



Pre-departure Crew Briefing Checklist

BELOW DECK

- First aid kit
- Fire extinguishers / fire blanket
- Wooden plugs
- Seacocks
- What to do if the boat is taking on water
- Flares
- Airhorn
- VHF radio
- Batteries – switch location(s) and power management
- Lifejackets
- Head
- Hatches
- Propane stove
- Icebox / refrigerator
- Boat's white binder (ship's papers)
- Alcohol consumption
- Handholds – overhead rails, fiddles
- Where to stow gear down below

ON DECK

- IMPORTANT! Manage dock lines to avoid “prop wrap”
 - Pull lines aboard quickly when leaving the dock slip
 - Stow all dock lines in lockers, do not tie in larksheads on the lifeline or pulpit
- Engine controls
- Instruments
- Cockpit lockers and their contents
- Emergency tiller location

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ON DECK, *continued...*

- Anchor and windlass
- Crew overboard recovery equipment
- Mainsail
 - Reefing / unreefing
- Sail care / sail damage prevention
- Coast Guard Rule # 5 - crew must always be on watch

CREW HEALTH

- Injury Prevention
 - “One hand for you, one hand for the boat!”
 - Boom – “jibe ho!” = watch your head
 - Slips/trips prevention
 - Hatches are slippery – do not step
 - Winches and clutches – safe use (thumbs to the heart, do not wrap lines around hands)
 - Stay on the windward side when moving forward on deck
- Seasickness – how to avoid / manage
- Food and drink
 - Eat small, frequent meals or snacks
 - Drink plenty of water to remain hydrated
 - Alcohol and caffeine will increase the risk of dehydration