



## SAIL & POWER TRAINING Langebaan, South Africa

### *STEWARD/ESS CAREER COURSE*

This course is aimed at the learner who wants to enter into the Super Yacht Industry. We cover all aspects of training from Stewardess Training (Interior Crew), STCW2010, RYA Power Boat Level II, Competent Crew, Food Safety Certificate

A vital ingredient to the successful operation of any yacht, whether charter or private, is well-trained crew.

Atlantic Yachting Sailing School's training program is specifically designed to meet the growing demand for professional crew on luxury yachts and super yachts. Learn from our first hand industry experience!

Prior experience required	:	None
Minimum age	:	18 Years
Where	:	Cape Town or Hout Bay
Days	:	25 days

#### Certification gained:

STCW 2010 Certificates - 11 days

- Elementary 1<sup>st</sup> Aid at Sea
- Marine Fire Fighting,
- PSSR + PST
- Pre Sea Familiarisation
- PDSD - Proficiency in Designated Security Duties

- RYA Competent Crew - 5 days
- Stewardess Course - 5 days
- RYA Power Boat Level II - 2 days
- Highfield Food Safety Certificate Course - 2 days

**Where:** Club Mykonos Private Resort, Langebaan, Cape Town and Hout Bay

**RYA Competent Crew 5 Days** (includes accommodation & food onboard)

**Ratio 5:1**

This course introduces the complete beginner to cruising and teaches personal safety, seamanship and helmsmanship 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
- Helmsmanship and sailing
- General Duties

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

**Stewardess Training 5 days** IYT Cape Town (excludes accommodation)  
PYT Cape Town (excludes accommodation)  
Hout Bay Training Centre (excludes accommodation)

- The Super Yachting Industry - an Introduction
- Laundry, Stewardess Schedule and Cleaning
- Silver Service and Flower Arranging
- Other Services, wine appreciation, bartending & cocktails
- Crew C.V, Crew Salaries
- Crew Agencies, Crew Accommodation
- Dock Walking, Day Working
- Seasons
- Set up Offshore Bank accounts before you head overseas
- Deliveries
- Boat Etiquette
- Nautical Terminology

**RYA Power Boat Level II 2 Days** (includes accommodation | excludes food)

**Ratio 3:1**

Section A - Practical

- Launching and Recovery
- Boat Handling
- Securing to a buoy
- Anchoring
- Leaving and coming alongside
- Man Overboard

## Section B - Theory

- Knowledge of:
- Types of craft
- Engines and Drives
- Sighting of fuel tanks
- Routine engine checks
- Close down procedures
- Advice to inland drivers about coastal waters
- Use and Limitations of GPS
- Application of local byelaws
- Source of weather information

\*\*\*RYA Power Boat Level 2 Power Boat Handling Certificate\*\*\*

**Highfield Food Safety Certificate Course 2 Days** (excludes accommodation - includes lunch)  
**(Outsourced course and is compulsory requirement for the international yachting industry)**

- Health and safety, cleanliness, planning and timing
- Basic knife skills & equipment
- Nutrition, working with dietary requirements and food allergies
- Menu planning and presentation including food presentation
- What if the dish goes wrong?... and other rescue remedies
- Provisioning and store cupboard ingredients
- Time saving tips and ideas & Advance preparation

### **Inclusive Of:**

- ✓ **Accommodation - self catering accommodation** for the duration of your training in Langebaan. **Free Wifi** at the house and office. House is serviced and within walking distance to our base. **No** transport is needed.
- ✓ Nutritional menu plan typically used on a yacht - helps with budgeting
- ✓ The use of Foul Weather gear should you need it (no extra charge)
- ✓ Personal Log Book
- ✓ Atlantic Yachting Cap
- ✓ RYA Course completion Certificates
- ✓ Navigational Equipment - on loan (option to buy own equipment from the office)
- ✓ Sheets, Pillows and pillow cases on yachts
- ✓ Fully equipped galley + cleaning materials
- ✓ Diesel + Berthing Fees
- ✓ Tea, Coffee and Sugar on yachts, at house and at the office - always welcome for a cuppa!

### **Outsourced:**

**STCW 2010 11 days (Standard of training & certification of watch keepers)** - Cape Town  
(Accommodation excluded - we usually book accommodation on behalf of our students in on the backpackers in Green Point which we are affiliated with)

**This is an outsourced course which is compulsory for any crew working in the yachting industry**

- Elementary First Aid - 2 days
- Marine Fire Fighting - 3 days
- PSSR(Personal, Safety and Social Responsibilities) - 2 days
- PST (Personal Survival Techniques) - 2 days

- o PDSD (Proficiency in Designated Security Duties) - 2 days

\*\*\*MCA Certificates\*\*\*

*Optional Extra's for those aiming to work in the International Super Yachting Industry*

COURSE

DAYS

RYA Day Skipper Combo	11 days
RYA PWC (jet-ski)	1 day
RYA Diesel Engine	1 day
RYA Radar	1 day
Open Water Dive Course	4 days