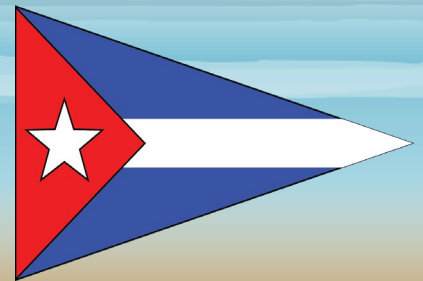
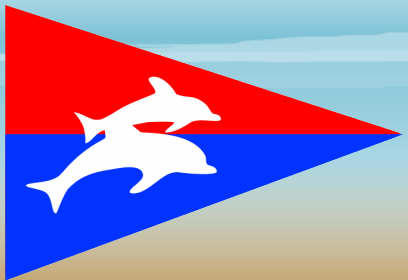


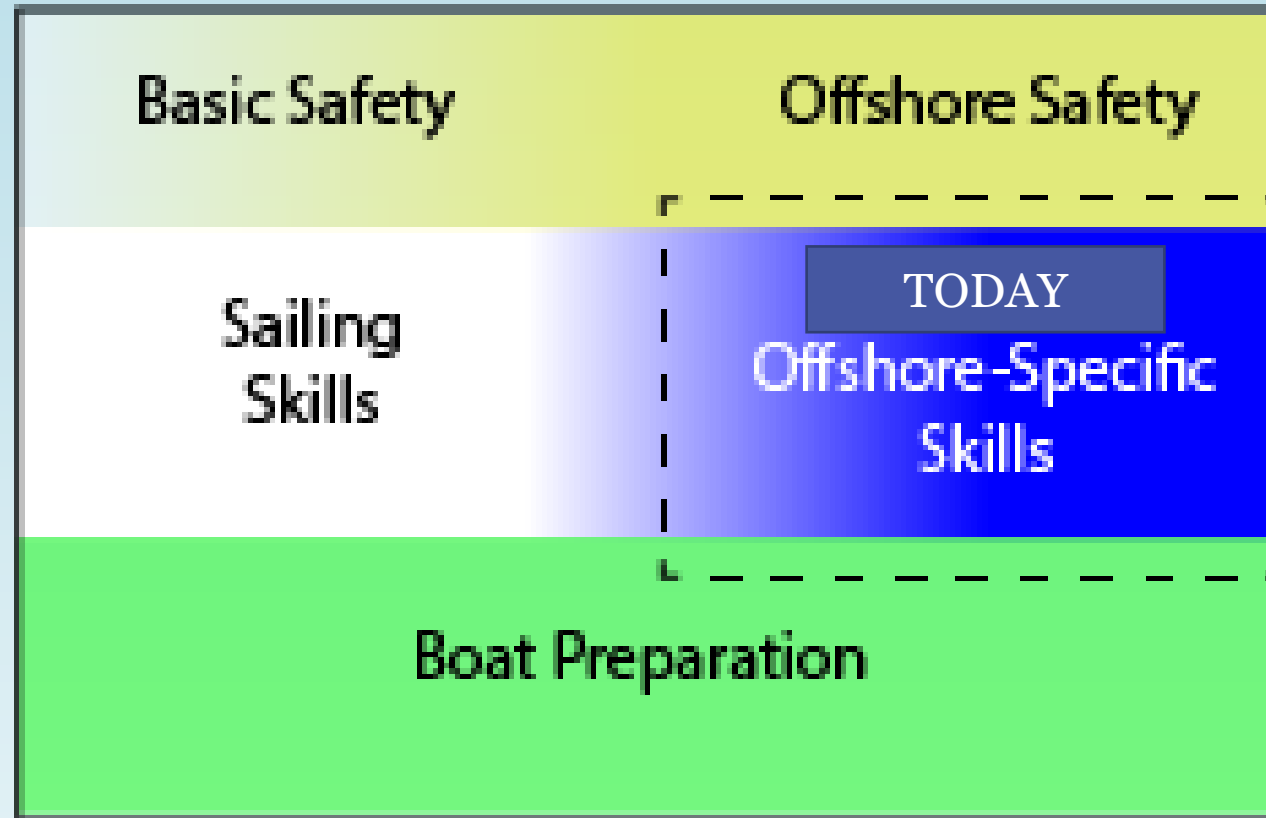


POA # 3 Offshore Skills

PACIFIC CUP SEMINAR
SKILLS TO DEVELOP FOR YOUR OFFSHORE ADVENTURE



Scope



Topics

Start	Minutes	Topic
9:00	15	Overview
9:15	15	How Offshore is different
9:30	30	Personal Gear
10:00	30	On Watch Practices
10:30	30	Personal Welfare
11:00	30	Offshore Driving
11:30	15	Encountering Things
11:45	15	Q&A 1
12:00	45	LUNCH
12:45	30	Off Watch Practices
13:15	30	Night Sailing
13:45	15	Q&A2
14:00	30	Provisioning
14:30	15	Selecting Crew, or Ride
14:45	40	BREAKOUT
15:25	30	Team Dynamics
15:55	5	Halfway and Finishing
16:00		Party



Why this Seminar?

- You already know how to sail
- Some things are different offshore
- Swells
- Weather
- Night
- Food
- Time
- Isolation



Core Messages for the Day

- Prepare for a new set of experiences
- Practice offshore
- Think through situations
- Be ready to be self-sufficient
- Be confident of your boat, skipper, and crew.
- And of yourself.



Offshore Sailing and Practice Opportunities

Do this BEFORE Pacific Cup (or other major crossing)

- “Qualifying Sail”: 150 nm, out the gate, overnight, mostly sail
- Cal Offshore Race Week (Spin Cup, Coastal Cup, SoCal 300)
- “Blue Water Bash” (Longitude Race)
- Just get out there

Your goals: How to eat, sleep, poop, stay clean, handle the boat, stand watch, stay on board. Oh, and go fast. In the right direction.



Michael's Laws Of Offshore

- Stay on the boat
- Don't break the boat
- Go where the wind is
- Sail Good



The READINESS Principle

A Pacific Crossing will multiply the “unreadiness” of your boat by 5.

- If your boat is 5% deficient, it will be 25% deficient at arrival.
- If your boat is 20% deficient at the start, you will not complete your voyage.