

# Hamill Cup

## Junior Seamanship Trophy

### 2017



New syllabus  
and  
Marking system

## INTRODUCTION

This new Syllabus and Marking System has been designed to update the Hamill Cup and incorporates a number of new ideas including the following: -

- To involve as many of the team as possible in each of the topics on the syllabus
- To introduce a bigger teamwork element
- To make it more fun
- To reduce the examination type topics
- To update and make the syllabus more relevant and practical

The team has remained at 5 members.

The competition will be run on a base type system with teams rotating around bases to a strict time limit. It is anticipated that the competition will be a 4-5 Hour event.

Any member of a team must be prepared for any element of any topic on the syllabus.

### **References:**

Most of the skills are to be found in the Sea Scout Book and where a subject is included in the syllabus that is not in the Sea Scout handbook a supplementary document (***Annex i & ii***) as to the requirements will be published.

### **Marks**

The competition will be marked out of 900 marks as indicated below

## **1 Row as a crew**

**200 Marks**

Full team (*Cox is a Leader or Watch leader with charge Cert*)

Under Supervision the team will be expected to row a BP 18 around a predefined course and carry out a number of exercises one of which will be anchoring.

The Team will be marked on the following topics

- Teamwork
- Rowing
- Exercise

The Cox is not marked

*Sea Scout Book Reference: - Pages 60-63*

## **2a Punt Rowing & Anchoring**

**100 Marks**

The Team will be given a task, which is to be carried out involving the use of a Dinghy.

This may involve a Seamanship task, an initiative test or a puzzle

Secure the Anchor in the Boat, Be able to identify the parts of Admiralty, Danfort and CQR/Plough Anchors. Know how much Rope to pay out.

Be able to demonstrate a Fisherman's Bend, a Round turn and two Half Hitches

*Sea Scout Book Reference: - Pages 29, 58 & 59, 90 & 91*

## **2b Water Safety**

**100 Marks**

Members of the team will be asked to demonstrate the correct wearing of a PFD and know its care and maintenance.

Members will be expected to explain the use of the Buddy System when swimming and proper behaviour afloat.

Know how to obtain a Weather Forecast, and know the effect on their local area.

Understand the Beaufort Scale and the Small Craft Weather Warning.

Members will be expected to demonstrate how to raise the alarm if a distress signal is seen.

Be familiar with Hand Flare, Parachute Flare, Smoke Canister, SOS, May Day, and Arm Waving signals

Be able to demonstrate a Bowline

*Sea Scout Book Reference: - Pages 30, 48-51, 58&59. 94-96, 104-108 (see also annex i)*

### 3 Parts of a Boat,

**100 Marks**

As part of an Exercise or Game members of the team will be expected to identify the following parts of a Clinker built boat.

Strake	Breast Plate	Rudder
Garboard Strake	Transom	Tiller
Keel	Stempost	Rib
Gunwale	Pintle	Crutch/Spur
Thwart	Rising	Sheer Strake
Knee	Gudgeon	Sternpost

Members of each team will be given a number of nautical scenarios and be expected to relate to them with correct nautical vocabulary.

Explain the terms: For'ard, Aft, Port, Starboard, Astern, Dead Ahead, Deck, On the Beam, On the Bow, Midships, On the Quarter

**Sea Scout Book Reference: - 57, 166 & 167**

### Boat Maintenance & Whipping

**100 Marks**

Explain why proper maintenance is important.

Demonstrate the proper preparation for painting a wooden surface. Apply a coat of primer undercoat (**as directed by the examiner**) applying the appropriate safety procedures.

Scouts must be able to demonstrate one of the whippings of the Scouts' choice

- Common Whipping
- Sailmaker's Whipping
- West Country Whipping

**Sea Scout Book Reference: - Page 31, 88 & 89**

#### **4 Pioneering**

**100 Marks**

On arrival to the base the teams will be given a specific task to complete

They will be expected to demonstrate the lashings and knots appropriate to the task

Clove hitch

Square Lashing

Diagonal Lashing

Sheer Lashing

Scores will also be awarded for

Planning

Team work

Overall execution of the task

Attitude (scouting spirit)

**Sea Scout Book Reference: - Pages 32-33,**

#### **Flag Etiquette (preconstructed flagpole)**

**100 Marks**

Each team will be expected to identify the parts, lashings and knots used in the construction of a nautical flagpole.

Mast, Yardarm, Gaff and Peak

Sheer lashing, Square lashing, Diagonal lashing, Clove hitch, Timber hitch

They will be given a set of Flags and be expected to prioritise and hoist them correctly. Will be expected to demonstrate a **sheet bend** while doing so.

They will be expected to know and describe the main flags used in Sea Scouting Ireland.

Ensign

Special Scouting Ensign

Troop or Group Flag

Word Scout Flag

Sea Scout Pennant

**Sea Scout Book Reference: - Pages 25 - 28**

## **5 Rigging and Parts of a Sailing Boat**

**100 Marks**

Each team will be given the task of rigging a BP 18 (**Main and Jib only**). They will be asked to identify the main parts of the sail and the BP 18. They will also be asked the basic terms associated with Sailing the craft.

Luff, Leech, Head, Foot, Clew, Tack, Mast, Jib, Mainsail, Sheets, Cleats, Rudder, Tiller, Kicker, Footstraps.

Tacking, Gybing, Beating, Running, Reaching.

They will be expected to demonstrate a Reef knot and Figure of 8 knot and know their uses.

Recognise from Photos/models / silhouettes the principle motor and sailing vessels: -

HSS, Bulk Carrier, Tanker, Ro-Ro, Passenger ferry, Car Carrier, Container ship.  
Yawl, Ketch, Cutter, Sloop.

*Sea Scout Book Reference: - Pages 28 & 30, 63-69, 79 (see also annex ii - silhouettes )*

## **6 Uniform Inspection**

**100 Marks**

Uniform Jumper  
Group Neckerchief  
Appropriate Woggle  
Lanyard  
Belt  
Clasp knife  
Scout Whistle  
Navy Blue Trousers  
Black Shoes

As the Duck is optional it no longer forms part of the uniform inspection

*Sea Scout Book Reference Pages: - 18&19*

Each individual will be marked out of 100 and the total will be divided by five to get the team mark (or each member may be marked out of 20)

## 7 First Aid

100 Marks

Each team will be presented with a First Aid incident where they will be expected to assess the scene and apply first aid principles and practice. They may also be asked questions on first aid theory. The standard expected is consistent with Adventure Skills Emergencies Stage 5.

**CPR** The team will demonstrate CPR on a Resussi Anne and the Recovery Position on a live casualty (to the standard of RLSS Life Support 2).

**Practical First Aid** The Team will demonstrate basic First Aid techniques in a scenario situation. They will be given a short briefing before entering a room with a scenario set up. They will have a set time to assess the situation and deal with it as they see fit.

**Theory** The Team will be asked a number of questions each. Questions will be taken at random from the list accompanying this syllabus

The **Scenarios** will be drawn from the following;

1. Broken lower arm
2. Knife cut across the palm of the hand
3. Choking casualty
4. A bloody nose
5. Broken lower leg
6. A Partial thickness burn
7. A casualty suffering from hypothermia
8. A fainted casualty
9. A cut to the head with a foreign body present in the wound
10. A cut to the head without a foreign body present in the wound
11. Perform CPR (two operators) on a casualty

The **theory questions** will be drawn from

1. What are the aims of a First Aider?
2. What are the 3 'P's of First Aid?
3. How many times does the average adult heart beat per minute?
4. What does CPR stand for?
5. Why do we breathe?
6. What is the definition for shock?
7. What causes shock? Name 3 causes
8. What is the treatment for shock?
9. What is the normal temperature of the body?
10. What is definition for hypothermia?
11. What causes hypothermia? Name 3 causes
12. What treatment would you give to someone suffering from hypothermia?
13. Who would be more prone to hypothermia? Name 2 types of people
14. Describe the treatment given to someone who faints?
15. Which chamber of the heart is stronger and why?
16. Name 2 body parts that protect the lungs?
17. Who is your 1<sup>st</sup> and 2<sup>nd</sup> priority when you first arrive to an accident scene?
18. Why is it important to tilt the head back when administering breaths during CPR?
19. What is the epiglottis?
20. What is the function of the epiglottis?
21. What is the difference between a fracture and a break?
22. What is the main muscle called that aids respiration?
23. Why is it important to clean a cut and keep it covered?
24. Where is the diaphragm situated?
25. What is asphyxia?
26. What causes asphyxia?
27. What life factors would cause someone to have a heart attack?
28. Why does our breathing increase when we exercise?
29. What action would you take with someone which you have suspected as having a heart attack?
30. Where is most body heat lost from?
31. What effect could electric shock have on the body?
32. What is cramp?
33. Describe how you would react in a situation whereby somebody's clothes caught fire?
34. What numbers would you dial for emergency services? Give 2

It will be marked on

- Approach to Task or Problem
- Points will be awarded for the speed and treatment used including bandages etc.
- Teamwork

## Annex 2 Hamill Cup Aug 2006

Procedure to be followed if you see a recognised distress signal as defined in ***“Annex 4 of the International regulations for the prevention of collision at sea 1972 in force 1977”***.

1. Telephone 999 or 112
2. Ask for Coastguard
3. Identify yourself
4. Give details of the nature of the signal you observed
5. Give the location of the distress signal.
6. Give the location from which you observed the distress Signal.
7. Relate any other relevant information
8. Speak slowly and distinctly
9. Don't hang up until told to do so.



## Hamill Cup Silhouettes

### Container Ship

Container ships come in all sizes  
They usually have their superstructure  
aft and they have no cranes of their own  
They are characterized by carrying  
containers on their deck as well as in  
the hold



### Car Carrier

Large box like structure with numerous  
Ramps and doors. Low single story  
superstructure on top. A medium to large  
vessel with a high full length super  
structure with bridge for'a'd and funnel  
amidships with bow and stern doors.



### Bulk Carrier

Bulk carriers come in all sizes  
They usually have their Superstructure  
aft and many have no cranes of their  
own. They can have many hatches some  
larger ones could have eight to ten



### Passenger Ferry

A medium to large vessel with a high full  
length super structure with bridge  
for'a'd and funnel amidships with bow  
and stern doors. They have line of  
lifeboats on either side. At Night easily  
recognisable with the lit up  
superstructure



### RoRo

Roll on Roll off ships are similar to car  
ferries except they are primarily for  
freight lorries and freight trailers.



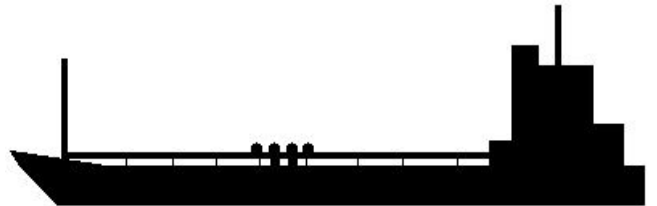
### High Speed Ship HSS

A large double deck catamaran vessel carrying vehicles on the lower deck and passengers on the upper deck. There is no open deck area and no lifeboats are carried.



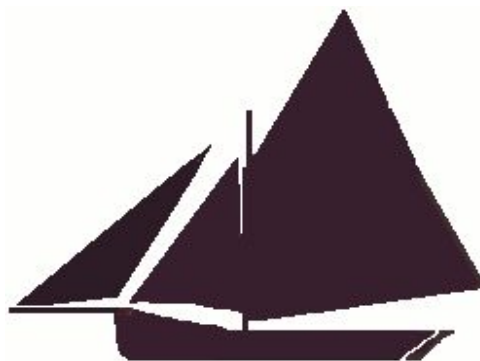
### Product Tanker

Product Tankers (which carry petroleum products eg Petrol Diesel Lube Oils etc) can be of any size but are usually less than 50,000dwt. They have their superstructure aft and pipe work running along the deck. They have raised pipe work amidships for loading and discharging cargo



### Cutter

A single masted vessel where the main sail can be Gaff or Bermudan rigged and carries two or more stay sails and usually has a bowsprit



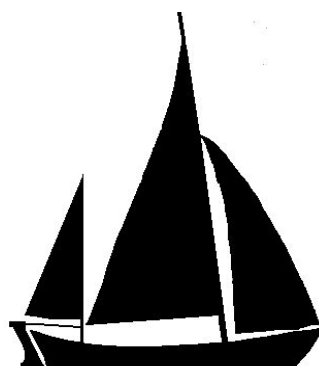
### Yawl

Two masted sailing vessel where the after mast is smaller than the fore mast and the after mast is stepped aft of the rudder head. Drascome luggers are yawl rigged



### Ketch

Two masted sailing vessel where the after mast is smaller than the fore mast and the after mast is stepped forward of the rudder head. BP 18's can be ketch rigged



### Sloop

A single masted vessel which carries a single mainsail and a single fore sail. BP 18's can be sloop rigged

