

Crew Training and Experience

Vic Maui 2016



Crew Training and Experience

- ✿ Minimum Training Requirements
- ✿ Crew selection
- ✿ Training/Practice Schedule
- ✿ Boat Familiarization and Training
 - ✿ At the dock
 - ✿ Practical - Hands on

Minimum Training Requirements

Additional requirements as amended by the NOR Appendix A

- ✿ 6.01 At least two-thirds but not fewer than two members of a crew, including the skipper, shall have undertaken ISAF approved offshore personal survival training within the five years before the start of the race in both 6.02 topics for theoretical sessions, and 6.03 topics which include practical, hands-on sessions.
- ✿ 6.04.2 A man overboard procedure (see OSR Appendix D, "Quickstop") shall be practiced aboard the boat with all Vic-Maui 2016 crew participating, not more than six months prior to the race start. A certificate of such practice shall be signed by all participating crew members and be kept aboard the boat.
- ✿ [6.05.2](#) Recognized First Aid certificate for minimum 2 of the crew

Crew Selection

- ☼ Previous experience and capabilities
 - ☼ Previous race experience
 - ☼ Position: foredeck - helm - trim etc.
 - ☼ Navigation skills
 - ☼ Night sailing experience
- ☼ Physical fitness capabilities
- ☼ Who are they? Personality, team player, will they work out?

Boat Familiarization and Training - At The Dock

- ✿ Chain of command if skipper becomes incapacitated
- ✿ Watch schedule - fatigue management

- ✿ Safety
 - ✿ Life raft familiarization - MOM or man overboard pole - Flares
 - ✿ Review MOB and quick stop procedures in various sea states
 - ✿ 5.02.7 Safety Harness and Safety Lines (Tethers) Safety harnesses and PFD's shall be worn from sunset to sunrise while on deck, in addition to those times prescribed by the skipper
 - ✿ Abandon ship procedures - ditch bag - EPIRB - VHF radio - SATphone
 - ✿ Galley and food safe procedures
 - ✿ Fire fighting procedures - Damage control procedures

Boat Familiarization and Training - At The Dock

✻ Systems

- ✻ Electrical and charging schedule - consumption plan
- ✻ Water maker - pressure water system
- ✻ Fuel consumption plan engine and generator
- ✻ Spare parts storage
- ✻ SSB / SAT Comm use and Email use
- ✻ Emergency steering system
- ✻ Drogue deployment
- ✻ Running and standing rigging - sails
- ✻ Anchoring equipment

Boat Familiarization and Training - At The Dock

- ✿ Crews personal health and medical requirements
- ✿ Weather Charts - Forecasts
- ✿ Diversion ports and related charts/info
- ✿ Heavy weather and storm sails
- ✿ Foredeck communication and hand signals
- ✿ Consider developing an Emergency Procedures manual
- ✿ Race Instructions

Boat Familiarization and Training - Hands On

- ✿ Vic-Maui Qualifying Race schedule - day or overnight training schedule
- ✿ MOB and quick stop procedures from all points of sail (better if wind is 10kts+) - crew recovery
- ✿ Daily inspections walk a rounds - rig inspection - chafe awareness
- ✿ Climbing harness / bosun' s chair
- ✿ Equipment locations and emergency equipment use
- ✿ Life raft deployment - Crew responsibilities
- ✿ All crew should be very familiar with radio and or SAT communication and navigational equipment
- ✿ 50% of crew should know how to get weather charts - forecasts - software usage - send and receive Email
- ✿ Rigging storm sails (storm jib and trysail) - reefing practice
- ✿ Emergency steering and drogue deployment

Good Training and Preparation – Good Results



Longboard 2014 Winner

“The More You Practice - The Luckier You Become”



Sir Richard Branson

Thank You...

6.04.1 Routine Training On-Board

It is recommended that crews should practice safety routines at reasonable intervals including the drill for man-overboard recovery,

At least two members of the crew shall have a first aid certificate completed within the last five years meeting any of the following requirements:

A certificate listed on the ISAF website www.sailing.org/specialregs of MNA recognised courses

STCW 95 First Aid Training complying with A-VI/1-3 – Elementary First Aid or higher STCW level