



## SAIL & POWER TRAINING Langebaan, South Africa

### COMPETENT CREW COURSE

Courses are presented throughout the year; please contact us for dates and prices

Pre Requisites	: None
Duration	: 5 days
Minimum Age	: 8 years old
Where	: Langebaan

#### Overview of course content:

#### Competent Crew – 5 Days (includes accommodation and food)

This course introduces the complete beginner to cruising and teaches personal safety, seamanship and helmsman ship to the level required to be a useful member of the crew of a cruising yacht.

- Knowledge of sea terms and parts of a boat, her rigging and sails
- Sail Handling
- Rope work
- Fire Precautions and fighting
- Personal Safety equipment
- Man overboard
- Emergency equipment
- Manners and customs
- Rules of the road
- Meteorology
- Seasickness
- Helmsman ship and sailing
- General Duties

\*\*\* Competent Crew Certificate\*\*\*

### Included:

- RYA Course completion Certificate
- Personal Log Book
- Atlantic Yachting Cap
- Diesel + Berthing Fees
- **Accommodation on board** for the duration of your practical sailing course
- Fresh linen, pillows and pillow cases
- The use of Foul Weather gear should you need it
- Tea, Coffee & Sugar in office and on yachts
- **Yachts are provisioned for the duration of your practical course**
- Diesel and Berthing fees
- Access card to Marina abultions (**on loan**)
- Fully equipped galley + cleaning materials

### Excluded:

- Transport to Langebaan from Cape Town

### What you need to bring with you:

- Suitable clothing - layers are a good idea (T shirts, baggies, long sleeve T-shirts, rash vests, tracksuit pants, jeans, flip flops and warm clothes)
- Weather proof jacket , or you can purchase from our shop - From R550.00
- Polarised Sunglasses , or you can purchase from our shop - From R850.00
- Gloves , or you can purchase from our shop - R250.00
- Sailing shoes or any soft-soled shoes (i.e. trainers)
- Sleeping bag and a blanket
- Sun cream, hats, towels and toiletries
- Warm socks and a beanie
- Extra money for food and beverages - cooking onboard is encouraged as part of the yachting experience and helps to stretch your budget