

## RYA ICC Flotilla Training Course

*Aim: To teach personal safety, navigation and yacht handling skills required to Charter a yacht on a Flotilla Holiday.*

### **Sail handling**

- Hoisting, setting, reefing and handling of sails
- Use of sheets and halyards and their associated winches

### **Ropework**

- Handling ropes, including coiling & securing to a cleat
- Ability to tie the following knots; clove hitch, bowline, round turn and two half hitches

### **Safety**

- Understands how to use lifejackets and a liferaft
- Can operate distress flares
- Can carry out engine checks
- Understands the action to be taken to recover a man overboard
- Safe operation of the safety equipment
- VHF Radio Mayday procedure

### **Navigation**

- Can interpret a navigational chart
- Can plot a fix onto a chart from GPS and visual bearings
- Can establish a course to steer
- Interpret navigational lights
- Source information for local port regulations
- Use of GPS in practical navigation

### **Rules of the Road**

- Is able to keep a safe lookout at sea
- Understands the correct action to be taken to avoid a collision
- Is able to understand appropriate sound signals

### **Dinghies**

- Understands and complies with loading rules
- Is able to handle a dinghy under oars.

### **Meteorology**

- Awareness of forecasting information and understands the Beaufort scale

### **Practical Sailing**

- Understands the basic principles of sailing and can steer and trim sails on all points of sail
- Can safely carry out manoeuvres including tacking and gybing
- Can steer a compass course, under sail and power

### **Power Handling**

- Can safely control the yacht in all situations i.e. coming alongside, at anchor, securing to a mooring buoy
- Able to moor stern to and retrieve a lazy line.