



**GOOD CAPTAIN**

SAILING ACADEMY

## STRUCTURE OF THE PROGRAM

COURSES AND MODULES

# YACHT CREW



**GGSAILING.COM**

VARNA, BULGARIA

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# ABOUT GOOD CAPTAIN

## ***Good Captain Sailing Academy is More Than a Courses — It's a Lifestyle.***

Founded in 2017, Good Captain Sailing Academy was created with a clear mission: to make sailing education accessible, enjoyable, and inspiring.

**700+**

**SAILORS TRAINED**

**200+**

**LICENCES ISSUED**

### **Our Mission**

To provide accessible, empowering sailing education, combining international standards with personalized instruction in a modern, supportive environment.

We shape confident, safety-aware sailors and foster a lifelong love for the sea.

### **What Sets Us Apart**

- **Certified Expertise**

Our instructors are internationally certified — skilled sailors and passionate teachers.

- **Global Standards**

We follow recognized international training frameworks for true global readiness.

- **Modern Training Yachts**

Training takes place aboard comfortable 10–12m yachts, like the Beneteau Oceanis 331 — the type widely used for charters worldwide.

- **Flexible Learning**

From one-day discovery sails to full skipper courses, we offer programs tailored to every student's pace and goals.

# ABOUT ISSA YACHT CREW PROGRAM

## ISSA Yacht Crew Course – Your First Step Toward the Sea

Take your sailing skills to the next level with our ISSA Yacht Crew course. In just 7 courses (takes about 2-3 days), you'll gain the knowledge and hands-on experience needed to become a confident, capable, and safety-aware crew member.

Whether you're a beginner or looking to build a strong foundation for future skipper training, this course is designed to get you fully prepared to assist onboard and understand the dynamics of sailing.

- **No prior certification required**
- **Minimum age: 10 years old**

**This is a certified program, meaning you are eligible for an international certificate upon successful completion.**

However, you may choose to skip requesting the certificate if you plan to **continue with the Inshore Skipper program**. In that case, this program will be fully credited toward your skipper training.

Join us and experience the thrill of sailing while developing real-world skills under the guidance of professional instructors.

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ISSA PROGRAMS AT



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# **COURSE #1: YACHT CONSTRUCTION AND SYSTEMS OPERATION**

## **Module #1: Understanding the Basic Parts of a Yacht**

The student knows the main parts of a yacht and their purpose:

- Cockpit – Central outdoor area where steering and main controls are located.
- Bilge – The lowest part of the yacht's interior, where water collects.
- Heads – Marine toilet facilities.
- Galley – The yacht's kitchen area.
- Bow – The front section of the yacht.
- Stern / Aft – The rear part of the yacht.
- Boom – The horizontal spar extending from the mast, supporting the foot of the sail.
- Mast – The vertical spar supporting the sails and rigging.
- Rigging – The system of ropes, cables, or chains that support the mast and control the sails.
- Halyards – Ropes used to hoist and lower the sails.

## **Module #2: Operating Elementary Yacht Systems**

The student can operate basic onboard systems:

- Toilet (Heads) – Understanding flushing mechanisms and best practices.
- Gas Oven – Safe operation and ignition procedures.
- Sink – Proper use of the water supply system.
- Shower – Managing limited freshwater use effectively.

## **Module #3: Managing Yacht Supplies**

The student can:

- Refill freshwater tanks.
- Refill diesel tanks safely and correctly.

## **Module #4: Operating the Inboard Engine**

The student is able to:

- Start the engine properly.
- Shut down the engine safely.
- Check if the cooling system is working (e.g., observing water outlet flow).
- Perform basic pre-start inspection, including:
  - a. Checking oil levels,
  - b. Verifying fuel levels,
  - c. Inspecting belts, cooling water intake, and general engine condition.

## **COURSE #2: LINE AND SPRING HANDLING**

### **Module #1: Line Connection Skills**

The student can: Join two lines of the same or different diameter securely.

### **Module #2: Essential Knot Tying and Line Management**

The student can:

- Tie a bowline correctly.
- Fasten a line to a cleat securely.
- Tie a fisherman's bend (anchor hitch).
- Coil and properly stow mooring lines.

### **Module #3: Mooring Line Operations**

The student can:

- Hand over mooring lines safely to shore or other crew members.
- Receive mooring lines from shore or crew.
- Make fast mooring lines to a cleat securely.
- Let go (release) mooring lines correctly when departing.

## **Module #4: Understanding Mooring Techniques**

The student can:

- Describe different methods of taking a mooring, including:
- Mooring alongside (alongside berthing),
- Picking up a mooring buoy,
- Mediterranean (stern-to) mooring,
- Using springs (fore and aft lines) to control yacht movement.

## **COURSE #3: HANDLING SAIL SHEETS AND HALYARDS**

The student can:

- Set and lower the sails.
- Reef the sails and shake out the reefs effectively.

## **COURSE #4: HANDLING FENDERS**

The student can:

- Properly fix fenders using appropriate knots.
- Effectively operate and position a maneuvering fender during docking or close-quarters handling.

## **COURSE #5: OPERATING THE ANCHOR**

The student can:

- Prepare the anchor and associated systems for use (including operating switches and controls).
- Operate the windlass, managing both letting out and retrieving the anchor chain.

## **COURSE #6: OPERATING THE DINGHY**

The student can:

- Launch the dinghy from the deck and retrieve it back onboard.
- Secure the dinghy to the yacht when afloat and when on deck.
- Use paddles efficiently for maneuvering.
- Properly stow and lash the dinghy to the deck.

## **COURSE #7: SAFETY PROCEDURES**

The student can:

- Move safely around the deck under various conditions.
- Use onboard safety equipment appropriately (lifejackets, harnesses, tethers, etc.).
- Operate distress signaling equipment (e.g., pyrotechnics, mirrors, signal flags, etc.).
- Use firefighting equipment correctly, including different types of fire extinguishers and fire blankets.
- Apply at least four different methods to make a distress signal.

## **OTHER ESSENTIAL SKILLS**

The student can:

- Maintain a proper lookout and report the bearing and distance to observed objects.
- Recognize the yacht's navigation lights at night.
- Make appropriate sound signals in fog conditions.
- Steer the yacht effectively and maintain a steady course while holding the helm.



# CONTACTS

Right in the city center – the main dock and passenger terminal of Varna

- Yacht address: Port of Varna, Pristanishten Kompleks Odesos: LZ – Yacht Marina, Varna, Bulgaria, 9000
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- Office Hours: 10:00 – 18:00 (Sofia Time)
- E-mail: [ahoy@ggsailing.com](mailto:ahoy@ggsailing.com)
- Web: [ggsailing.com](http://ggsailing.com)

To book your spot, simply **call us or send an email** with the course you're interested in, your preferred dates, and the number of participants. We'll check availability and send you a link to complete the **online registration form**.

## GOT QUESTIONS? WE'RE HERE TO HELP

### FREQUENTLY ASKED QUESTIONS (FAQ)



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