



OASIS SAILING CLUB

Seaworthy Training Sessions

(Rev 11/9/2015)

All OSC Mate Candidates are required to complete a checklist of 10 areas of seamanship in their Mate's Manual and have each signed off by either the Candidate's Mentoring Skipper or other OSC Skippers. The areas are broad based, for example: 'Preparing To Sail/Leaving The Dock', 'Sailing At Sea', or 'Navigation'; so that each Mate Candidate gains experience from, and is encouraged to sail with, a variety of Skippers. Additionally, unless the items are successfully completed and signed off during routine sailing on the Club's sailboats with the OSC Skippers, we offer four optional Seaworthy Training Sessions. These sessions cover skills that may not be encountered in daily sailing, such as: Crew Overboard drills, Anchoring, Docking/Undocking, etc. These sessions compliment the Club's Assessment & Enhancement (A&E) Program and ensure that Mate Candidates are fully trained to fulfill their responsibility, including acting in the Skipper's place in times of emergency. Following is an overview of the four Seaworthy Training Sessions:

- **Anchoring** –

The proper procedures for anchoring are reviewed in addition to actual practice of dropping & hauling up the anchor, safe operation of the anchor windlass, ensuring correct scope is used, etc.

- **Boat Systems** –

A thorough overview of boat systems is conducted on-board each of the Club's vessels including engine, electronics, hydraulics, and communications.

- **Docking/Undocking** –

Mate Candidates are drilled in actual docking & undocking the Club's sailboats at boat slips. Additionally, candidates can enhance proficiency in docking & undocking while sailing with their mentor, or other Skippers (at the Skipper's discretion), normally after having participated in the formal Docking/Undocking Seaworthy Training Session.

- **Crew Overboard (COB)**

This hands-on session includes deployment and use of on-board emergency equipment including a Life Sling that has been installed on each of the club's sailboats. Mate candidates participate in actual simulations of crew overboard rescue situations, maneuvering the boat back to the COB using the Jibe-Stop method, and bringing the COB (simulated with a flotation cushion) back to the swim step ladder for rescue.

Seaworthy Training Sessions are delivered with a minimum of 2 and generally a maximum of 3-4 participants. Although Mate-Candidates are given priority in signing up for these Sessions, they are also open to OSC Skippers and Mates.