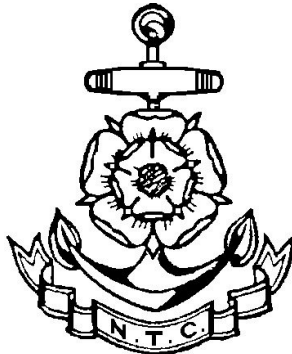


# NAUTICAL TRAINING CORPS

## ABLE SEAMAN



PRO DEO REGINA  
ET PATRIA

This booklet belongs to:

of Training Ship

NTC

### HOW TO USE THIS BOOKLET

To be awarded your *Able Seaman* badge, you need to complete all of the points in this booklet.

Ask an adult to help you with a point, and they will then sign it off for you.

There are also some points for you to fill in. Other adults outside of NTC maybe able to help you to.

These points are shaded in grey.

### ADULTS SIGNING THIS BOOKLET

Please put your name, and how you know the cadet on the back page. **Initial and date** any points you have a knowledge of, and have seen this cadet achieve. If you are not an NTC Officer or Instructor, you are only able to initial boxes shaded in GREY.

Thank you for helping this cadet.

Start Date

Finished Date

Signature of Unit Training Officer

Rank

### PART TWO TRAINING

You will need a minimum of 16 points from part two training activities. Please attach your Part Two training booklet with this booklet as evidence.

<b>1.</b>	<b>ABLE SEAMAN ADVANCEMENT</b>	
<b>a.</b>	I know what I need to do to advance to <i>Able Seaman</i> .	Initial                  Date
<b>a.</b>	I know what Part Two training is available on my unit, and have discussed other ways of achieving them. I know that I need 16 points.	

<b>2.</b>	<b>PARADE AND CEREMONIAL TRAINING – SQUAD DRILL</b>	
<b>a.</b>	I can demonstrate all of the Ordinary Seaman drill to a good standard.	Initial                  Date

<b>2.</b>	<b>PARADE AND CEREMONIAL TRAINING – SQUAD DRILL</b>	
<b>a.</b>	I can demonstrate good power of command.	Initial                  Date
<b>a.</b>	I can give good corrective comments to those that I lead.	Initial                  Date
<b>b.</b>	I can prepare a squad to receive instructions.	Initial                  Date
<b>c.</b>	I can demonstrate all of the Ordinary Seaman drill to a high standard of smartness within a squad.	Initial                  Date
<b>d.</b>	I can take charge of a squad at the halt.	Initial                  Date
<b>d.</b>	I can take charge of a squad on the march.	Initial                  Date
	I took charge of a squad on:	/                  /
	I was in charge of the squad whilst they (describe the drill):	
<b>e.</b>	I know the procedures for a gangway reception.	Initial                  Date
<b>e.</b>	I know the procedure for Colours and Sunset.	Initial                  Date

<b>4.</b>	<b>UNIT DUTIES</b>			
<b>a.</b>	I know the duties of the following roles on the unit:			
	Quartermaster	Initial Date	Bosun's Mate	Initial Date
	Colour Party Leader	Initial Date	Duty Colour Party	Initial Date
	Duty Pipe	Initial Date	Duty Piping Party	Initial Date
<b>a.</b>	I can instruct other cadets how to perform these duties.			
	I instructed another cadet on:			/ /
	I told them how to be:			

<b>5.</b>	<b>FIRE DRILLS AND PREVENTION</b>			
<b>a.</b>	I know the unit fire drill.			Initial Date
<b>b.</b>	I acted responsibly during a fire drill.			Initial Date
<b>b.</b>	I took charge of a group during a fire drill on:			/ /
	I was responsible for:			

<b>6.</b>	<b>SEAMANSHIP - GENERAL ROPE WORK</b>			
<b>a.</b>	I can tie all the knots that I learnt during <i>Ordinary Seaman</i> .			Initial Date
<b>b.</b>	I can construct the following lashings:			Initial Date
	Square Lashing	Initial Date	Diagonal Lashing	Initial Date
	Both of these lashings are used to:			

<b>6.</b>	<b>SEAMANSHIP – GENERAL ROPE WORK</b>		
<b>c.</b>	I can tie the following:		
	Rolling Hitch	Initial          Date	This hitch is used for:
	Marlinspike Hitch	Initial          Date	This hitch is used for:
	Carrick Bend	Initial          Date	This hitch is used for:
	Fisherman's Knot	Initial          Date	This hitch is used for:

<b>7.</b>	<b>COMMUNICATIONS</b>		
<b>a.</b>	I can demonstrate that I know the International Phonetic Alphabet. (Learnt during <i>Ordinary Seaman</i> .)	Initial          Date	
<b>b.</b>	I understand the basic principles of the International Code of Signals.	Initial          Date	
<b>b.</b>	I know how to communicate with Signalling Flags.	Initial          Date	
<b>c.</b>	I have understood a message in Signal Flags.	Initial          Date	

<b>8.</b>	<b>NAVIGATION</b>		
<b>a.</b>	I can find a position on an Ordnance Survey map.		Initial          Date
<b>b.</b>	I have demonstrated the following skills using an Ordnance Survey map:		Initial          Date
	Reading a six-figure grid reference	Initial          Date	Plotting a six-figure grid reference Initial          Date
	Recognise a range of symbols	Initial          Date	I can measure a distance Initial          Date
	I can estimate a height	Initial          Date	I can find a bearing Initial          Date
<b>b.</b>	I can find a position on an Ordnance Survey map.		Initial          Date
<b>b.</b>	I have demonstrated the following skills using an Ordnance Survey map:		Initial          Date

<b>9.</b>	<b>BOATWORK</b>	
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<b>a.</b>	I can demonstrate an understanding of the Rules of the Road.	Initial	Date
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<b>10.</b>	<b>INSTRUCTIONAL TECHNIQUE - DUTIES AND RESPONSINILTIES</b>	
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<b>a.</b>	I can take charge of a class.	Initial	Date
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<b>a.</b>	I took charge of a class on:	/	/
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	I taught:		

<b>b.</b>	I understand that cadets will accept that anything an instructor tells them is fact, and my responsibility to the cadets trust.	Initial	Date
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<b>c.</b>	I know that my instruction technique must be good from the beginning as this will expected by the cadets every time.	Initial	Date
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<b>d.</b>	I set a good example in the way I dress, my attitude, and my personal habits.	Initial	Date
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<b>e.</b>	I know the main qualities of a good instructor.	Initial	Date
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	The main qualities of a good instructor are:		



<b>SHIPS No</b>
<b>CADETS NAME</b>
<b>DATE OF BIRTH</b>

<b>Ordinary Seaman First Class</b>	<b>Completion Date</b>

<b>Able Seaman</b>
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<b>Start Date</b>

	<b>SECTIONS</b>	<b>a</b>	<b>b</b>	<b>c</b>	<b>d</b>	<b>e</b>	<b>f</b>	<b>g</b>
<b>Able Seaman Advancement</b>	<b>Section 1</b>							
<b>Squad Drill</b>	<b>Section 2</b>							
<b>Power of Command</b>	<b>Section 3</b>							
<b>Unit Duties</b>	<b>Section 4</b>							
<b>Fire Drill and Prevention</b>	<b>Section 5</b>							
<b>Seamanship General Ropework</b>	<b>Section 6</b>							
<b>Communications</b>	<b>Section 7</b>							
<b>Navigation</b>	<b>Section 8</b>							
<b>Boatwork</b>	<b>Section 9</b>							
<b>Instructional technique</b>	<b>Section 10</b>							