

CREW BRIEFING

LIFEJACKETS

1 per crew - allocated & adjusted
Non-Swimmers ?
At night or reduced visibility
In heavy weather
On skipper's request

HARNES & SAFETY LINES

3 way system
Check it's yours when unclipping
No clipping on lifelines/stanchions
Use 2 if needed

FIRE

Risk and prevention
Fire extinguishers location
How to use (also for engine)

FLARES & EPIRB

Location
When to use
How to use flares (2 / 30 secs)

FIRST AID KIT

Location
Instruction / book
Who is trained ?

VHF RADIO

Location and working
MAYDAY procedure (Card)

CREW OVER BOARD

How to avoid
Procedure / Drill
Sail or engine ?
Recovery Techniques

LIFERAFT

Location
When to use
How to use
Grab Bag

BILGE PUMPS

Not only in emergency
Location & operation

ENGINE

How to start/operate - Skipper's instr.
Check engine is in NEUTRAL
No lines in wather
Check cooling / exhaust

KITCHEN & STOVE

Gas bottle - TURN IT OFF
Fire Blanket
Caution with hot liquids (oilskins)
Safety Belt

HEADS

How to operate
Seacocks & holding tanks
Only bodily waste goes down
All the rest is garbage
Etiquette (if on shore, use these)

GARBAGE

Nothing goes in the sea
Discarding offshore (3 NM limit)
Keep volume at a minimum

ON DECK

Boom: Gybing - Mainsheet
Sails: How to handle / How to reef
Roller furling (Main / Genoa)
Winches & jammers : cautions
Ropes - Use gloves
Anchor: How to release

CREW WELFARE

Cold - Fatigue - Hunger - Fear
Drink & eat regularly
Stay warm and get some rest
Collective chores
Keep the boat tidy - mutual respect
Any medical condition ?
Watch system

SEASICKNESS

Don't be embarassed !
Get busy / inform the skipper
Bucket or overboard (downwind)
Banana's and medications (timely)
Look after others (clip them on)