



## **Mentor Roles and Goals**

**Mentor Roles are to lead the training in practical skills and safety. Assessment forms will be distributed for you to provide feedback at the end of the program. The assessment items are:**

### **Cat 5 Audit**

**All crew** to be present and actively involved in Audit

### **Operational Skills Training**

Understanding practical competencies and involvement:

#### **1. Personal Safety**

To demonstrate appropriate preparation to sail in the forecast weather conditions

Wear and demonstrate how to fit and inflate a life jacket

Wear appropriate clothing, gloves, wet weather gear, carry food and water, sunscreen, lip balm, seasick medication if required.

#### **2. Nautical Terms, parts of a boat, rigging, sails**

To act upon instructions given correctly.

#### **3. Sail Handling**

Locate and SAFELY use halyards, sheets, winches, reefing systems. Demonstrate finger safety and management of over-rides.

#### **4. Line Handling**

Demonstrate the ability to tie the listed knots and know their correct use:

bowline, clove hitch, cleat hitch, rolling hitch, figure 8, round turn and half hitches

Demonstrate the ability to coil, stow and cleat ropes

Undertake assigned role when mooring/unmooring

#### **5. Boat Safety**

Demonstrate moving about the boat safely

Demonstrate safe usage of stove and toilet

Locate of fire extinguishers, flares, life buoy etc

#### **6. Person Overboard (ESSENTIAL)**

Participate in discussion about MOB procedure and demonstrate the ability to undertake an assigned role

Describe the effect of cold-water shock

NB: MOB theory will also be delivered at the Radio and Safety Workshop

#### **7. Weather, Sea State and Tide**

Demonstrate knowledge (by participating in discussion) of what to expect under different weather conditions in terms of decision to sail/not, sail plan, sea state.

Understand the importance of the effect of the tide in the southern end of Port Phillip and in the Queenscliff cut (entrance to QCYC) – the Navigator may be able to lead this discussion.

### **8. Helming**

Helmsperson to demonstrate the ability to helm at all points of sail, to tack, gybe and sail to a compass course.

### **9. VHF Radio Operation**

Demonstrate the ability to send and receive messages using correct radio etiquette and procedures.

### **10. Navigation**

Demonstrate the ability to plot a course using Navionics, taking into consideration obstructions and potential shipping hazards.