

# ABLE CREW SYLLABUS

## 1. Sailing yachts

Knowledge of:

- Sea terms: Parts of a boat, her rigging and sails

## 2. Ropework

Understands:

- The bowline

Can:

- Tie the following knots: Figure of eight, Round turn and two half hitches
- Secure a rope to a cleat
- Use winches and jamming cleats

## Under way

Knowledge of:

- Sailing a yacht on all points of sail

Can:

- Steer a yacht under sail or power

## 3. Rules of the Road

Can:

- Keep an efficient lookout at sea

## 5. Meteorology

Understands:

- Where to obtain a weather forecast

## 6. Man Overboard Recovery

Understands:

- The action to be taken as crew to recover a 'man overboard'
- The effects of cold-water shock on a casualty

## 7. Clothing an Equipment

Understands:

- Good practice for the wearing of safety harnesses, lifejackets and personal buoyancy aids

## 8. Emergency Equipment and Precautions

Understands:

- Hazards on board a yacht
- Actions to be taken in the event of an emergency

## 9. Pride of Mann III

Understands:

- Location and use of safety equipment particular to POM III

## 10. Disability Awareness Training

Understands:

- How to work alongside people with disabilities, facilitate inclusivity of people with disabilities

Can:

- Fit lift, Use of Evac chair, Wheelchair transfer, "Offering not doing", encouraging participation, "Sea Ability not Disability"

