

**1. Gas Procedure**

- Gas heavier than air – Danger of accumulation
- Gas alarm system on panel
- Show gas emergency action card
- Ensure gas is always turned off at the bottle via the solenoid valve when not in use
- Gas bottle location – only instructor to change
- Location and use of manual bilge pump

**2. Smoking**

- No smoking on board the boat

**3. Fire – Location of Extinguishers**

- **Dry Powder**
  - i. Cabins
  - ii. Cockpit lockers
  - iii. Under navigators seat
  - iv. Engine room – automatic – show location of hole for extra extinguisher
  - v. Fuel cut off switch
- Fire Blanket – Use as protection, or for putting out fires in the galley
- Fire buckets in cockpit lockers – water not to be used on diesel fires
- Smoke detectors – location and use
- Ask about fire fighting training

**4. Seacocks**

- Location and operation

**5. Lifejackets**

- Issue one to each person
- Show method of use and when to be worn –It is recommended that they are worn at all times. They MUST however be worn:
  - a. At night
  - b. In Fog
  - c. Strong winds – i.e. when sails reefed
  - d. In tender
  - e. Any emergency situation
  - f. Non swimmer
  - g. During MOB
  - h. Discretion of the Instructor
- Harness and safety lanyard should be used
  - a. In strong winds – i.e. when sails reefed
  - b. When sea or weather conditions would make a MOB recovery difficult
  - c. At night
  - d. In fog
- Location of strong points on deck and jack stays

**6. V.H.F. Radio**

- Method of use to send a DSC and verbal Mayday Call
- Location of Mayday emergency card

**7. Flares**

- Location and method of use

## 8. First Aid Box

- Location
- Ask about medical training

## 9. Toilets

- Method of use – do's and don'ts
  - a. No paper down the toilet i.e. if it has not passed through you it does not go down the loo.
  - b. Bin provided
  - c. Bin bags and nappy sacks.

## 10. Deck Equipment

- Location and use of Liferaft
- Location and use of danbuoys, life sling, rescue ladder, boat hook etc,
- Actions to take in case of MOB – i.e. shout, point, throw
- Cold water shock - emphasise the three points:
  1. You are likely to gasp for air and then breathe rapidly, so protect your airway from waves and spray.
  2. Your heart will be working harder, so don't try to swim. Just relax until you feel your responses stabilizing.
  3. The effects will be at their worst in the first 30 seconds but will have gone within three minutes.
- Anchor windlass hazards
- Anchor locker cover ensure clipped back when open
- Deck cleats are a trip hazard
- Pulpit and guard rails beware of falling over
- Coach roof can be slippery use the treaded areas
- Genoa Cars are a trip hazard
- Winches beware of crushing and jamming fingers
- Winch handles method of passing, ensure not swinging
- The Boom is a hazard both at sea and in harbour. Use the traveller to position the boom off centre.
- Sheets and halyards sometimes flap beware of eyes and fingers
- Shore power connections always make the boat connection before connecting to the electrical supply
- Ensure fenders do not cover the stern light on the night sail
- Berthing the vessel, no jumping, beware of potential jamming or crushing of hands and fingers, use fenders!
- Method of starting, stopping and controlling the engine.
- Method of navigating to a suitable port of refuge.

## 11. Below Decks

- Cooking and making hot drinks. Beware of burns, use the thermal cups and bowls to give hot food and drinks
- Food safety is very important. Emphasise the importance of refrigeration especially in the heat.
- Beware in the companion way the treads can get slippy
- Use grab rails
- Use "Lee Cloths" if sleeping in the saloon berth when at sea
- Seasickness, if at risk use medication. Crew who are seasick encourage water intake
- Location of navigation and other light switches

## 12. Other Useful Information

- Contact numbers – side of chart table
- Sun protection, location of cream and advise on wearing hats/clothing
- Adequate clothing in cold weather
- Shoes/boots on deck
- Drink plenty of water