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| Overview | This standard covers the competence required for standing a navigational watch by providing assistance to the person in charge of the watch. This includes keeping a watch for sounds and sights which may affect the vessel and steering the vessel on the designated course.  **Target Group**  This standard applies to individuals at the support level who contribute to watchkeeping duties on any size vessel working in any operational area. |

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| **Performance criteria**  You must be able to: | 1. relieve and handover the watch using laid down practices and procedures 2. maintain an effective watch for sights, sounds and weather changes which may affect the vessel 3. identify and give the relative bearing of sounds, lights and other objects and promptly report them to the person in charge of the watch 4. maintain a steady course within acceptable limits having regard to the area of navigation and prevailing sea-state 5. alter course in a safe, smooth and controlled manner 6. change of mode of steering when instructed to do so by the person in charge of the watch 7. acknowledge instructions and communicate clearly and concisely 8. promptly inform the relevant person if problems arise with watchkeeping operations |

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| Knowledge and understanding  You need to know and understand: | 1. how to contribute to maintaining and controlling a safe watch 2. how to keep a lookout by sight and hearing 3. how to steer the ship and comply with helm orders 4. how to operate emergency equipment and apply emergency procedures 5. statutory regulations and guidelines, organisational instructions and guidance and vessel contingency plans |

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| **Developed by** | Merchant Navy Training Board |
| **Version number** | 2 |
| Date approved | January 2012 |
| Indicative review date | December 2016 |
| Validity | Current |
| Status | Original |
| Originating organisation | Skills for Justice |
| Original URN | MSA B01 |
| Relevant occupations | navigation officer; engineer; deck officer; able seaman |
| Suite | Maritime |
| Key words | navigational watch; keeping a watch; sounds; sights; |