



Module 1 - Shore-Based Element

All Sections Below Completed

☐ Completed

Planning To Go Afloat

Understand the personal responsibility as crew to prepared to go afloat with respect to

Weather – what to expect

☐ Completed

Capability of Crew

- ☐ Role on board
- ☐ responsibility for personal safety
- ☐ Importance of protective clothing
- ☐ Importance of personal flotation
- ☐ Understand factors contributing to seasickness
- ☐ Actions to mitigate seasickness

Regulatory

Awareness of Code of Practice: The Safe Operation of Recreational Craft

☐ Completed

Awareness of Regulations On Personal Flotation Devices

☐ Completed

Personal Flotation

Difference between buoyancy aid and lifejacket and appropriate use

☐ Completed

How to conduct a pre-start inspection of lifejacket

☐ Completed

How to fit a lifejacket, importance of crotch straps

☐ Completed

When to wear a lifejacket – regulation and good practice

☐ Completed

Harness Lines

How to check, fit and use a harness tether

☐ Completed

When to wear a harness line

☐ Completed

Calling For Help

How to identify yacht's current position and communicate

☐ Completed

VHF Radio

- ☐ How to make a DSC Distress alert
- ☐ How to make R/T Mayday and Pan Pan calls

Understand how an EPIRB works and how to activate

- ☐ Understand function of EPIRB
- ☐ 'Can activate EPIRB'

Understand how a PLB works and how to activate

- ☐ Understand function of PLB
- ☐ Can activate PLB

Emergency Plan

Understand importance of emergency plan(s) unique to each yacht

☐ Completed

How to use pre-prepared check cards for each likely emergency

☐ Completed

Helicopter Assistance

Prepare for helicopter arrival

☐ Completed

Operate a HI-Line rescue – actions by yacht crew

☐ Completed

Man Overboard

Understand importance of prevention of MOB

☐ Completed

Understand key elements of preventing MOB

☐ Completed

Understand step-by-step actions in the event of MOB

☐ Completed

How to use throw-bag and other MOB equipment

☐ Completed

Casualty care of MOB post immersion

- ☐ Cold shock
- ☐ Underlying health issues (regardless of age)
- ☐ Seek medical assistance ashore
- ☐ Concussion awareness

Understand that all unplanned immersions in Irish waters are life threatening

☐ Completed

Grounding

Understand the importance of prevention of running aground

☐ Completed

Understand the role of crew as lookout and as observer of depth sounder (on behalf of Skipper)	<input type="checkbox"/> Completed
How to read a depth sounder – determine if set to waterline, transponder or to keel and the desired safety margin appropriate to the racing area, the conditions and the vessel	<input type="checkbox"/> Completed
Actions to take in the event of a grounding – immediate	<input type="checkbox"/> Completed
Actions to prevent further damage in the event of a prolonged grounding over a tidal cycle	<input type="checkbox"/> Completed
Inspection of vessel after both grounding and floating off – bilges, keel bolts, rudder etc. – at direction of Skipper	<input type="checkbox"/> Completed

Module 2 - Practical Element

All Sections Below Completed	<input type="checkbox"/> Completed
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Briefing

Demonstration of briefing in SOLAS V reg. 34 format	<input type="checkbox"/> Completed
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Personal Flotation

Complete a pre-start check of lifejacket	<input type="checkbox"/> Completed
Fit and buddy check lifejacket	<input type="checkbox"/> Completed

Harness Lines

Check, fit and use a harness tether	<input type="checkbox"/> Completed
Check and use jack-lines	<input type="checkbox"/> Completed

Anchor

Prepare for quick deployment	<input type="checkbox"/> Completed
Set an anchor safely and quickly in the event of an incident	<input type="checkbox"/> Completed

Operate Engine

Start/stop the engine	<input type="checkbox"/> Completed
Operate engine speed control and ahead/astern control	<input type="checkbox"/> Completed

Towing

Prepare a yacht to be towed	<input type="checkbox"/> Completed
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Sail Handling in an Emergency

Remove/furl headsails swiftly and safely in the event of an emergency	<input type="checkbox"/> Completed
Neutralise the mainsail and prevent risk of head injury from boom	<input type="checkbox"/> Completed
Drop the mainsail swiftly and safely in the event of an emergency	<input type="checkbox"/> Completed

Helicopter Assistance

Prepare for helicopter arrival	<input type="checkbox"/> Completed
Operate a HI-Line rescue – actions by yacht crew	<input type="checkbox"/> Completed

Man Overboard

Observe an MOB and point effectively	<input type="checkbox"/> Completed
Mark MOB position electronically	<input type="checkbox"/> Completed
Furl/drop headsails, control the mainsheet and start engine to prepare to return to MOB	<input type="checkbox"/> Completed
Return boat to MOB (all crew should be able to helm)	<input type="checkbox"/> Basic "head to wind technique" – using engine rather than sailing <input type="checkbox"/> Remove headsails <input type="checkbox"/> Centre or drop mainsail
Recover MOB on board – different methods	<input type="checkbox"/> Completed
Recover a tethered MOB on board	<input type="checkbox"/> Completed

Grounding

Heal boat safely and other methods to reduce draught temporarily	<input type="checkbox"/> Completed
Inspect bilges, keel bolts and other vulnerable areas	<input type="checkbox"/> Completed
Operate bilge pumps and bail manually	<input type="checkbox"/> Completed