



Changi Sailing Club

32, Netheravon Road, Changi, Singapore 508508
Tel: (65) 6545 2876 Fax: (65) 6542 4235 Registration Ref. No.: 205/87SPO

KEELBOAT COURSE Level I (Competent Crew)

CLASS/TYPE OF BOAT	DURATION	PRICE
Keelboat J-24	3 Consecutive Saturdays 6 hours per day: 10am - 5pm	\$ 300 (Member) \$ 450 (Non-Member)

Course dates and more information can be obtained from the website:
<http://www.csc.org.sg>

SYLLABUS

Parts of the boat and their functions: Understand points of sail, functions of different sails, sail trimming, reefing

Rope-work: Basic knots and applications.

Personal Safety Equipment: Understand the use & rules relating to the use of PFDs and harnesses. Man-Over-Board. Actions to be taken and recovery.

Tropical weather conditions: Understand the dangers of dehydration, sunstroke, sunburn and its prevention. Fire protection & fire fighting. Awareness of the hazards, precautions and actions to be taken in the event of a fire.

Meteorology: Forecasting services, Beaufort scale, tropical storms, safety. Local tidal conditions.

Leaving & Arriving: Assisting when picking up mooring, leaving & coming alongside dock.

Rules of the road: International Regulations for Preventing of Collisions at Sea. Pleasure craft licensing in Singapore & the MPA (Maritime Port Authority)

Helmsmanship & Sailing: Ability to steer and trim sails to maintain a course. Steering a compass course. Rigging and unrigging the headsail and mainsail. Crew work. Duties on board a boat for each crew-member. Anchoring procedures.



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KEELBOAT COURSE PROGRAM Level I (Competent Crew)

Day 1

- **Rope Work:** (Basic knots, figure of 8 & reef knots)
- **Points of Sail:**
- **Meteorology:**
- **Parts of the Boat:** (aboard the boat)
- **Personal Safety Equipment:** (aboard the boat)
- **Learning the Cockpit:** (winches, cleats, main and Jib sheets, halyards)
- **Hoisting, Dropping and Changing Sails:** (both jib and main sails)
- **Leaving and Picking up Mooring:** (as a crew-member)
- **Packing Down Boat:** (tidying sheets, flaking sails etc)

Day 2

- **Review of Day 1.**
- **Rope Work:** (bowline, round turn two half hitches, clove hitch)
- **Rules of the Road:** (port/starboard, windward boat, overtaking boat)
- **Sails Trimming and Reefing:** (jib and main sails)
- **Leaving, Arriving, Docking:** (as a crew-member)
- **Man Overboard Drill:** (as a crew member, assign duties)
- **Steering a Compass Course:** (maintain a course and then reciprocal course)

Day 3

- **Review of Day 1 & 2.**
- **Steering the Boat:** (tacking, gybing, course made good)
- **Man Overboard:** (helming in this situation)
- **Leaving, Arriving, Docking, Mooring:** At the Helm (bow line, stern line, springer)

No Wind or Bad Weather?: Rope work, Rules, Distress Calls, Flares etc.