

## Cox competence record

Name of cox

Date of Review

	Area of competence	Competence required for	I can do this/know this	Date	I am <b>confident</b> doing this/in my knowledge	Date	
<b>Safety</b>	Know the key risks	Flat water					
	Be able to take emergency action	Flat water					
	Use VHF radio	Open Sea					
	Man overboard recovery drill	Open Sea					
	Able to operate flares	Open Sea					
<b>Weather and sea forecasts</b>	Understand the role of the Cox	Flat water					
	Use and interpret tide times and tide tables	Open Sea					
	Use and interpret wave forecasts	Open Sea					
	Use and interpret weather forecasts	Open Sea					
	Understand the effect of tide/wind/swell combinations	Open Sea					
<b>Route planning</b>	Understand tidal flows and using the tides	Flat water					
	Select the right crew and crew preparation	Flat water					
	Know Fluke Hole (Seaton) approach/landing	Open Sea					
	Know Boulmer approach/landing	Open Sea					
	Know Amble approach/landing	Open Sea					
	Know Craster approach/landing	Open Sea					
	Know Sugar Sands approach/landing	Open Sea					
<b>Knowledge of our home waters</b>	Able to recognise typical sea conditions	Open Sea					
	Familiar with Alnmouth bay	Open Sea					
	Know the limits of Marden rocks / Fluke Hole	Open Sea					
	Know the best launch and recovery sites	Flat water					
	Know the safe approach bearings and markers in the bay	Open Sea					
	Know the channels in the Aln estuary	Flat water					
	Know the channels in the Aln river	Flat water					
	Know the limits of Birling Carr	Open Sea					
	<b>Preparing the boat</b>	Check and stow essential equipment	Flat water				
		Check and stow optional equipment	Flat water				
Check and stow spares and waterproof bag		Flat water					

