

Name									
SAFETY									
Read SOP, Ch 4									
Read OIC Standing Orders.									
Describe actions per MOB Bill									
Sketch the Quick Stop MOB Procedure.									
SEAMANSHIP									
Sketch & label topside									
Sketch & label the standing and running rigging									
Sketch & label a jib and mainsail									
Demonstrate proficiency tying the following knots									
	Cleat Hitch								
	Bowline								
	Figure eight								
	Timber Hitch								
	Reef knot								
	Sheet bend								
	Half Hitch								
	Clove Hitch								
Demonstrate proficiency in :									
	Tossing a line								
	Taking on lines								
	Cleating a line								
	Easing lines								
	Coiling a line								
	Stowing lines								
Use proper line-handling commands:									
	Cast off								
	Take in								
	Slack								
	Ease								
	Check								
	Hold								
	Pass								
	Surge								
Demonstrate proficiency:									
	Tacking								
	Gybing								
	Reefing								
	Changing headsails as Helmsman during a MOB drill								
Describe sailing "by the lee."									
Demonstrate proper preventer use									
ENGINEERING									
Ready the STC for underway using checklists									
Properly divorce from/bring on shore power									
Properly secure the STC using checklist									
NAVIGATION									
Prepare charts for underway									
Describe info found in Chart Number 1									
Describe info found in Notice To Mariners									
Describe info found in Reeds Nautical Almanac									
CONTACT AVOIDANCE									
Demonstrate knowledge of Rules of the Road									

Name									
GENERAL									
Proper face-to-face watch turnover									
SAFETY									
Duties per WQ&SB for evolutions & casualties									
Sketch & label a waterplane view of the STC									
State the location of the following equipment:									
	Kapok life jackets								
	Man overboard equipment								
	Life raft(s)								
	First-Aid kits								
	Fire extinguishers								
Describe actions for fire & flooding									
Don a safety harness & discuss all aspects									
Describe the different emergency alarms									
Describe safety precautions of the LPG Stove									
SEAMANSHIP									
Helmsman on all points of sail & at night									
Helmsman under power									
Review heavy weather procedures									
Set and operate with Storm Sails									
Break out and deploy the Gale Rider									
NAVIGATION									
Coordinate the best course to steer									
Properly maintain the Offshore Log									
Use visual fixes & maintain gyro bearing book									
Sight, identify, gain & drop nav aids									
Navigate using electronic (radar) aids									
Compare charted depth with fathometer depth									
Properly use the Six Rules of DR									
Describe the purpose of the following buoys:									
	Channel buoys								
	Cardinal marks								
	Safe water marks								
Properly determine set and drift									
CONTACT AVOIDANCE									
Discuss CBDR									
Determine bearing drift & risk of collision									
Determine the target angle of a visual contact									
Maintain a proper lookout IAW COLREGS									
COMMUNICATIONS									
Demonstrate proficiency in VHF communications									
Discuss SECURITE, PAN PAN and MAYDAY									
ENGINEERING									
Sketch & label the STC's steering system									
DAMAGE CONTROL									
Describe your abandon-ship responsibilities									
Break out & explain the use of the DC gear bag									
Describe recommended extinguishing agents for each class of fire and explain the:									
	Activation & operation of HALON								
	Operation of CO2 extinguishers.								
	Operation of dry chem extinguishers								
Actions for failed rigging components/dismasting									
Actions required for loss of steering casualties									
Rig & operate the emergency steering system									

Name									
SAFETY									
Describe hazards associated with offshore sailing									
Describe methods to minimize seasickness									
SEAMANSHIP									
Helmsman while sailing in steep seas.									
Discuss heavy weather tactics									
Describe the following with regard to ship handling:									
	Controllable & non-controllable forces								
	Current effect while mooring/departing								
	Visually determining tides and current								
	Mooring strategies for pier configuration								
Determine status of mooring lines & ground tackle									
NAVIGATION									
Discuss the capabilities & limits of GPS & Loran									
Navigate using electronic (Loran C/GPS) fixes.									
Navigating using Running Fixes									
State and apply the 3-minute rule									
State and apply the 6-minute rule									
Conduct a Navigation Brief prior to entering port									
If time is available:									
Calculate twilight, sunrise, & sunset									
Calculate moonrise and moonset									
Determine Index Error of a sextant									
Use sextant to determine altitude of sun (Hs)									
Complete a day's work in navigation to include:									
	Morning Stars								
	Latitude by Local Apparent Noon								
	Evening Stars								
Calculate tidal data for arrival at the remote port									
Calculate current for arrival at the remote port									
CONTACT AVOIDANCE									
Define CBDR									
Determine bearing drift									
Evaluating risk of collision for various contacts									
Determine the target angle of a visual contact									
Track contacts using visual observations									
Track contacts on radar									
Use a maneuvering board to determine:									
	A contact's course and speed								
	A contact's CPA								
	A course and speed to avoid a contact								
	True wind								
	Relative wind on next leg								
COMMUNICATIONS									
Make daily communications checks/reports									
Demonstrate use of the HF communications suite									
Line up for, receive, and interpret weatherfax									
ENGINEERING									
Sketch the STC's auxiliary propulsion system									
Sketch and locate the electrical distribution system									
DAMAGE CONTROL									
Describe procedures if the STC has been holed									
Procedures for protection against lightning strikes									
Procedures involved with air-rescue operations									
Discuss abandon-ship duties and responsibilities									