

<b>Charts, Publications &amp; Nautical Terms</b>		<b>Emergency Situations</b>	
Basic Terms		MOB	
Chart Overview - Symbols & Lights		MOB Recovery	
Chart Datum - Depths & Heights		Sending a distress message	
<b>Buoyage</b>		Securing a tow	
Lateral Marks		Aground	
Cardinal Marks		Rules of the Road	
Isolated Danger & Safe water		Who gives way?	
Where to find information		Risk of Collision	
Navigation		Lookout - day & night	
Plotting Position		<b>Electronic Navigation</b>	
Measuring distance & bearing		GPS Terms	
Position Fixing (DR, EP & 3 Point Fix)		GPS Use	
Heading & Course Over Ground		Using Waypoints & VMG	
Course to Steer		<b>Weather &amp; Tides</b>	
Variation & Deviation		Low system explained	
Use of Logbook		Forecasts explained	
<b>Boat Preparation</b>		Causes of Tide - Rule of 12ths	
Engine WOBBLED & Boat Checks		Tidal Diamonds & Atlas	
Sail Selection		Tidal Curve & Secondary Ports	
Crew Briefing		<b>Handling under sail &amp; Helming technique</b>	
<b>Safety</b>		Points of Sail & Sail Trim	
Yacht Safety Equipment		Wind Awareness	
Personal Safety Equipment		Anchoring / Mooring buoy pickup under sail	
VHF use (Mayday) & GPS (MOB button)		Hove to	
Use of Flares		Handling under power	
Use of Lifejackets & Harnesses		Propwalk & Tight Turning	
Liferaft Procedure		Slips, Springs & Lasoo	
Helicopter Rescue Procedures		Alongside / Marina berthing & un-berthing	
Crew Responsibility		Mooring to a buoy	
<b>Engine</b>			
Parts of Engine & Operation			
Changing the impellor			
Bleeding the fuel system			

We provide lifejackets & wet weather gear. You will need to bring with you enough clothing for the course duration and a sleeping bag. Here's a list...

Sea Boots (hiking boots or wellies if you have those)  
Sunglasses (Cheap as they may go overboard)  
Sun cream  
Wash bag & Towel  
Torch (Red Light Preferable)  
Good sleeping bag & Travel Pillow (if you have 1)  
5 pairs of socks minimum  
Merino Thermal underwear  
2 other thin long-sleeved tops (Running or Hiking clothing is perfect)  
Hiking Trousers & Shorts (If we get lucky with weather)  
Fleece  
Body Warmer (the extra night-time layer)  
Woolly hat (Cheap as it may go overboard)  
1 full set of street clothes inc. shoes to put on when we are in port  
Soft kit bag for easy storage...no suitcases!  
1 digital device - preferably a phone  
Notebook  
Personal Sailing Logbook (if you have one)