

## Day Cruising Course Program - 2 Days (1 - 2 Students)

### Day 1 Sail & Theory

Start	Finish	
9.00	16.30	Admin & Introduction
		<b>Onshore</b>
		Skipper's responsibility
		Weather
		Piloting
		Anchoring
		Refueling
		Correct use of log book
		<b>On Board</b>
		Preparation to Sail
		Yacht inspection and briefing
		Engine & Electrical etc. Systems
		Running rigging, standing rigging and hull integrity
		Location and operation of safety equipment
		Winch operation and clearing a fouled
		Leaving the Dock under power
		Boat Control Under power
		Anchoring Techniques
		<b>Onshore</b>
		Overboard Recovery Methods
		Heavy Weather Sailing
		<b>On Board</b>
		Overboard Recovery Methods
		Heavy Weather Sailing
		Returning to the Dock
		Arrival under power
		Securing the Boat
		<b>Onshore</b>
		Knots and Lines
		Brief Day 1

### Day 2 Sail to an Island

Start	Finish	
9.00	16.30	Planning
		<b>Onshore</b>
		Safety and Emergency Procedures
		Towing
		Safety and Emergency Procedures
		<b>On Board</b>
		Check Yacht
		Sail Controls
		Boat Control
		Overboard recovery
		Anchoring Techniques
		Use of Galley equipment
		Use of dinghy and outboard
		<b>Onshore</b>
		Exam Review
		Debrief