

Live-Aboard 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.