

Nautical Terms		Emergency Situations	
Yacht Types		MOB	
Parts of the boat		MOB Recovery	
What does what?		Sending a distress message	
Sails & Rigging		Manners & Customs	
Rope Work		Protection of Environment	
Knots & their uses		Burgees & Ensigns	
Use of Bollards, Rings & Cleats		Courtesies to other craft	
Handling & Throwing Warps		Rules of the Road	
Coiling & Stowing Lines		Who gives way?	
Use of Cleats & Jammers		Risk of Collision	
The "Wolfs Balls"		Lookout - day & night	
Sail Handling		Dinghies	
Hoisting Sails		Loading	
Stowing / Flaking Sails		Handling under oar & engine	
Sheets & Halyards		Engine operation	
Safe use of Winches		Weather	
Reefing		Handling under sail & Helming technique	
Fire Precautions & Fire Fighting		Sources of Forecast	
Fire hazards onboard		Anchoring / Mooring buoy pickup under sail	
Action in the event of fire		Beaufort Scale	
Gas precautions		Helming	
Safety		Points of Sail	
Yacht Safety Equipment		Wind Awareness	
Personal Safety Equipment		Tell Tales & Heel Angle	
VHF use (Mayday) & GPS (MOB button)		Steering a compass course - power & sail	
Use of Flares		Mooring	
Use of Liferrafts		Lines & Fenders setup & use	
Use of Lifejackets & Harnesses		Understands Bow & Stern to mooring	
Rescue Procedures		Understands Alongside mooring	
Crew Responsibility		Mooring to a buoy	
Basic Navigation		General Duties Onboard	
Logbook		Domestic Duties	
Latitude & Longitude		Daily checks	
Chart Symbols			
Almanac			

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 (Keep in a plastic bag)
- Soft kit bag for easy storage...no suitcases!
- 1 digital device - preferably a phone
- Notebook
- Personal Sailing Logbook (if you have one)