



Competent Crew

Cruising Scheme

Get wet, Get on the water!

Objective	The aim of the ISA Competent Crew course is to provide an introduction to the world of sail cruising in a positive and structured manner. The course is as much about getting to grips with living aboard a cruising boat as it is about learning to sail. By the end of the course the sailors should be able to take their place as a competent, safe member of crew aboard a sailing yacht.
Previous knowledge / experience	No previous experience or knowledge of sailing is required or assumed.
Types of Boats	The course must be completed aboard a sailing yacht.
Duration	4 - 10 days
Assessment	Assessment is continuous through the course. Competent Crew certificates may only be awarded following successful course completion. Certificates cannot therefore be issued solely on the basis of assessments completed without course attendance.
	<i>By the end of this course you will be able to do the following:</i>
Terminology	Knowledge of terms used to describe parts of a yacht, rigging, sails, and equipment Understanding of terms used when underway and during the day to day running of the boat
Sail handling	Bending on, setting, reefing, furling, stowing and handling of sails Safe use of sheets, halyards and winches
Ropework	Handling, coiling, stowing rope Making fast to cleats and bollards, handling fenders Ability to tie a bowline, round turn and two half hitches, figure of eight, sheet bend

Where can you go to do this course?

This course can only be run by an ISA Training Centre. All ISA Training Centres have all gone through a rigorous accreditation process to ensure that they provide high quality training in a safe environment. With Training Centres based in every corner of Ireland there are plenty to choose from for training close to home or while on holiday.

To find a full list of ISA Training Centres & Courses in your area go to www.sailing.ie/training

To purchase a Small Boat Sailing Scheme Logbook please logon to the ISA shop www.sailing.ie/shop



Get wet, Get on the water!

Safety	<p>Precautions necessary to prevent fire, use of fire blanket and extinguishers</p> <p>Precautions necessary when using and handling gas (LPG)</p> <p>Use and stowage of personal safety equipment, harness, lifejacket</p> <p>Knowledge of how, and when, to use liferaft, flares, VHF</p>
Courtesy to others	<p>Prevention of noise and disturbance in harbour</p> <p>Courtesy to other craft at sea and berthed alongside</p> <p>Ensigns, courtesy flags and burgees</p>
Helmanship and sailing	<p>Understanding of basic principles of sailing</p> <p>Steering and basic sail trim on all points of sailing</p> <p>Simple manoeuvres under power</p> <p>Maintain a course by compass, under both sail and power</p>
Rules of the road	<p>Importance of keeping a good lookout at sea</p>
Weather	<p>Awareness of the sources of sea forecasts</p> <p>Principles of the Beaufort scale</p> <p>Strong wind and gale warnings</p>
General duties	<p>Day to day running of cruising yacht</p>

Where can you go to do this course?

This course can only be run by an ISA Training Centre. All ISA Training Centres have all gone through a rigorous accreditation process to ensure that they provide high quality training in a safe environment. With Training Centres based in every corner of Ireland there are plenty to choose from for training close to home or while on holiday.

To find a full list of ISA Training Centres & Courses in your area go to www.sailing.ie/training

To purchase a Small Boat Sailing Scheme Logbook please logon to the ISA shop www.sailing.ie/shop