

Competent Crew Standard

ISSA Standard: Yacht Level 1

General

The Competent Crew graduate will have successfully demonstrated the ability to responsibly crew a live-aboard cruising yacht over a multi-day period in a variety of wind and sea conditions.

Recommended Equipment

It is recommended that courses and examinations be conducted on live-aboard cruising yacht of between approximately 9m – 14m Length overall and with adequate equipment inventory to complete all required certification outcomes.

Prerequisite

There is no prerequisite for Competent Crew Certification.

Certification Requirements

Competent Crew Certification holders will demonstrate both practical and theoretical knowledge requirements below. They are expected to be able to safely and confidently crew on a live-aboard cruising yacht.

Onshore

Preparation on Shore

Safety and Safety Checklist

- Weather - Obtain Forecasts and recognize prevailing local weather conditions and be aware of weather warning sources.
- Safety Equipment and Use:
 - PFD's – Personal and Throwable
 - Flares
 - How to put on a Personal Flotation Device (PFD).
 - Brief on six pertinent distress and emergency signals
 - Fire Extinguishers position and use
 - Bilge Pump use and Operation
 - Crew Ability and Preparedness - clothing and sun protection
 - Awareness and treatment of victims of overheating, hypothermia and seasickness.

Sailing Theory:

- How to read the wind and determine all points of sail and the NO GO ZONE.
- Understand the effects of wind, tide and currents.

On Board

Preparation to Sail:

- Board a boat properly.

Correctly identify and name:

- | | |
|------------------|-------------|
| • Port Side | • Mast |
| • Starboard Side | • Boom |
| • Bow | • Boom Vang |
| • Stern | • Halyards |
| • Beam | • Sheets |

- Backstay
 - Sails – Mainsail & Headsail
 - Luff, Foot, Leech &
- Battens
- Demonstrate the proper rigging of the sails, halyards, sheets, and blocks
 - Demonstrate correct use of sailing systems, cleats & winches.
 - Refueling: Methods and Safety Precautions

Crew Operations and Skills

- How to tie and use knots: figure eight , bowline, cleat hitch & sail lashing.
- Demonstrate how to heave a line.
- Demonstrate winch operation and the proper procedure for clearing a fouled winch.
- How to use sail controls: halyards, sheets, boom vang and outhaul.

Leaving the Dock or Mooring:

- Crew skills for departure suitable to the conditions: raising sails, line handling and casting off.

Boat Control

- Steering control
- Crew coordination and communication
- Tacking
- Gybing
- Speed control
- Starting
- Stopping including head to wind and a gybe into a heaving-to position
- Correct sail trim with accurate sheet adjustment of the main and headsails. Make use of the sail telltales and identify points of sail.
- Awareness of the the inherent dangers of sailing "by the lee" and how to avoid it.
- Sailing a predetermined course at various wind angles and maneuvering around obstacles.
- Sailing with correct boat control and allowing for wind variations and current in a confined area with obstructions

Anchoring

- Familiarise with the anchoring equipment and its operation – windlass, chain and anchor
- Lower the Anchor – Calculate scope and check for holding.
- Raise the anchor using the *Chain Weight* and the *Motor Up* techniques.

Electrical Systems

- Check the electrical system: main battery switch, electrical control panel and battery terminals.
- Perform House System and Battery checks.

Engines

- Steering under power
- Familiarise with Engine operations and Controls
- Perform Engine Checks - engine mechanical and fluids check, transmission controls, ventilation system and cooling system.

Cooking

- Familiarise with cooking equipment and relevant safety and operating procedures

Plumbing

- Locate and Familiarise with Electric and Manual Bilge pump operation.
- Locate and check skin fittings and plugs
- Familiarise with Toilet system and discharge options with reference to local laws.
- Familiarise with Fresh Water System, pumps, filters and stop cocks.

Bilge Pumps:

- Operation of manual and electrical pumps, intake maintenance and bilge pump alarms.

Navigation (Piloting & Rules):

- Be familiar with Navigation Aids and Navigation Rules both international & local.
- Be aware of potential electrical hazards such as overhead electrical wires and lightning.
- Be familiar with Stand-On and Give-Way sailboats and powerboats for collision avoidance and understand relevant boating regulations.

Heavy Weather Sailing:

- Understand the concepts and demonstrate how to reef, furl and/or depower sails.
- 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.

Overboard Recovery Methods:

- Properly demonstrate the Quick-Stop and Quick-Turn overboard recovery methods, and explain which is most appropriate for: your sailing ability, boat type, crew experience, wind and sea conditions, and maintaining constant visual contact with the victim.
- Conform with the communication, recovery plan, sequence of maneuvers, boat handling, course sailed, pickup approach and coming alongside the victim (or simulated object).
- Describe methods of getting an overboard recovery victim back on deck after the vessel is stopped alongside.

Safety and Emergency Procedures:

- Simulate procedure and operation of VHF radio in various emergency situations.

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:

- Demonstrate crew skills for arrival under sail and/or power.
- Explain at least two different approach plans for other conditions.

Securing the Boat Properly:

- Demonstrate stowing of sails, rigging and equipment.
- Thoroughly clean the boat, and install any covers
- Check the locks on companionway, lockers and hatches.
- Make a final check of mooring lines, docklines, spring lines and fender placement as required.