



LOCHY LAURENSEN

ADVENTURE SAILING | DECKHAND | OUTDOOR ADVENTURE

+44 (0) 7495 871 348 | lochylaurenson@gmail.com | British | Available to travel

MARITIME QUALIFICATIONS

- RYA Yachtmaster Offshore (commercial endorsement previously held; ENG1 renewal required)
- MCA STCW Basic Training
- MCA PDSD
- RYA Powerboat Level 2
- RYA Short Range Radio (VHF)
- RYA Radar
- RYA Diesel Engine Maintenance
- Mental Health & Wellbeing Training for Seafarers

OUTDOOR QUALIFICATIONS

- Extended Diploma in Outdoor Adventure Education
- Climbing Wall Instructor (CWI) - expired
- ISA Surf Instructor Level 1 - expired
- Surf Coach Safety & Rescue - expired

ADDITIONAL

- Non-smoker
- Indonesia - independent travel & surfing, Jan-Feb 2026
- Surfing, canoeing, kayaking & paddleboarding
- Climbing, hiking & camping

REFERENCES

Vince Brodie - Yachting Instructor, UKSA
Scott Marshall - Owner, Bude Surfing Experience
James Sutton - Owner, The Bank at Bude
Full contact details available on request.

PROFILE

UKSA-trained RYA Yachtmaster Offshore with a strong background in outdoor adventure education, surf coaching, climbing and practical work. After training intensively from first sailing experience through to Yachtmaster Offshore, I remained in Cornwall for family reasons and have since worked in hospitality, labouring and painting & decorating. I am now available to travel and looking to return to sailing in a paid Deckhand or crew role, deliberately rebuilding recent sea time and confidence under experienced senior crew. Particularly interested in adventure, expedition, sail-training and surf/sailing environments.

MARITIME EXPERIENCE

Professional Yachtmaster Offshore Training | UKSA | Oct 2024 - Feb 2025

- Completed intensive winter training after starting with no previous sailing experience.
- Built practical experience in tidal waters and challenging English Channel conditions, including crewing and skippering during winter weather.
- Developed navigation, seamanship, teamwork, leadership and adaptability, confirming a long-term goal of working professionally on the water.

OUTDOOR & CUSTOMER-FACING EXPERIENCE

Lead Surf Coach / Lifeguard | Bude Surfing Experience | Jun 2021 - Sep 2025

- Coached clients of different ages, abilities and nationalities in surfing and basic ocean safety, both individually and in groups.
- Worked as part of a close team in a high-risk coastal environment, carrying out risk assessments and responding to incidents and rescues.
- Managed wetsuits, boards and other equipment, including issue, cleaning, inventory and maintenance.
- Built substantial experience communicating calmly, positively and professionally with customers in changing outdoor conditions.

Hospitality - Bar & Waiting Work | Cornwall | From Feb 2025

- Bar, front-of-house and table service in busy hospitality environments.
- Customer service, payments, stock, cleaning and teamwork under pressure.

Climbing Instruction | Cornwall | Previous experience

- Previously qualified CWI with several years' climbing experience, including assisting and instructing in indoor climbing and belaying.
- Supported participant safety and confidence while working with equipment and following safe operating procedures.

PRACTICAL / TRADE EXPERIENCE

Labouring, Painting & Decorating | Strokes / The Barlow Brothers | 2025 - Present

- Varied practical and physically demanding work including labouring, preparation and painting & decorating.
- Comfortable with manual work, tools, long working days, following instructions and working as part of a small team.

ACHIEVEMENTS

Best Student Award - Army Youth Challenge Course / MIPD(R) | DofE Bronze Award | Silver Scout Award