

<p>Common Radar abbr.</p> <p>CPA: Closest point of appr TCPA: Time of CPA HU: Head up CU: Course up NU: North up RM: Relative motion TM: True motion RR: Range ring HM: Heading maker EBL: Electronic bearing line VRM: Variable range marker HDG: Heading IR: Interference rejection STC: Sea clutter filter EXP: Echo expander MARPA: Auto plotting aid</p>	<p>Basic VHF Channels</p> <p>09= Pilot & port 13= Bridge to bridge 15 & 17= Intra ship 16= Distress channel 67= Safety & SAR 72 & 77= Ship to Ship</p> <p>Local VHF Channels</p> <table border="1" style="width: 100%; height: 40px;"> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> </table> <p>VHF Message markers</p> <table border="1" style="width: 100%; text-align: center;"> <tr> <td>Advice</td> <td>Question</td> </tr> <tr> <td>Warning</td> <td>Request</td> </tr> <tr> <td>Information</td> <td>Intention</td> </tr> </table>							Advice	Question	Warning	Request	Information	Intention	<p>Time & speed distance</p> <p>6 Kts = 0,1 Nm in 1´ 10 Kts = 0,16 Nm in 1´ 12 Kts = 0,2 Nm in 1´ 15 Kts = 0,24 Nm in 1´ 20 Kts = 0,33 Nm in 1´</p> <p>Metric conversion</p> <p>1 inch = 0,025 m 1 feet = 0,3 m 1 yard = 0,9 m 1 Nm = 1,852 m 1 Gallon = 3,78 l</p> <p>m/s to kts: X2 Kts to Km/h: x 1,85 kts to Beaufort: +5/5</p>
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<p>Course to steer calculation</p> <ul style="list-style-type: none"> Plot start on chart Plot destination on chart Calculate distance & time Draw current vector(s) Connect end of current vector(s) with distance sailed True Water track (CTS) 	<p>Correction from chart to compass</p> <ul style="list-style-type: none"> True water track (CTS) Variation Magnetic water track Leeway Mag course to steer Deviation Compass course to steer <p>West is + and East is -</p>	<p>Correction from compass to chart</p> <ul style="list-style-type: none"> Compass course steered Deviation Mag course steered Variation True course steered Leeway true water track <p>West is - and East is +</p>
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International abbreviations		
<p>SHM: Starboard hand mark PHM: port hand mark NCM: North cardinal mark SCM: South cardinal mark ECM: East cardinal mark WCM: West cardinal mark IDM: Isolated danger mark</p>	<p>SPM: Special mark Brg: Bearing Lth: Lighthouse Abm: Abeam Bkwtr: Breakwaters Cas: Castle DZ: Danger zone</p>	<p>IPTS: Intern. port traffic signals Ldg: Leading lights Mon: Monument Hdg: Heading WPT: Waypoint NMT: No more than NLT: No less than</p>

<p style="text-align: center;">CPR</p> <p>Check for safety Shout for help Open airway Check for breathing</p> <p>If no breathing: - Make mayday!</p> <p>- Do 30 chest compressions - Do 2 rescue breathing</p> <p>- Do 30 chest compressions - Do 2 rescue breathing</p>	<p style="text-align: center;">MOB sailyacht</p> <ul style="list-style-type: none"> Point to MOB Check compass heading Crash tack Secure the boom Start engine Make mayday Press MOB on chart plotter Throw MOB equipment Stay close Lower headsail (if needed) Motor between wind & MOB Stop boat & Pick up MOB Apply first aid Inform coastguard 	<p style="text-align: center;">Mayday - Distress</p> <p>Push distress button (5 sec) Voice message CH 16</p> <p>Mayday - Mayday - mayday This is (name of vessel) x 3 Call sign MMSI:</p> <p>Mayday This is (name of vessel) Call sign: MMSI: My position is We are (nature of distress) Need immediate assistance persons on board additional information Over</p>
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