



**SAILING FOR THE  
DISABLED CREW TRAINING  
MODULES FOR BASIC CREW  
CARER ROLE**

4 August 2016 Version 2

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## SAILING FOR THE DISABLED CREW TRAINING MODULES

### **Overview**

These training modules are intended to assist in the development of new crew/carers by providing guidance and practical training that will allow you to assist SFTD to deliver its objectives. The modules cover the main tasks that are required on our sails and whilst including some of the training found in RYA courses they omit some aspects of this training. All members are encouraged to further develop their seamanship skills by taking RYA qualifications, radio training and first aid training.

Modules 0,1,2,3 are mandatory and will be completed in that order, these modules will also provide useful refresher training for existing members. The other modules can be completed in any order. Each training session will be 3 – 4 hours duration and cover more than one module, completion of all modules will require five to six training sessions, approximately 20 hours in total.

All training will be delivered by members of the approved SFTD training team who will maintain a record of the modules completed by members. Other training may be available upon request and to those who show potential for higher tasks.

### **Module 0 Introduction to SFTD and your role**

#### **Duration 30 minutes**

This module will cover the following topics and may be carried out on board Pride of Mann III or elsewhere. Following completion of the module the crew member should understand the Charities Objectives and your role in helping deliver against these objectives and the resources available. You will also be given guidance on the Charities policy documents that govern the sailing activities.

***Our objectives, Crewing ratio, Our members and their needs, Community Groups, Your role, Charity Equipment, Drying room, Vessel Code of Practice, Vulnerable Adult and Child Protection Policy, Risk assessment document, How to book a sail, Preparing for your sail Charity Website, Key contacts, Training***

### **Module 1 Safety**

#### **Duration 45 minutes**

This module will cover the following topics and will be carried out on board Pride of Mann III. Following completion of the module the crew member should understand the actions that can be taken to prevent injury to themselves and others on the vessel also the actions that could be associated with an incident.

***Life jackets & lines, MOB, Jon buoy, Abandoning ship, EPIRB, Fire prevention and equipment, Gas, Personal safety, Location of Sea Cocks, Sea sickness, 1st aid, Distress Flares, Basic May Day procedure, AC Electrics, Gas & CO alarm, Shore contacts***

## **Module 2 Domestic**

### **Duration 30 minutes**

This module will cover the following topics and will be carried out on board Pride of Mann III. Following completion of the module the crew member should understand the practical aspects of the domestic systems and practices.

- *Galley area & fridges, Filling water tanks, Heads use and cleaning, Below deck cleaning, Disposal of Waste, Gas system and use of rings & oven, Fresh water pump and tanks change over, Washing up, Towels, Making hot drinks at sea*

## **Module 3 Boarding/disembarking the vessel**

### **Duration 2 hour**

This module will cover the following topics and will be carried out on board Pride of Mann III. Following completion of the module the crew member should understand the practical aspects of the various methods of boarding and how to minimise the risk to themselves and others when boarding and disembarking.

- *Use of transom platform, Use of ramp, Cruising ramp use and stowage, Pushing wheelchair, Boarding wheelchair users, Side boarding ladder, Use of boarding steps, Use of the boom to board wheelchair users.*

## **Module 4 Preparing to sail**

### **Duration 45 minutes**

This module will cover the following topics and will be carried out on board Pride of Mann III and will normally form part of a training sail.

Following completion of the module the crew member should understand the practical aspects of preparing the vessel for departure and to minimise the risk of incident when underway.

- *Engine checks, Starting engine, Closing hatches, Closing draws and doors, Stowage of personal items, Closing guard wire gates, Disconnection of shore power, Breakables, Securing vessel for sea*

## **Module 5 Fenders and rope work**

### **Duration 1 hour**

This module will cover the following topics and will be carried out on board Pride of Mann III and will be carried out at the pontoon.

Following completion of the module the crew member should be able to deploy and recover fenders, use the basic knots correctly and be able to handles ropes and lines.

- *Cleats, Basic Knots, Setting fender height, Stowing fenders, Coiling ropes, Throwing lines ashore*

## **Module 6 Leaving and returning to berth**

### **Duration 1.5 hours**

This module will cover the following topics and will be carried out on board Pride of Mann III and will normally form part of a training sail.

Following completion of the module the crew member should understand the practical aspects of preparing the vessel for departure and to minimise the risk of incident when underway.

- *Preparing for casting off, Casting off, Stowing, Preparing to come alongside, Securing boat, Berthing pontoon, Berthing against wall, Berthing alongside another vessel, Springing off, Getting harbour clearance*

## **Module 7 Winches and sails**

### **Duration 1 hour**

Prerequisite: Completion of module 1

This module will cover the following topics and will be carried out on board Pride of Mann III and will normally form part of a training sail.

Following completion of the module the crew member should understand the use of the lines, winches and clutches associated with the sails and their safe use. This module is a prerequisite to module 8.

- *Winches, Safe use of, Rising turns, Sail hoisting, Reefing, Use of lines, Vang and topping lift, Genoa car lines, Clutches and jammers*

## **Module 8 Tacking and gybing**

Prerequisite: completion of modules 1 and 7

### **Duration 1 hour**

This module will cover the following topics and will be carried out on board Pride of Mann III and will normally form part of a training sail.

Following completion of module 7 this module will allow the crew member to have a practical sailing session that will allow them to develop their knowledge and skills on handling the sails.

- *Safety Winching, Tacking genoa, Gybing genoa, Gybing main, Points of sail, Sail trim, True and apparent wind*

## **Module 9 Mooring buoys**

### **Duration 1 hour**

Prerequisite: knowledge of knots and completion of module 1

This module will cover the following topics and will be carried out on board Pride of Mann III and will normally form part of a training sail.



Following completion of the module the crew member should understand the various methods used to picking up a mooring buoy for short and longer term use. The module requires access to one of the harbours seasonal moorings.

- *With a strop, Without a strop, By stern pick up, Lassoing*

### **Module 10 Anchoring**

**Duration 45 minutes**

Prerequisite: Completion of module 1

This module will cover the following topics and will be carried out on board Pride of Mann III and will normally form part of a training sail.

This module will cover the technicalities of selecting a suitable location to anchor and the deployment and recovery of the anchor.

- *Preparing, Control, Location, Length of chain lowered, Rising/falling tides, Communicating, Checking holding, Checking dragging, Weighing anchor*

### **Module 11 Steering**

**Duration 1 hour**

Prerequisite: None

This module will cover the following topics and will be carried out on board Pride of Mann III and will form part of a training sail. This training will take place in the outer harbour and beyond.

During this module the crew member will be given the opportunity to steer the vessel under both power and sail. Use the engine controls and given guidance on the basic Rules of the Road.

- *Under power, Rules of the Road, Engine controls, Under sail, By compass, By transits*

### **Module 12 "At the end of a sail"**

**Duration 1.5 hours**

Prerequisite: None

This module will cover the following topics and will be carried out on board Pride of Mann III and will normally form part of the activities completed post sail.

Following completion of the module the crew member should understand the tasks required to leave the vessel in a fit condition for the next crew.

- *Cleaning topsides, Cleaning the heads, Cleaning galley, Cleaning cabin sole, Stowing equipment, Recording defects/damage, Leaving vessel secure*

### **Module 13 Electronics and lights**

#### **Duration 1 hour**

Prerequisite: None

This module will cover the following topics and will be carried out on board Pride of Mann III and carried out on the berth.

This module is an introduction to the electronics fitted on board and their use; it includes instruction on the use of the VHF radios and the correct procedure for their use. Navigation lights and other lights are also covered.

- ***VHF fixed set, VHF handheld, Plotter, Instruments, Lighting***

### **Module 14 Dingy and outboard**

#### **Duration 1 hour**

Prerequisite: Completion of module 1

This module will cover the following topics and will be carried out in Douglas inner harbour.

Following completion of the module the crew member should understand the practical aspects of using the dingy and outboard and steps necessary to ensure their safe use.

- ***Accessing, Inflating, Launching, Boarding, Safety inc Handheld VHF, Rowing, Use of outboard, Bringing on board, Deflating and Storing***
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### **Module 15 Assisting our enabled members**

#### **Duration 1 hour**

Prerequisite: Completion of modules 0, 1, 2 and 3

This module will cover the following topics and will be carried out on board Pride of Mann III which will involves practical working alongside some of the members with disabilities.

Following completion of the module the crew member should understand the requirements of these members and how they can be assisted when sailing and boarding.

- ***Fitting lift, Use of Evac chair, Wheel chair transfer, "Offering not doing", encouraging participation, "Sea Ability not Disability"***