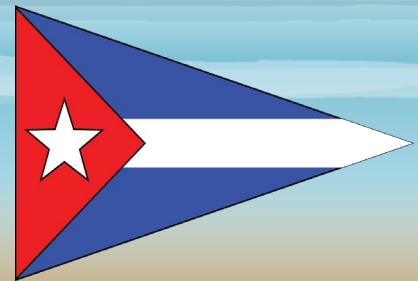
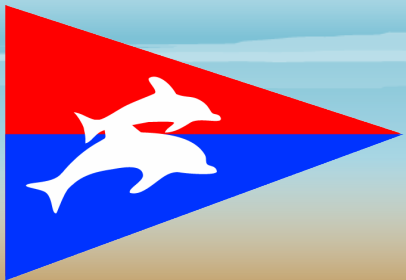




POA # 3

Offshore Skills: OFF Watch

PACIFIC CUP SEMINAR
SKILLS TO DEVELOP FOR YOUR OFFSHORE ADVENTURE



Fundamentals

- This is when you are NOT actively helping sail the boat
- Here is where you do personal things and non boat-handling
 - Hygiene, toilet
 - Eat and/or cook a meal
 - Change clothes (is it Friday already?)
 - Repair things
 - Comms/weather/navigation



On Watch

Off Watch



Hygiene

- See “Personal Welfare”
- A few more tips:
 - Don’t brush your hair or clip your nails below deck
 - Avoid scented products – some are allergic, many find offensive
 - DO brush your teeth. Decide which watches are your tooth brushing times. Easy to lose track
 - Same with any daily meds.
- Good time to help clean the boat
 - Head, surfaces, all can benefit from a wipedown
 - Alcohol, Clorox, whatever
 - You know what sucks? Flesh-eating bacteria.



Have a Bite

- Good time to grab a snack or a meal
- You may be part of the day's meal prep
- Is the Airpot empty or cool? Reheat and refill
 - You don't have an Airpot? You chose the wrong boat
- Don't leave a mess
- Clean your dishes



Wash Up - Conservatively

- Even if you have a watermaker, you want to save
- Dishes
 - Wash in salt water, wipe down, or rinse in fresh
 - Does a coffee cup need washing?
 - Plastic flatware won't rust even if a little salty
- Self
 - Same deal. Wash in salt, rinse in fresh. Take a bucket to the back of the boat
 - Wear a harness so you don't go over
 - Microfiber towels feel creepy but get you dry and don't hold dampness
- Boat
 - Don't use the galley sponge to wipe down the head
 - Do use a bactericide or such to sanitize the boat



Make and Mend

- We break it. You fix it.



Sleep

- Ideal: dark, flat, still, quiet, cool, dry place to sleep.
- Boat: ~~dark, flat, still, quiet, cool, dry~~
- Manage your sleep experience
 - Eyeshades and earplugs or noise-cancelling device
 - Lee-cloth and maybe wedge yourself in place
 - NEVER sit or lie on bunk with wet clothes
 - If you are on “standby” suited up, better you lie on a sail or something
 - Remove outer clothing for coolness (or even to be warmer in bedding)
 - Feet forward if your boat has any speed
 - Drugs or alcohol are a bad choice, in case you need to get up
 - Comfy? Gotta pee? Get up and do it. It won't go away and you won't sleep



Waking up

- The cycle continues
- See the ON Watch presentation for how to get woken up
- Be cheery, if possible, and prepare fast.

