

Domestic Briefing

Water

- foot pump, minimise use

Gas stove

- emergency action
- use of cooker
- gimbals

Take turns with tea and cooking

Take turns cleaning

- galley area every day
- cool box as required

Drinks and snacks

Meals stowage

Close lockers after use

Personal stowage

- keep stuff in your bunk area or stowed in bags
- keep tidy

Wet weather gear and boots

- stowage
- drying out

Boat heeling

Clean boat

- keep on top of saloon area
- heads cleaned often
- cockpit daily if possible
- products kept under galley

Electricity

- rely on solar panel or engine
- so turn things off when not using
- phone charging

Heads

- go ashore if possible
 - code in marina
 - operation and blockages
- If you're not sure, ask

Seasickness

- possibility, pills, action
- conditions and medicine

Safety Briefing

Swimmers

Lifejackets

- fitting, including crotch strap
- keep your own where you can find it
- wear at all times on deck
- light, sprayhood, whistle
- spares to left under chart table

Safety lines

- built in harnesses
- clip and unclip your own line
- jackstays, D-rings, round the mast

When to clip on:

- when skipper asks you
- at night
- in reduced visibility
- rough weather
- non-swimmers
- sea sick
- shorthanded

Engine start and stop

Liferaft & grab bag

- contents

Horeshoe buoys

- use and position

Throw line

- use and position

First aid

- day to day
- serious kit
- location
- tell skipper

Deck safety

- boom and mainsheet
- winch use
- main traveller
- gybing
- look out for others
- trip hazards
- one hand for yourself, one for the job in hand

Fire

- extinguishers location and use
- engine fuel cut off
- smoking

Flood

- seacocks and bungs
- bilge pumps, manual and auto
- hatches closed at sea and before departure
- washboards

M.O.B.

- see separate card

Flares

- where how and when

Exposure bags

Bolt cutters

Radios

- DSC main and VHF portable
- mayday and use

Torches and Searchlight

Any new medical conditions since filled in consent form?