **On Shore**

- Obtain and analyse forecasts.
- Recognize and forecast prevailing local weather conditions.
- Familiarise with Chart - identify chart symbols and relevant topographical features.
- Plan Route and alternates in view of likely weather.
- Prepare a comprehensive crew briefing and plan of responsibilities.
- Define towing techniques: maneuvering onto a tow, handling and securing a towline, chafing protection, boat speed, dropping off a tow and communications.
- Provisioning Requirements: Water and Food
- Understand the legal responsibilities of the overboard discharge of pollutants.
- Understand all local regulations as they pertain to your boat operation.

## On Board

### Preparation to Sail

- Perform an inspection of and brief your crew as required on:
  - Running rigging, standing rigging and hull integrity.
  - Inventory, location and operation of safety equipment.
  - Engine systems - location and operation of engine controls, engine mechanical and fluids check, transmission controls, ventilation system and cooling system.
  - Electrical system - main battery switches, electrical control panel and battery terminals.
  - Bilge pump system - operation of manual and electrical pumps, intake maintenance and bilge pump alarms.
  - Head system/s - location of controls, equipment operation, holding tanks and proper setting of valves.
  - Fresh water system - quantity, operation of manual and electrical pumps, and proper setting of valves.
  - Anchoring system - anchors, shackles, rodes, chafing equipment and windlass.
  - Communications systems - VHF radio: operation of controls, channel usage, call sign, weather channels and simulate an emergency call.
  - Fire fighting equipment on board: regulations, types, location and operation.
  - Cooking Systems: Operation and Safety
  - Refueling: Methods and Safety Precautions

### Winch Use:

- Demonstrate winch operation and the proper procedure for clearing a fouled winch.

### Knots and Lines:

- Tie and describe the use of knots: clove hitch, sheet bend and rolling hitch.
- Review stopper knot, bowline, cleat hitch, round turn & two half hitches and sail lashing knot.
- Demonstrate how to heave a line.

### Sail Controls:

- Demonstrate the use of sail controls: halyards, sheets, traveler, cunningham/downhaul, outhaul, adjustable backstay (if applicable), boom vang, leech lines, jib fairleads and boom toppinglift.

### Leaving the Dock or Mooring:

- Formulate a recovery plan for an engine failure for arrival and departure from harbor.
- Plan and execute appropriate helmsman and crew coordination and skills for departure under power suitable to the conditions: line handling, casting off, fending off and boathandling.
- Use of docklines, including springlines, as required for boat control while departing.
- Stowing of docklines and fenders.

### Boat Control:

- All exercises stress coordination and command of the crew
  - Under power:
    - Speed and momentum control, windage and prop walk control, .
    - Steer a compass course with changes in course to a given destination.
  - Under sail:
    - Helm and boat control in a variety of wind and sea conditions.
    - Short tacking and controlled jibes.

**Overboard Recovery Methods:**

- Understand the Quick-Stop, Lifesling-type, and Quick-Turn overboard recovery methods under sail to include: constant visual contact with the victim, communications, recovery plan, sequence of maneuvers, boathandling, course sailed, pickup approach and coming
- Describe methods of getting an overboard recovery victim back on deck after the vessel is stopped alongside the victim (or simulated object).
- Explain when overboard recovery should be done under power and the inherent dangers.
  
- Properly demonstrate one of the overboard recovery methods, which is most appropriate for: your sailing ability, boat type, crew experience, wind and sea conditions, and maintaining constant visual contact with the victim.

**Safety and Emergency Procedures:**

- Describe recovery methods after going aground.
- Be familiar with the location and operation of emergency steering system and boat control during failure of the steering system.
- Simulate procedure and operation of VHF radio in various emergency situations.
- Simulate failure of steering system, and demonstrate steering and boat control with sails.

**Anchoring Techniques:**

- Select an anchorage – taking into account prevailing weather, fetch, holding/anchor type.
- Appropriate helmsman and crew coordination and skills for properly anchoring with a single anchor under power.
- Appropriate helmsman and crew coordination and skills for retrieving your anchor under power.

**Piloting:**

- Ability to identify chart symbols and corresponding visual observations.
- Position awareness: basic dead reckoning: plotting course and estimated position
- Calculating time/speed/distance
- Take bearings and use them for turns and obstruction avoidance
- Safety precautions to be taken before entering reduced visibility

**Heavy Weather Sailing:**

- Determining when to shorten sail.
- Reefing techniques and crew procedures: reefing the mainsail, dropping sails, shaking out a reef, and rehoisting underway.
- Furling Techniques and crew procedures: Downwind control, correct car positions
- Helm and boat control while sailing under shortened sail.

**Dinghy**

- Correct Equipment
- Loading the Dinghy
- Leaving and Arriving at the boat
- Putting on and Stowing the Outboard
- Outboard Operation

**Returning to the Dock or Mooring:**

- Helmsman and crew coordination and skills for arrival under power: boathandling, deploying fenders, stopping and tying up.
- Correct use and deployment of docklines, including springlines.

**Securing the Boat Properly:**

- Stowing of sails, rigging and equipment.
- Clean the boat, and.
- Install any covers and dock power equipment
- Check both the electrical and bilge systems for dock operation.
- Check the locks on companionway, lockers and hatches.
- Make a final check of docklines, spring lines and fender placement.
- Describe the proper function of lifelines and pulpits.
- Explain proper fueling techniques and potential hazards.
- Explain the purpose and use of a radar reflector.
- Be familiar with the U.S. Coast Guard safety requirements for auxiliary powered vessels.
- Be familiar with at least six distress or emergency signals.

**Anchoring Techniques:**

- Explain different types of anchors and various bottom conditions suited for each type.
- Explain how to determine the required scope of an anchor rode. Describe accepted etiquette when anchoring in the vicinity of other boats.

**Returning to the Dock or Mooring:**

- Describe the differences and alternatives for arrival under power in upwind, crosswind and downwind situations.