

An Offshore Perspective

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BERMUDA RACE PREPARATIONS

Goal: Boat/Crew fully prepared by May 28 (BI Race)

WINTER PREP

Crew Selection

- Race crew
- Delivery Crew
- Spring Schedule

Work List

- Rig and Hull Inspection
- Rudder Bearings/ Steering System
- Sail Inspection/Repair
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- **Inspection Check Sheet**
- Liferaft certification
- ...

Inventory List

- Sails
- Running Rigging
- Navigation Gear
- Safety Gear
- Go Bag
- First Aid
- Repair Gear/Spares
- Tackle/Lights
- Galley/Living

- **Administrative**

- Entry Process
- Insurance
- Reservations (Newport, Bermuda, airlines, hotels)

- **Training**

- Safety at Sea Seminars (recommend full crew)
- Medical Training (minimum two crew)

Sails-- racing, delivery.

Running Rigging-- sheets, halyards, blocks, winch handles...

Navigation Gear-- spare GPS/batteries and speedo impellor, charts/pubs, binocs, laptops, inverter, sextant, antennas, spare eyeglasses...

Safety Gear-- EPIRB, harnesses(6), strobes(8), jacklines, liferaft, helmet, diving mask, lifejackets(8), buckets(3)...

Go Bag-- mirror, water, flares, Dramamine, flashlights, skicaps, sunscreen, spare eyeglasses...

First Aid-- medical kit, prescription drugs, CCA fleet surgeon memo, stapler...

Repair Gear/Spares-- tiller, bosun harness, battens, Sail Repair Kit, tools (2 hacksaws/10 blades, 2 driftpins, 2 powerpaks...), tierods/nuts, 2x4's, leadsheet, plywood, Engine Spares Kit (belts, filters, impellor, hoses, oil...), Electrical Spares (bulbs, fuses, voltmeter...)

Tackle/Lights—anchors(2), chain, rode, mooring lines, fenders, flashlights(6), searchlights(2), batteries, boathook...

Galley/Living—stove fuel, utensils, Ziplocs, paper towels(x), water (tanks, jugs, emergency), ice, food, sleeping bags, wipes, diesel jugs(4)...

SPRING PREP

■ Practices

- Day, night, distance, heavy air--without heavy air practice and at least one overnight distance race, one should not go to Bermuda
- Emphasize reefing, sail changes, emergency drills
- Utilize PFDs, jacklines, harnesses-- the water is cold and familiarization helps

Test/Inspect

All sails, especially storm sails and mainsail reefs

All equipment/systems, especially steering, pumps, radios

Emergency Drills

Brief the crew (handouts help)

Practice MOB, Abandon Ship, Fire, Collision--make improvements; post procedures

Communications

Train at least two crew on the SSB
Perform required SSB radio check
Register the EPIRB

Safety Inspection

Schedule as early as feasible
Make suggested improvements

Administrative

Complete Entry Process
Ensure crew composition is working;
make changes if needed.

BERMUDA RACE CREW SELECTION

Balanced Skills-- helmsmen (4), medical (2),
navigation (2), foredeck (2)

Compatibility/Teamwork/Humor/Enthusiasm
/Sex(both)

Physical Condition/Health

Availability—spring practices, arrive early in
Newport

Knowledge of Boat

CARE

*** The most important responsibility of the captain/owner—think about Shackleton...

Leadership/Attitude

Training

Food

Fluids

Clothing

Watch System—sleep... the rolling watch change

Safe Habits—PFD, harness, P-cup...

PERSONAL SAFETY GEAR

Practical, Reliable, Familiar, Comfortable
Inflatable Harness vs Dinghy-style PFD and
Tethers

Strobe, Whistle, Reflective Tape, Flares

EPIRB, waterproof VHF

Knife- sheath vs pocket

Footwear- boots, rocky sox, shoes

Headlamp vs flashlight

HARNESSES: Three Golden Rules

1. **Wear and clip-on**
2. **Don't un-clip until feet on cabin sole**
3. **Don't step on ladder without clipping on**

Other suggestions—

Jacklines terminate three feet from bow and stern

Padeyes near hatch, helmsman, and in cockpit





