

## Competent Crew Course Program - 4 Days (1 or 2 Students)

### Day 1 Theory & Day Sail

**Start Finish**

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

### 4 Day Live-aboard: Day 1

**9.00 16.30** Preparation to Sail  
**On Board** 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 4 Day Live-aboard: Day 2

**9.00 16.30** Heavy Weather Sailing  
**On Board** 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 4 Day Live-aboard: Day 3

**9.00 16.30** Overboard Recovery Methods  
**On Board** Quick-Stop and Quick-Turn  
 Check Yacht (Walk – Around)  
 Engine Checks  
 Brief for Day  
 Reefing Exercise  
 Furling Exercise  
 MOB Exercise  
 Brief Day 3 Course  
 Complete Log and Debrief

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

**9.00 16.30** Response to Emergencies & Checklist  
**On Board** 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