

## Kelly's Training Card © 2003

Midshipman: \_\_\_\_\_

Boat: \_\_\_\_\_ Dates: \_\_\_\_\_

Areas of desired competency. The goal is to be checked off in all areas..

	Helm	Crew
Departure	_____	_____
Arrival	_____	_____
Sail Config	_____	_____
Hoist Main	_____	_____
Hoist Head	_____	_____
Tack	_____	_____
Trim Mainsail	_____	_____
Trim Headsail	_____	_____
Jibe	_____	_____
Heave to	_____	_____
360° Turns	_____	_____
MOB	_____	_____
Take Reef	_____	_____
Shake Reef	_____	_____
Change Headsail	_____	_____
Spinnaker	_____	_____
Docking	_____	_____
Anchoring	_____	_____
Mooring Ball	_____	_____

## Terminology

- \_\_\_ Parts of Sail: head, tack, clew, foot, luff, leech, cringle
- \_\_\_ Points of Sail: port tack, starboard tack, close haul, close reach, beam reach, broad reach, running
- \_\_\_ Names of Lines: sheets (2), halyards (4), lazy/working, reefing
- \_\_\_ Standing Rigging: head stay, backstay, forestay, running backstay, shroud, spreader, life line, stanchion,
- \_\_\_ Misc: chock, cleat, shackle, winch, reefing hook, gooseneck,
- \_\_\_ Blocks: foot, spreader, fairleads, jib fairleads, snatch, sheave, check, tackle
- \_\_\_ Winches: at mast (6), companion way (2), cockpit (4)
- \_\_\_ Commands: trim, ease, hold, made, high, break, tension, secure

## Knots

- |                     |                     |
|---------------------|---------------------|
| ___ Cleat           | ___ Coil            |
| ___ Bowline         | ___ Running Bowline |
| ___ Clove Hitch     | ___ Slipped Reef    |
| ___ Stevedore       | ___ Figure Eight    |
| ___ Round Turn 2 HH | ___ Rolling Hitch   |
| ___ Sheet Bend      | ___ Whipping        |

## Sail Trim/Control

- |                  |                  |
|------------------|------------------|
| ___ Main sheet   | ___ Jib sheet    |
| ___ Tell Tails   | ___ Traveler     |
| ___ Depower sail | ___ Heel control |
| ___ Boom vang    | ___ Cunningham   |
| ___ Outhaul      | ___ Leech line   |
| ___ Draft        | ___ Twist        |

## Rigging

- |                   |                |
|-------------------|----------------|
| ___ Departure     | ___ Arrival    |
| ___ Jib fairleads | ___ Preventers |
| ___ Reef Lines    | ___ Spinnaker  |
| ___ Storm trysail | ___ Storm Jib  |

## Boat Systems

- \_\_\_ Boat specs: draft, mast, LOA, LWL, beam, displacement
- \_\_\_ Capacities (fuel, water, electricity, propane)
- \_\_\_ Engine check:: oil, transmission, coolant, RACOR, strainer, belts, charging, leaks, pressure, temperature
- \_\_\_ Propane: danger, four levels of control
- \_\_\_ Head: pumping, holding tanks, macerator, discharge rules, do's and don'ts
- \_\_\_ Fresh water: capacity, tanks, procedures
- \_\_\_ Boat inventory: using a checklist verify were everything is located on the boat
- \_\_\_ Offshore logs

## Weather

- \_\_\_ Data sources: VHF, weather fax, internet (MPC), buoy data
- \_\_\_ National Weather Service VOS Program
- \_\_\_ Pressure: units, normal, dangerous,
- \_\_\_ Charts: symbols, highs, lows, fronts, isobars, wind barbs, surface, analysis
- \_\_\_ 500 mb charts: purpose, height, const pressure, iso-heights, storm speed
- \_\_\_ Beaufort wind scale
- \_\_\_ Clouds: names, heights, shapes, meaning
- \_\_\_ Waves: waves vs. swells, significant wave height, length, period

## Celestial

- \_\_\_ Time, Universal Time, GMT, Time zones, noon, local apparent noon
- \_\_\_ Universal plotting sheet: grid setup, purpose
- \_\_\_ Sextant: theory, altitude, mirrors, horizon, Venier scale, index error
- \_\_\_ Nautical Almanac: sections, hour angles, GHA, SHA, LHA, sunrise/sunset, moon rise/set, phases of moon, civil/nautical twilight
- \_\_\_ Noon sun fix: LAN, noon worksheet, latitude, longitude, zenith distance
- \_\_\_ Star fix: navigation stars: morning, evening, constellations, star sights, almanacs, Pub 249, worksheets

## Leadership

- \_\_\_ Coaching
- \_\_\_ Following
- \_\_\_ Delegating
- \_\_\_ Appearance
- \_\_\_ Accepting responsibility
- \_\_\_ Leading by example
- \_\_\_ Teaching
- \_\_\_ Teamwork
- \_\_\_ Initiative

## Safety & Emergency

- \_\_\_ Safety: min equip, other equip, jackline
- \_\_\_ Fire: extinguisher types, engine, grease fire
- \_\_\_ Flooding: thru hulls, bilge pumps, holes
- \_\_\_ Ditchbag contents
- \_\_\_ VHF: MAYDAY, PANPAN, SECURITE
- \_\_\_ Visual distress signals
- \_\_\_ Alarms
- \_\_\_ Towing: towing boat, towed boat
- \_\_\_ EPIRB
- \_\_\_ Heavy weather: procedures, sail config, dangerous semicircle,
- \_\_\_ First aid: kit, burns, cuts, seasickness, CPR

## Radar

- \_\_\_ Tuning: brilliance, gain, range, tune, clutter
- \_\_\_ Distance: range rings, VRM
- \_\_\_ Bearings: SHM, compass, EBL
- \_\_\_ Fixes (4)
- \_\_\_ CPA

## Rules of the Road

- \_\_\_ Stand-on
- \_\_\_ Sailing vessel
- \_\_\_ Towing vessel
- \_\_\_ Sound Signals
- \_\_\_ Day Shapes
- \_\_\_ Give-way
- \_\_\_ Power vessel
- \_\_\_ Anchor light
- \_\_\_ Restr. visibility
- \_\_\_ Distress signals

## Charts

- \_\_\_ Chart prep
- \_\_\_ Chart datum
- \_\_\_ Navaids
- \_\_\_ Buoy characteristics
- \_\_\_ Light List
- \_\_\_ Safe depth
- \_\_\_ Light notation
- \_\_\_ Measure distance
- \_\_\_ Chart 1
- \_\_\_ Coast Pilot

## Navigation

- \_\_\_ Bearing taking
- \_\_\_ Speed formulas
- \_\_\_ Plotting notation
- \_\_\_ DR plotting
- \_\_\_ Danger bearings
- \_\_\_ Running Fix
- \_\_\_ Fix plotting
- \_\_\_ GPS & DGPS
- \_\_\_ Ship's log
- \_\_\_ Six rules of DR
- \_\_\_ Light visibility
- \_\_\_ Set/drift comp

## VHF

- \_\_\_ Channels: 9, 16, 12, 13, working, weather
- \_\_\_ Operation: memory, scanning,
- \_\_\_ Procedures: pro-words, hailing, BTB
- \_\_\_ Distress: MAYDAY, PANPAN, Securite