



**BOAT HANDLING FROM THE HELM UNDER SAIL**

- 1 Steer Compass Course
- 2 Steer to an Object
- 3 Steer the Wind
- 4 Hold course in 25+ knots
- 5 Tack and Jibe in 25+ knots
- 6 Steer in heavy fog, rain, overnight

**UNDER POWER**

- 7 Cast off / Pick up Mooring / Anchor
- 8 Steer boat in reverse
- 9 Show how prop wash affects maneuvering
- 10 Thread boat through tight mooring area
- 11 Dock/undock boat under various conditions

**GALLEY**

- 12 Provision according to boat equipment
- 13 Prepare meals at anchor and underway
- 14 Learn how to start different stoves
- 15 Learn to pack the icebox efficiently
- 16 Stow all packages to prevent spills
- 17 Water conservation techniques

**NAVIGATION**

- 18 Plot & label course on chart
- 19 Take fixes / positions while underway
- 20 Identify symbols on the chart
- 21 Buoys, day markers, lights, depth
- 22 Measure distance, lat and long
- 23 Use GPS / Chart Plotter & Radar
- 24 Know use of T and M on compass rose
- 25 Identify navigation aids on the water
- 26 Identify buoys at night by lights & sounds
- 27 Know Light List, Notice to Mariners
- 28 Correct course for drift, currents, tides
- 29 Understand Eldridge Charts & Tables
- 30 Navigate in Fog

**PERSONAL EQUIPMENT**

- 31 Foul weather gear / boots
- 32 Knife / Flashlight (red lens for night time)
- 33 Harness and Tether

**MAINTENANCE**

- 34 Know electrical trouble shooting
- 35 Know engine trouble shooting
- 36 Check bilges for leaks
- 37 Bleed fuel lines
- 38 Replace impellers / Repair Pumps

NAME: \_\_\_\_\_

**KNOTS**

- |                |                 |
|----------------|-----------------|
| 39 Bowline     | 42 Sheet Bend   |
| 40 Half Hitch  | 43 Square Knot  |
| 41 Clove hitch | 44 Cleat a line |

**DINGHY**

- 45 Row the dinghy
- 46 Drive / Dock the dinghy
- 47 Use the dinghy to maneuver the big boat

**SEAMANSHIP**

- 48 Trim sails for different points of sail
- 49 Use roller furling jib systems
- 50 Secure boat using bow, spring, stern lines
- 51 Get from boat to dock - secure dock lines
- 52 Watch weather and recognize changes
- 53 Know Rules of the Road
- 54 Identify ship whistles for warnings & fog
- 55 Identify ships lights at night
- 56 Prepare to abandon ship, prepare ditch bag

**VHF**

- 57 Practice radio operation
- 58 Know Mayday, Sécurité & Pan-Pan
- 59 Report unusual activity to Coast Guard

**FOREDECK**

- 60 Raise / lower / reef mainsail
- 61 Set Spinnaker and Pole
- 62 Work on bow in heavy seas / high winds

**SKIPPER DUTIES**

- 63 Plan a cruise / Plot course
- 64 Perform daily maintenance
- 65 Give clear direction to crew
- 66 Be responsible for decisions

**SAFETY**

- 67 Know how to put on PFD and harness
- 68 Practice MOB / Life Sling maneuvers
- 69 Understand using Flares
- 70 Understand / locate Fire Extinguishers
- 71 Take first aid and CPR class
- 72 Stock & refresh first aid kit
- 73 Use Jack Lines in heavy weather
- 74 Understand directions on EPIRB
- 75 Attend safety at sea seminars
- 76 Learn how to help others in distress