

# Intermediate Cruising Standard

## OBJECTIVE

To be able to cruise safely in familiar waters as both skipper and crew of a sailing yacht of 8 - 12 meters in moderate wind and sea conditions by day. Emphasizes on-the-water skills at a level acceptable for bareboat chartering.

## PREREQUISITES

[Basic Cruising Standard.](#)

It is recommended the student have a recognized first aid certificate and a VHF radio operator's certificate.

Note: To maximize the likelihood of successfully completing the Intermediate Cruising Standard, a student should have:

- a) Had experience as skipper of at least ten day sails (or equivalent), and
- b) Applied the knowledge and practiced the skills in the Basic Cruising Standard.

## ASHORE KNOWLEDGE

### *Section I: Planning*

The candidate must be able to:

1. State the fuel capacity and range of the candidate's boat and list what factors could affect the range of the boat under power;
2. State the water capacity of the selected boat and the minimum daily water requirements of a person;
3. State the causes, prevention and cures for seasickness as well as the impact seasickness has on the effectiveness of the crew;
4. List the appropriate clothing for cruising and describe how its choice is related to safety and comfort;
5. Discuss menu planning and relate it to suitability for the day's activities;
6. List the minimum contents of a first aid kit for a one week cruise in familiar waters as recommended by the CYA;
7. List the spare engine parts one might deem prudent for a one week cruise in familiar waters;
8. List the minimum set of tools required for a one week cruise in local waters;
9. List the documents required and the procedures to be followed when;
  - a) Proceeding to the USA,
  - b) Returning to Canada from the USA.

### *Section II: Living Afloat*

The candidate must be able to:

10. Discuss galley procedures in order to minimize the danger of fire, scalding or other galley accidents;
11. Describe the common cooking systems (stoves and fuels) with respect to safety, convenience, speed of cooking and costs;
12. Discuss the common types of cabin heaters with respect to safety, convenience and cost.

### *Section III: Weather*

The candidate must be able to:

13. Describe the effect of local heating and cooling of land and water as related to wind and cloud formation;
14. Identify conditions likely to lead to fog.

#### **Section IV: Seamanship**

The candidate must be able to:

15. Describe the proper installation of a radar reflector;
16. Describe the complete actions to be taken for the following:
  - a) Springing a leak
  - b) Steering fails
  - c) Grounding
  - d) Fouling a propeller
  - e) Collision with another vessel
  - f) Fire
17. Describe how the vessel should be handled and what remedial action should be taken when the following emergencies occur while under power:
  - a) The engine cooling water fails to flow,
  - b) The engine fails in an anchorage too crowded to permit safe sailing,
  - c) The engine fails in a busy channel;
18. Describe in detail two methods of getting a crew overboard back aboard;
19. Describe the information required and the procedures to be followed when tying a boat to a fixed dock in local tidal conditions;
20. State two factors to be considered before allowing anyone to go swimming while the boat is at anchor;
21. Describe how to secure the boat with an anchor on the bow or stern and the other end made fast to dock or shore;
22. Describe the procedures and dangers when using a breast anchor to hold a boat away from a dock or wharf;
23. Describe the methods of rafting at anchor and dangers involved;
24. Describe three methods of recovering fouled anchors;
25. Describe three methods to prevent the dinghy from bumping the boat's hull when snugging down for the night;
26. Describe the proper operating procedures for the head and list the precautions necessary to prevent malfunction;
27. Describe the skipper's responsibilities and actions for the following common courtesies and customs of the yachting community:
  - a) Permission to board,
  - b) Permission and entitlement to come alongside,
  - c) Courtesy in crossing adjacent boats when rafted,
  - d) Rights of first boat at an anchorage,
  - e) Keeping clear of boats racing (even though cruising boats may be the stand on vessel),
- f) Flag etiquette-
  - (i) National Flag
  - (ii) Courtesy flag
  - (iii) Burgee / house flag,
28. g) Offering assistance to other yachts in trouble;
29. Describe the characteristics, limitations and uses of the following rope:
  - a) Polypropylene,
  - b) Dacron,
  - c) Nylon.

#### **Section V: Navigation**

The candidate must be able to:

30. Convert direction from true to magnetic to compass;
31. Convert direction from compass to magnetic to true;
32. Determine speed, time and distance when two are known;

33. Determine estimated time of position (ETA) and revised ETA.

## AFLOAT SKILLS

Boat should be 8 to 11 meters long, sloop rigged with an inboard engine.

The candidate must be able to:

1. Perform routine daily and weekly maintenance procedures on engine;
2. Check all CYA recommended equipment aboard regarding its stowage and condition;
3. Sail a vessel of the given size as both skipper and crew:
  - a) on all points of sail, tacking, gybing, and sailing to weather efficiently,
  - b) execute a series of tacks from close hauled to close hauled (six in ten minutes) using appropriate commands, without oversteering or losing boat speed unduly,
  - c) execute a series of gybes while running (six in ten minutes) using appropriate commands, without losing control of the boom or steering,
  - d) using the appropriate commands for all turns and changes of tack, assume any point of sail as directed and adjust sails and trim appropriately within a maximum of three minutes,
  - e) sail a close hauled course (within 5 degrees) with sails set, keeping foresail telltales flying efficiently and boat moving well for a five minute period,
  - f) sail a compass course with sails set properly, with no land references for a minimum of five minutes;
4. Manoeuvre the boat under power in a minimum space;
5. Reef the main sail while underway in an efficient manner;
6. Stop the bow of the boat within 4 feet of a fixed marker in various wind and sea conditions while under power in order to pick up a buoy;
7. Dock with stern or bow to dock or shore using a bow or stern anchor;
8. Apply Rules 1 through 19, 40 and 45 of the *Collision Regulations*;
9. Pack, set, hoist, fly, gybe and douse a cruising spinnaker;
10. Demonstrate basic use of the VHF marine radio, including Safety, Distress and Urgency calling procedures;
11. Check out that all systems on boat are in working order; engine, stove, electronics, sails, hull, deck hardware etc.;
12. Prepare a suitable hot meal aboard the vessel while in harbour, demonstrating suitable choice of food and drink and economy of resources;
13. Demonstrate suitable methods and precautions while towing a dinghy;
14. Demonstrate how to take soundings using electronic and manual methods;
15. Demonstrate the Triangle method and one alternative method (i.e. quick stop, fast return, life sling, etc.) of returning to a crew overboard in daytime in moderate winds safely and efficiently with in three minutes using appropriate communications, commands and a spotter;
16. Identify sources of navigation information and local knowledge;
17. Lay off a course and determine compass heading and Estimated Time of Arrival (ETA) (assuming no current or leeway);
18. Read a chart and identify corresponding landmarks and aids to navigation;
19. Take a fix using visual bearings;
20. Determine the depth above or below chart datum and apply;
21. Pilot a vessel into unfamiliar harbour or anchorage by day using charts and publications;
22. Throw a heaving line to a target a distance of ten meters away, coming within two meters in three times out of five attempts;
23. Whip a line;
24. Tie a rolling hitch;
25. Make an eye splice in laid line;
26. Obtain and interpret the Marine forecast;
27. Act as skipper or responsible crew on a live-aboard cruise of at least 48 hours;
28. Describe (and where practical demonstrate) how to start the engine by hand cranking.