

SAFETY AT SEA

Pre Sail Briefing Outline

Prior to the start of any voyage with new crewmembers on board, we conduct an intensive safety briefing with them. It is important that crew members understand all safety procedures, where equipment is and how to use the equipment.

The briefing includes:

1. Managing Risk

2. Boat checks

- Safety equipment
- Standing and running rigging
- Through hulls
- Bilge and pumps
- Engine
- Batteries
- Tanks

3. On deck safety

- Footwear and clothing
- Life jackets and PFD's
 - o When?
 - o Difference between life jacket + PFD
 - o Types of PFD's
 - o Putting them on and making sure they fit properly
 - o Alternates
 - Float coats
- Harnesses, tethers and jack lines
 - o Properly fit harness and length of tether
 - o Installation of jack lines
- Personal strobes
- Familiarization with all running rigging

4. Safety below decks

- Storage
- Cooking
 - o Propane procedures
 - o Stove – gimbals, pot clamps
- Sleeping
 - o Setting up lee cloths
- Alarms
 - o Carbon monoxide
 - o Propane

5. Dealing with heavy weather

- Keeping detailed weather information
- Clothing
- Strategies
 - o Reefing the sails
 - o Sail combinations available and boat balance
 - o Heaving to
 - o Using a sea anchor or drogue
 - o Running under bare poles
- Seasickness
 - o Prevention
 - o Dealing with a victim
 - o Remedies

6. Crew overboard

- Staying on the boat
- COB procedures
 - o Regaining contact
 - Quick stop
 - Figure 8
 - o Securing victim to boat
 - o Recovery from water
- Heaving a line, life ring
- Aftercare
- Hypothermia
 - o Prevention
 - o Recognizing symptoms
 - o Treatment

7. First aid

- Contents of the first aid kit
- Medications and their use
- Review administering basic first aid
- Review CPR

8. Emergencies on board

- Running aground
- Loss of steering
 - o Emergency tiller
 - o Other methods of controlling course
- Flooding
- Overheating engine
- Fighting fires
 - o Possible types and causes of fires
 - o Prevention of fires
 - o How to extinguish different types of fires

- Checking and using different types of fire extinguishers
- Using a fire blanket
- When to use water to fight a fire

- Dismasting
- Emergency sail repairs

9. Distress signals

- Types of signals and methods of showing distress
- Operation of radio to make a distress call
- Operating an EPIRB
- Flares
 - o Types of flares and their properties
 - o How to fire different types of flares

10. Towing

- Rigging a bridle
- Safety precautions

11. Abandoning Ship

- a. Survival suit
- b. Ditch bag
 - o Contents and location
- c. Life raft
 - o How to deploy
 - o Video
- d. Helicopter rescue
 - o Video and brochure

12. Record Keeping

- Maintaining a logbook