



*This course is for beginners and those who would like to become active crew members. Virtually all the course is hands on. You are the crew - without you the sails won't go up and the boat won't be steered. By the end of the course you should be able to steer, handle sails, keep a lookout, row a dinghy and assist in all the day to day duties on board*

### **The Course**

- Knowledge of sea terms and parts of a boat,
- Rigging and sails
- Sail handling
- Ropework
- Fire precautions and fighting
- Personal safety equipment
- Man overboard
- Emergency equipment
- Meteorology
- Seasickness
- Helmsmanship
- General duties
- Manners and customs
- Rules of the road
- Dinghies

### **Course Duration**

- 5 Days - on board the yacht

### **Classroom Requirements**

- Note taking material
- Identification (either ID/ Passport)
- Sunglasses / cap
- Clothes for the duration of the course - check weather

### **Provided**

- All tools and materials are provided for the practical elements of the course
- Main meals are provided



For more information and booking contact [info@synctraining.co.za](mailto:info@synctraining.co.za)

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