

ADRIAAN DU PLESSIS

DECKHAND /
PERSONAL TRAINER



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adriaandp.96@gmail.com
Mossel Bay, South Africa
DOB : 18 October 1996 (26)
Availability : Immediately
Marital Status : Single
Passport : South African
Visas : B1B2, Schengen
Vaccinations : J&J with Pfizer
booster, Yellow Fever.
Health : Excellent (no tattoos)

PROFILE

I am a qualified and professional deckhand/personal trainer with 2x seasons experience on deck and over 4 years experience as a personal trainer and competitive athlete. I'm extremely hardworking with strong leadership and time management skills. Also a team player with an eye for detail. Yachting and fitness are my biggest passions.

QUALIFICATIONS

- Powerboat level 2, RYA.
- STCW, SYSA, valid 2024.
- VHF Radio Certificate, RYA.
- ENG Level 1, MCA, VALID 2024.
- PDSD.
- Deckhand Course, SYSA.
- Personal Training Certificate.
- SAMTRAC Health & Safety.

OBJECTIVES

I have the necessary qualifications to work as an able seaman and the work ethic to make a positive impact on any vessel. I hope to gain more experience to make a long & successful career out of the yachting industry. My aim is to obtain my OOW, given the opportunity I will prove my worth to any team.

Work Experience

M/Y Lady Trudy - 43m CRN

07 April 2022 - 31 October 2022

Lead Deckhand: General duties included planning & organizing daily duties and tasks. Washdowns, line handling, crane operations, anchoring and navigational watches. Tender driving.

M/Y Andiamo - 59m Benetti

03 March 2021 - 19 October 2021

Deckhand: General duties included washdowns, tender driving, mooring operations, crane operations, watersports and personal training with guests.

SKILLS

- Problem Solving
- Ability to perform under pressure
- Leadership
- Strong work ethic
- Communication
- Organisational skills
- Professionalism
- Fast learner

- Personal Trainer (Land Based).
Years 2019 - 2021.
- Medical Sales Rep (Land Based).
Years 2017 - 2019.
- Construction Site Foreman (Land Based).
Years 2015 - 2017.

I n t e r e s t s

- Personal & Competitive Fitness.
- Personal & Group Training.
- Water-sports.
- Camping & Hiking.
- Current Affairs.
- Music & Reading.

R e f e r e n c e s

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