

RYA Competent Crew

Pre-course requirements:

- None

What you will learn:

- Nautical Terminology
- Sail Handling, use of sheets and halyards and their associated winches
- Ropework, handling ropes and warps, knots and their correct use
- Personal safety equipment, safety harnesses, lifejackets and buoyance aids
- Helmsmanship and Sailing, steering and trimming sails on all points of sailing, steering a compass route under sail and power
- Rules of the Road, ability to keep an efficient lookout at sea
- Manners and Customs
- Emergency Equipment
- Man Overboard
- Meteorology
- Dinghy Handling

After this course you can:

- Practice your new skills on a 2-day weekend course immediately after
- Join a flotilla as a useful crew member
- Join a chartered boat as main crew member

Next Steps:

- Participate in a Competent Crew Plus course
- Gain more practice on one of our Milebuilding trips
- Progress to Day Skipper Theory and Practical course to obtain your skipper's certificate
- Get a Marine Radio certificate

RYA Competent Crew Course

For who?

This course is for both complete beginners and those who have a little sailing experience.

RYA requirements: 12 years old and above.

Preparation

There is no preparation needed but if you wish to do some preparatory reading, you can find various suitable publications for Competent Crew on Amazon. Some examples (also for higher levels):

- Introduction to Boat Handling for Sail and Power, by Rob Gibson
- Yacht Sailing Techniques, by Jeremy Evans
- RYA Competent Crew booklet CCPCN

Who will be on board?

There will be a maximum of 5 students of each yacht, according to the RYA regulations. Other students might follow the same course or a higher level. A mix of students allows everyone to fulfil their respective syllabus while showing you what the next course for you could be!

The instructor on board will be a commercially endorsed RYA Yachtmaster and he/she will also have an RYA instructor's certificate and be qualified to teach sailing. Instructors are selected for their personality and teaching skills, to provide a happy, safe and encouraging environment on board!

A Holiday Feeling?

During this course, you will also have relaxation time: swimming, snorkelling, sight-seeing! You will have dinners ashore in local tavernas and socialise with other crews.

Despite enjoying fun times, we prohibit alcohol while onboard to stay sober while at sea. You are welcome to have a drink in the evenings! Smoking is forbidden below decks.

During the course

Learning goal: become a useful member of the crew onboard of a cruising yacht. On top of the syllabus (see below), it is important to learn how to live aboard a cruising yacht and play a full part in looking after the boat and the crew: meals, keep the yacht tidy, writing up the Ship's Log Book, and how to conserve water & power.

Planning:

17:00 on starting date: meeting your crew at our office. Access the yachts, where you will be given a tour of the space and a chance to settle in your cabin. Discuss with instructor the plans for the week, have a first dinner on shore, and sleep on board.

First morning: Safety briefing, layout of yacht controls, engine start/stop, navigation equipment, sail sheets, etc.

First day: The aim is for the instructor to find out what you know, your strengths and what needs to be worked on. You will be shown the upper part of the deck and taught how to use the anchor to leave harbour safely. You may also do a little practice with ropes for a great start of your week.

Other days: no worries if you feel a bit overwhelmed. Most things will be covered repeatedly for you to assimilate the skills. You will practice using ropes and winches, trimming the sails, and get your first chance to steer. You will practice Man Overboard in case of emergency. You will also cover all that is expected for a crew member: nautical terms, rope-work and knots, handling the sails, steering the yacht under power and sail, leaving and entering harbours, anchoring, keeping a lookout, using a dinghy, personal safety, sailing manners and customs, and how to live afloat.

Last day: You will get a debrief of your performance and advice from the instructor. If you achieved all tasks of the syllabus, you will be awarded your RYA Competent Crew certificate. We will all have a feedback moment when getting back to the base before ending the course at 17:00 on the fifth day.

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What is provided?

The RYA Competent Crew course book: will help you assimilate the materials learn during the practical.

An RYA Logbook: to record your miles and the details of your experience.

During group course: breakfast and lunches on board, enough water for the trip, coffee&tea, basic seasoning condiments, and extra money for extra groceries.

Yacht comfort: beddings, towels, first aid kit, coffee machine and milk foamer, dish soaps, snorkelling kits, inverter and bluetooth radio.

All our yachts are fully coded for commercial use and meet both the Royal Yachting Association and Hellenic Registry Standards for safety equipment, which are amongst the highest in the world.

Extras

A few weeks before the start of your course we will provide you with a packing list.

Unless your hands are used to physical work, sailing gloves might help protect your hands when using the ropes. We recommend using a pair of sailing gloves with open-ended fingers (available to buy at our office for 20€).

We recommend a budget of 20-30€ a night for dinners and drinks ashore.

Beach towels if you wish to swim (towels provided on board are shower towels).

Please ensure that you are covered by holiday/travel insurance that covers sailing. In case of injury, medical assistance or transportation home might be required. You will not be sailing more than 10miles offshore.

Contact

We hope that all is clear regarding following a RYA Competent Crew Course at our school. For more course details please refer to the [RYA website](#).

If you would like to proceed with booking a course, get back via email to our proposal!

We hope to see you soon on board.

