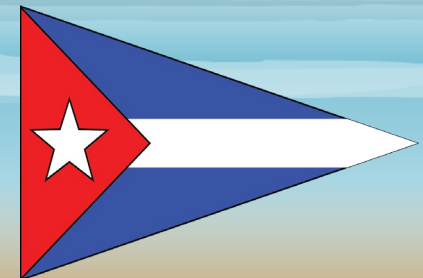




Personal Preparation and Crew Welfare

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How to prepare for the race

Goal: Prevent injury and poor judgment

- Build
 - Strength
 - Endurance
 - Flexibility
- Habits may affect the quality of your trip
 - Smoking
 - Caffeine
 - Alcohol



Offshore system of clothing

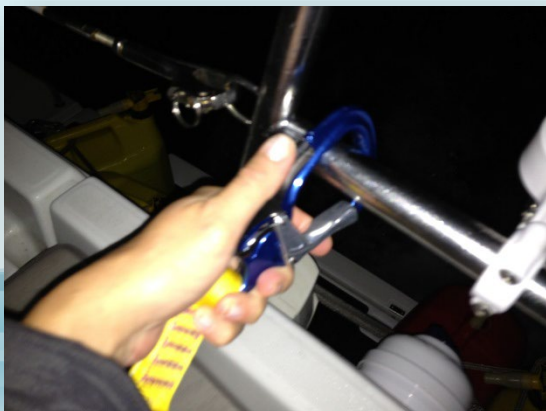


- Expedition weight thermal underwear
- Fleece top and pants
- Ocean level foul weather gear
- Boots that don't leak
- Serious hat



USE Your Safety Gear (and remind your crew too)

- Make sure your PFD fits and works properly, label it with your name
- Stay clipped in from sunset to sunrise and in any heavy weather situation
- Make it everyone's responsibility to enforce (not just the skipper)



Know how to use emergency equipment (all crew)



Chartplotter (MOB)



Personal AIS beacon



**Satellite
phone (or
Iridium GO!)**



Epirb

Managing Your Personal Gear

Put all clothes in plastic bags (water will find a way)

Have a place for your everyday supplies



Personal Items to Maintain Sanity

- eBooks, music, podcasts
- Personal light, cards, fan, e-reader, phones (chargers), star and navigation apps
- Extra pair of glasses
- Contact lenses



Food Preferences

Bring food that you like to eat



Allergies anyone??

**Have a conversation
with the provisioner**

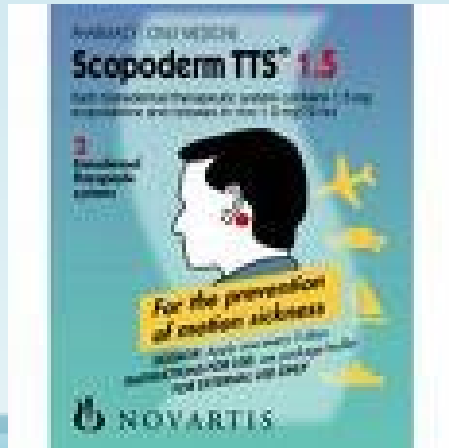
Personal and Boat Cleanliness

- Shower or clean with wipes after 3 days and then continue
- Set up a boat cleaning schedule
- Change clothes regularly
- Double Handlers:
 - Prevent Boat Butt!
 - Bring hydrocortisone, baby powder and extra undies



Sea Sickness

- May last 2 to 3 days
- Remedies
 - Try drugs before trip
 - Know how you feel
 - Take drugs the day before you leave



Avoid Fatigue: Sleep is a Necessity

- How many hours do YOU need?
- Watch schedule that promote sleep (rotating)
- Routine: sleep after watch
- Take naps if all is quiet
- Ear plugs and blinders
- Be rested at finish line
- **Lack of sleep is at the root of most bad decisions**



Sun Protection

**Bring lots of sunscreen
UVA/UVB or zinc at least
30 spf, chapstick
Take new sunscreen**



**Wear hats, sunglasses
and long sleeve shirts.**



Dehydration

- It sneaks up on you
- Can't think straight, headaches, constipation, sea sickness
- Force yourself and your crew to drink several water bottles a day
- Caffeinated beverages and alcohol are diuretics and may cause dehydration



First Aid Kit(s)

- Keep large first aid kit intact until truly needed
- Have a smaller kit with commonly used items anyone can access
 - Band aids
 - Mild pain medicine
 - Ointments



Constipation

- Expect constipation (1-3 days delay)
 - Change in diet, environment, poor hydration, etc
- Meal planning should encourage resolution (prunes, fiber, hydration)
- There are no secrets on the boat
- More than 3 days is cause for great concern (I went 7 days and was greatly concerned)
- OTC "encouragers" may be in order at day 3 or 4



Tell Skipper about Medical Conditions

- Diabetes
- Seizures
- Heart Condition
- Asthma
- Any disease that requires regular medication
- Aspirin for stroke prevention

No Surprises!!



Summary

- Engage in a pre-race conditioning program
- Wear proper sailing clothes and gear
- Sleep is a weapon
- Stay hydrated
- Protect yourself from sunburn



HAVE FUN, BE SAFE!

