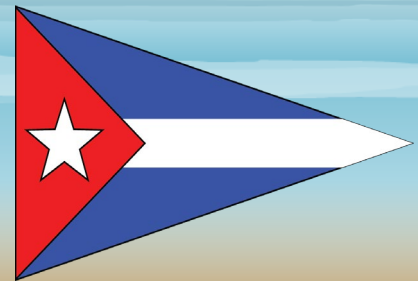
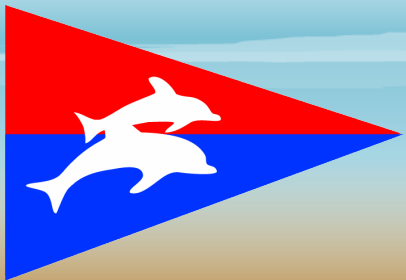




POA # 3 Night Sailing

PACIFIC CUP SEMINAR
SKILLS TO DEVELOP FOR YOUR OFFSHORE ADVENTURE



Night. It's Dark

- Weather Changes
- Visibility
- Alertness
- Moon



Night Makes Offshore Special

- Overnight defines offshore sailing
- Often quieter, peaceful
 - Till the squalls hit



Night Vision Basics

Protect yours and others'

No white lights. No Iphone screens

Know how to adjust instrument brightness

Headlamp? Great. Point **AWAY** from others

Gotta go into light? Keep one eye closed if possible.



Weather Changes at Night

- Near shore
 - “Glass off” – wind dies, you get to spend all night looking at the Farallons
- Windy Reach
 - As the name implies, it’s windy. Just cold. Cold, cold, cold.
- Trades
 - Squall time



Responses to Weather at Night

- Near shore
 - Get away from shore fast. Seek the “synoptic wind”
- Windy Reach
 - Bundle up. Long underwear. Clip in for damn sure.
- Trades
 - Have your squall plan in place and execute. Buckle up to peg the fun-meter!



Alertness

- Unless you're a "Night Owl," your alertness may lag
- Do something physical when first on watch
 - The Oaxaca tango: Grinder (to wake up), then trimmer (to dial in), then drive
 - Rotate positions as needed. Maybe 1/2 hour at each post.
- Caffeine. Yes please.
 - Chocolate covered espresso beans
 - Coffee or tea
 - Chocolate
 - All in moderation. You need to sleep later



Driving: Different Visual Cues

No shore or shore lights, so we use other things

- Wind: Feel it on your cheek or ear to judge change in direction
- Stars: Pick a bright one and use as a reference
 - I like to keep Sirius between D2 and upper shroud
- Moon: Rises behind you, sets in front of you
- Clouds: Good for short term, be aware that they move
- Instruments or Compass:
 - Trying to drive while staring at a number can be a challenge. Checking periodically to see how you are doing is quite workable.



Noise/Smells

- Many crew only sleep well at night (bring eyeshades to beat this)
- Both day and night, keep it down
 - Long cockpit conversations should be in hushed tones
 - Conversations below deck should be very quiet
- If cooking outside the meal hours, do you REALLY need to whip up a frittata for one?
 - Clatter and smells will awaken crew that need sleep
 - There should already be an airpot of hot water.
- Courtesy will pay back in crew performance and letting YOU sleep when it's your turn



The Heavens

- Away from land lights, when the clouds clear and the moon is not yet up...