



August 25, 2006

SENIOR CREW (SC) COURSE

Certification Checklist

Instructor (Print): _____ **Voice or Email:**

Student (Print): _____ **Voice or Email:**

Boat Name (Print): _____ **Boat Length:**

This course prepares you to crew an offshore capable, inboard auxiliary powered cruising sailboat within designated waters during daylight or night hours within sight of land in moderate wind and sea conditions.

Recommended Equipment: It is recommended that the Senior Crew (SC) Certification course and examinations be conducted on 30' or greater sloop-rigged cruising keelboats with tiller, wheel, and gas or diesel auxiliary power, with adequate equipment inventory to complete all required certification outcomes.

Prerequisite: The prerequisite for Senior Crew (SC) Certification is the physical capability to perform duties under conditions presented.

Certification Requirements: Senior Crew Certification requires the successful completion of the following knowledge and skill requirements. These requirements are expected to be performed safely and with confidence in a wind range of 5 to 20 knots. Some regions may have stronger prevailing conditions. The certified candidate will obtain a minimum of thirty-two (32) hours underway on watch of which at least 12 hours are under sail. Candidates will demonstrate practical knowledge of personal and boat safety; general organization, procedures, and nomenclature of a sailing vessel and its equipment; and individual watch standing positions.

Leadership:

Requirement	Conditions: Waves, Winds, and Tides	Date & Time	Instructor: Name and Signature



1. Seeks responsibility.			
2. Displays initiative and self-motivation.			
3. Leads peers in area of expertise/assigned responsibility.			
4. Subordinates self to ship and shipmates.			
5. Communicates clearly.			
6. Strives for excellence in standards and execution.			
7. Exhibits an enthusiastic and supportive attitude.			
8. Views responsibilities from the prospective of superiors.			

Lookout:

Requirement	Conditions: Waves, Winds, and Tides	Date & Time	Instructor: Name and Signature
9. Maintains proper lookout in accordance with Rule 5 of COLREGS until relieved.			
10. Identifies and interprets targets, objects, hazards, navigation lights, shapes, and visual signals and reports to helm in prescribed format (day and nights, clear or low visibility).			
11. Observes and reports areas clear for planned evolution.			

Helm:

Requirement	Conditions: Waves, Winds, and tides	Date & Time	Instructor: Name and Signature
12. Steers a directed course with attention to wind, sail trim, other vessels, obstacles, shoal water and navigation aids.			



13. Controls the direction and speed of the boat under sail or power.			
14. Observes crew locations during sailing evolutions, precluding boat maneuvers which might create unsafe conditions.			

Navigation Plotter:

Requirement	Conditions: Waves, Winds, and Tides	Date & Time	Instructor: Name and Signature
15. Selects appropriate chart(s). *			
16. Prepares charts identifying shoal water, nav aids, track, and danger bearings, folds and labels chart(s). *			
17. Identifies and labels landmarks for bearings.			
18. Identifies chart symbols and corresponding visual observations.			
19. Takes bearings with a hand-bearing compass.			
20. Calculates, plots, and labels: track(s), fix positions, dead recon (DR) positions, lines of position (LOP), and running fixes. *			
21. Relates distance, speed, and time to find one of these when another is unknown. *			
22. Recommends safe course to steer. *			
23. Interacts with helm and lookout to give them a verbal picture of near-term nav aids, expected water depth, obstacles and shoal water distance and to ask for confirmation sightings of these objects. *			
24. Maintains appropriate log with periodic entries of navigation and boat system data, and results of damage control and bright light checks. *			
25. Monitors and operates VHF (and HF/SSB if available) radio on proper frequencies, with correct pro-words and etiquette.			



26. Using RADAR (if available) identifies, tracks, and plots contacts to preclude collision and measures range and bearing to identifiable landmarks for use as lines of position (LOP). *			
NOTE: (*) Optional, with time and qualified instructor available.			

Sail Trimmer/Line Handler:

Requirement	Conditions: Waves, Winds, and Tides	Date & Time	Instructor: Name and Signature
27. Uses proper knots and hitches (bowline, stopper knot, clove hitch, reef knot, single sheetbend, rolling hitch).			
28. Takes, eases, holds, throws, catches, cleats, coils, and stows line.			
29. Protects hands with gloves, type of grip on line(s), and stays out of bights.			
30. Sets and retrieves bow, spring, breast and stern lines; positions and retrieves fenders; places chafe protection to preclude chafe.			
31. Makes a towing bridle, leads and attaches tow rope, and breaks tow.			
32. Whips line with needle, palm, and small bees wax coated thread.			
33. Bags and stores sail(s) correctly.			
34. Bends on, raises, douses, reefs and shakes sails.			
35. Trims and eases sheet(s), halyard(s), vang, and other sail control gear such as lead and snatch blocks, cunningham, backstay tension twist, slot, and angle of attack on all points of sail and during tacks and jibes.			

General:

Detail taken from Basic *Cruising* (US Sailing, 1998), Appendix (US Sailing Basic Cruising Certification), and US Navy Sailing Local and Offshore Qualification Standards for Large Sail-Training and Recreational Sailing Vessels.



Requirement	Conditions: Waves, Winds, and Tides	Date & Time	Instructor: Name and Signature
36. Practices safety while aboard and during all evolutions by wearing appropriate clothing and equipment; observes danger zones; works lines with respect for winches and hand position; and maintains position by hand grabs, harness, and balance; and follows standard procedures while operating equipment.			
37. Brings proper personal gear.			
38. Uses correct names for boat parts, equipment, and procedures.			
39. Locates correct boat gear for each procedure or evolution.			
40. Uses correct piece(s) of gear for each procedure or evolution.			
41. Arrives for watch on time, rested, fed and hydrated, in appropriate gear, acclimates to the light conditions, understands the navigation situation and relative position of nearby vessels, shoal water, obstacles, and navigation aids.			
42. Performs face-to-face verbal watch turnover with individual being relieved to include course, speed, sail combination, rig tension, and gear/sails on deck.			
43. Executes initial response to boat or crew casualties until relieved by the watch captain or skipper.			
44. Prepares and serves meals while maintaining galley hygiene and food safety standards.			

Approval:



Requirement	Conditions: Logged 32 hours under- way, with at least 12 under sail (yes or no)	Date & Time	Instructor: Printed Name and Signature
Approved as Senior Crew			