



**KEELBOAT
INTRODUCTION TO
SAILING
SAVVY**

**Personal Preparation and Stepping
Aboard**

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Paper Sailors Rock

Outline

- Preparing to Step Aboard
 - Putting your kit together
 - Clothing, hair/jewelry
- Positive spirit
 - Inclusivity, support, safety
- Physical and emotional wellbeing
 - Nutrition, hydration, rest, seasickness,
- Building your knowledge
 - Short courses, Apps, Resources



Outline

Stepping Aboard

- Safely (Avoiding the splits!)
- Roles and Responsibilities (Skipper, Mentor and Crew)
- Safety
 - Of the vessel (Cat 5)
 - Safety equipment
 - Safety briefing
 - PFD's
 - Communications
 - Keeping the vessel ship shape (stowing gear)
- The Loo (Head)
- Winches
- Danger zones
- MOB

A group of six people, three men and three women, are smiling and posing for a photo on the deck of a boat. They are standing in a line, with their arms around each other's shoulders. The background shows a marina with many sailboats docked at piers. The lighting suggests it's either early morning or late afternoon. The text 'The Goal' is overlaid on the left side of the image.

The Goal

Sailing is inclusive of all ages, abilities, genders, cultures where safe, respectful sailing opportunities abound



The Goal

Safety of all aboard and the safety of the vessel

Part One



Preparing to Step Aboard

Preparing to Step Aboard: The Practical

Yacht Club Membership

- Membership options: Day, Visitor, Social, Season, Youth

Australian Sailing Number

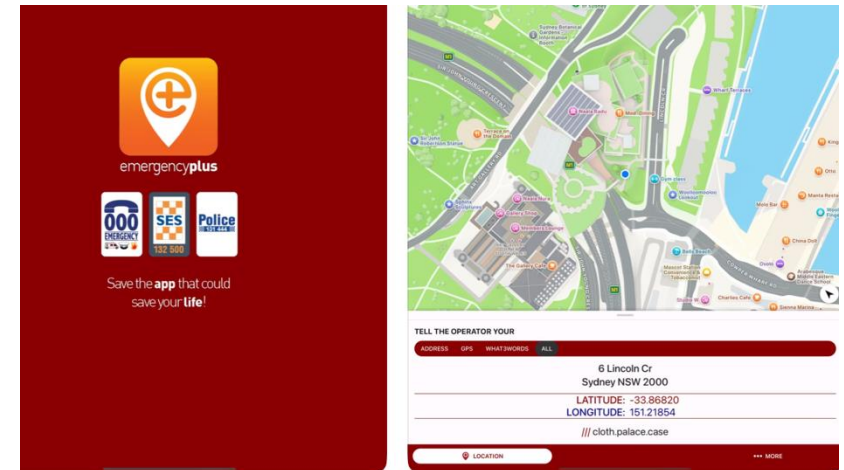
- a unique identifier

VicEmergency App

- Warnings and incidents

Emergency Plus App

- Identifiers of position



VICTORIAN
RECREATIONAL
BOATING
SAFETY HANDBOOK

FREE

2023
safetransport.vic.gov.au



SAFE TRANSPORT VICTORIA

VICTORIA
State
Government

Preparing to Step Aboard: The Practical

Victorian Maritime Safety Handbook



Preparing to Step Aboard: Packing your bag

**Wind + sun + rain + salt spray + hot/cold =
Exposure**

Packing your (soft) bag/dry bag

Clothing

Wet weather gear (layer up)

Shoes and sea boots

Hats, socks and beanies

Head torch

Sailing gloves

Change of Clothes

Minimal jewelry

Personal Items (feminine hygiene)

Hair!



Preparing to Step Aboard: Personal Flotation Device

Personal Flotation Device (PFD)

- Fitted correctly
- Activation
- Features (light, sprayhood, crotch strap)
- Tether

Hydration (water, hydrolyte, thermos)

Sunscreen and lip balm

Sunglasses (polaroid)

Sea Sickness

Personal /Health History (letting someone know
and NOK)



Preparing to Step Aboard: PFD and Tether



A woman with blonde hair tied back, wearing glasses and a dark blue zip-up jacket, is shown from the chest up. She has a pained expression, with her mouth slightly open and eyes looking down. The background is a blurred view of a boat's interior, showing white panels and a window. Another person is partially visible behind her, also appearing to be on the boat.

Preparing to Step Aboard: Sea Sickness

Seasickness effects even the hardest sailor

Usually lasts for the first few days and then settles. It can be debilitating.

Rare for it to be chronic

Before stepping aboard:

Test options


Avoid excess alcohol and smoking

Rest

Natural vs pharmacological options

<https://www.yachtingworld.com/features/feeling-rough-take-edge-off-seasickness-survey-76032>

SEASICKNESS COUNTERMEASURE	PROS	CONS
Anticholinergics (Scopolamine)	<ul style="list-style-type: none"> • Effective, well-tested, evidence-based drug. • More effective than a placebo. • Available in oral or patch forms. 	<ul style="list-style-type: none"> • May present noticeable side effects. • Cost implications when using extensively.
Antihistamines (Dimenhydrinate, Cinnarizine, Betahistine)	<ul style="list-style-type: none"> • Seen to be equal to scopolamine throughout research. • Many antihistamine products include agents to counteract drowsiness. 	<ul style="list-style-type: none"> • May present noticeable side effects. • Cost implications when using extensively.
Caffeine	<ul style="list-style-type: none"> • Natural remedy. • Can be used in conjunction with pharmacological agents to reduce side effects (ie drowsiness). 	<ul style="list-style-type: none"> • Can cause side effects in some cases • Links with dehydration.
Ginger	<ul style="list-style-type: none"> • Traditional natural remedy, with some support from science. 	<ul style="list-style-type: none"> • Exact mechanism not clear. • Taste preferences.
Habituation	<ul style="list-style-type: none"> • Natural. 	<ul style="list-style-type: none"> • Takes time to develop. • Have to experience sickness first. • Habituation specific to stimulus.
Vitamin C	<ul style="list-style-type: none"> • New evidence supporting use. 	<ul style="list-style-type: none"> • May need more testing.
Distraction methods	<ul style="list-style-type: none"> • May help to alleviate/distract from some symptoms, thus improving overall experience. 	<ul style="list-style-type: none"> • May not address actual cause, thus not treating problem.
Controlled breathing	<ul style="list-style-type: none"> • Helps to alleviate symptoms. • Possibly enhances habituation. 	<ul style="list-style-type: none"> • Partial evidence available.
Acupressure bands	<ul style="list-style-type: none"> • Easy to implement. 	<ul style="list-style-type: none"> • Limited evidence to support use.



Preparing to Step Aboard: Sea Sickness

Seasickness tips

1. Trial medication before stepping aboard
2. Avoid excess alcohol, rich large meals prior to the sail
3. Commence taking the medication 24-48 hours before stepping aboard
4. Maintain small dry snacks whilst aboard (bring these along)

Preparing to Step Aboard: Positive Spirit

Promote a safe and supportive environment

Lifelong learning

Accountability (no blame)

Reliability

Contribute as best you can

Judgement free environment

Acknowledge each others' strengths and
areas for growth

Promote opportunity for all aboard

Enable everyone aboard





Preparing to Step Aboard: Rewards

In return you will be rewarded

Lifelong friendships

A huge sense of achievement

Natural beauty

Determination, persistence,
patience, endurance

Learning constantly and gaining
new skills and knowledge



Preparing to Step Aboard: Physical Fitness

Sailing requires **agility, balance, bursts of energy, endurance and strength** (+ stubbornness, persistence, determination, a never give up attitude)

However....

This will come with regular sailing

All about positioning oneself to use your whole body

May consider introducing a little activity into your daily life like

Yoga/Pilates for agility

Walking/bike riding



Preparing to Step Aboard: Physical Fitness

Key tips

It is about positioning yourself to use your whole body to do a task

It is all in the technique (eg sweating the halyard)

Adapt the vessel to suit your ability (eg: using a harness and halyard to lower the outboard or pre attaching the spinnaker poles to the mast so you do not have to manhandle these when needed)

Believe in yourself and know that you are capable

Preparing to Step Aboard: Building Knowledge

Short Courses

- Marine Radio VHF (Short Range Operators Certificate of Proficiency). Offered online, by local clubs and marine rescue and sail training centres
- Safety and Sea Survival
- Boat License
<https://www.vicroads.vic.gov.au/licences/boat-motorbike-other-licences/marine-boat-licence>
- RYA Competent Crew course



ORCV KISS PROGRAM LOGBOOK

Preparing to Step Aboard: Building Knowledge





Part Two

Taking the Plunge....

N490
fika

PRIVATE TROLLEY
fika

Stepping Aboard: Safely (no splits)

Hold on (a solid object eg stanchion or shroud)

Step up

Keep legs and feet together (small steps)

Fender step/foot stool/step ladder

No leaping on/off when departing/docking





Stepping Aboard: Moving About

3 Points of Contact

Grab rails above and below decks

‘Benz zee knees’

Secure feet

Stay on the high side (windward side)

The cockpit is the safest place

Avoid excessive movement in rough weather



Stepping Aboard: Stowing your bag

Soft bag which is pliable. Secure bag where it is unable to slide or fall. Wedge it in. Eg forward end of V Berth or the end of the quarter berth.

Remove essential items and stow these safely on a shelf or in a locker

Secure items on the leeward side

Just remember:

Yachts heel and rock and slew and then rock some more!



Stepping Aboard Roles and Responsibilities

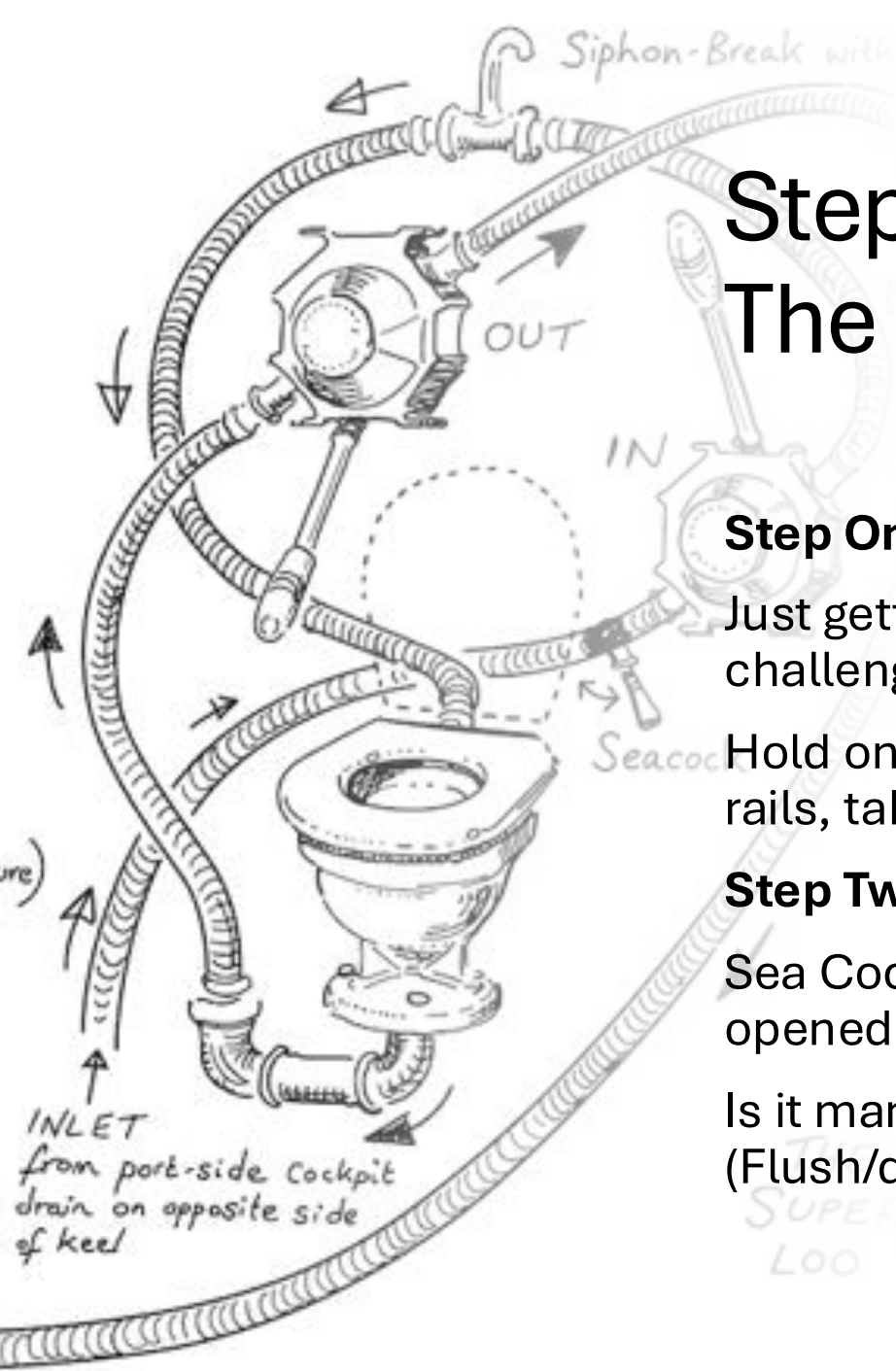
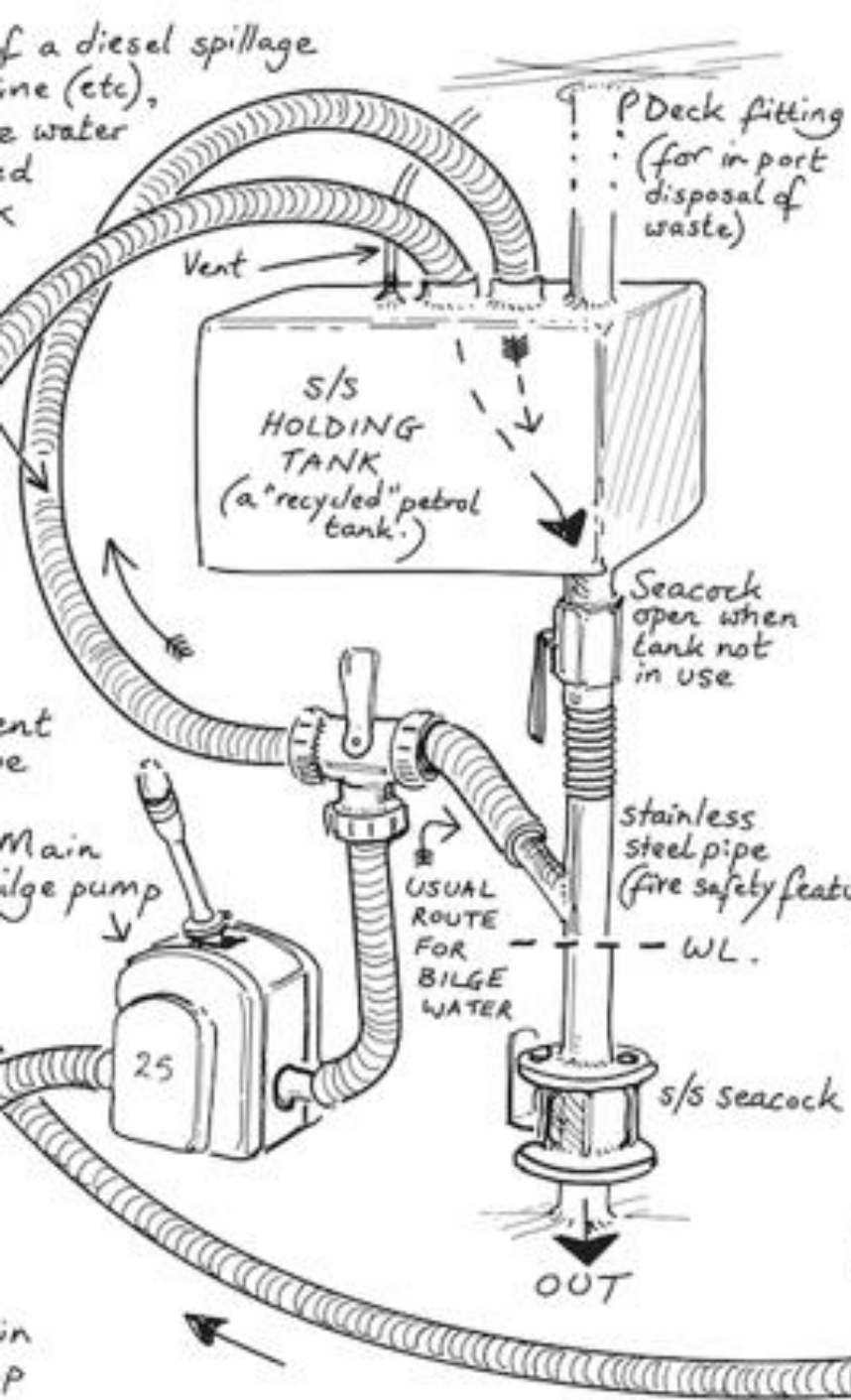
We all have a responsibility to keep ourselves, the crew and the vessel safe

Skipper *“The safety of a boat and its crew is the sole and inescapable responsibility of the person in charge who shall do their best to ensure that the boat is fully found, thoroughly seaworthy and manned by an experienced crew who have undergone appropriate training and are physically fit to face bad weather” (AS Special Regulations)*

Mentor there to support the KISS participants

Boat Roles and Responsibilities

Roles and Responsibilities		Boat owner	Sailing Master/ Tactician	Navigator	Radio Operator	Skipper/ Helm	Foredeck	Mast	Office /pit	Trimmers	Mainsheet	Other / Comments	
C	ABOARD CREW	Crew Names/ Ship's Company										Who are the crew? Enter names.	
		Gear stowage. Safety equipment										Where to store personal bags? Check safety gear is all onboard (see Every Day checklist)	
B	BRIEFINGS	Safety										Any queries re safety? Code flag Y - mandatory PFDs To go or not to go?	
		Safety	Equipment PFD policy Weather										All to be familiar with plan Longer races. Energy, sleep. All silent when radio traffic VHF always on at sea
		Navigator		Racing plan Watches	Passage plan								
		Radio Operator				Skeds Listening watch							
		Operating Equipment	See Boat Procedures manual										
O	OPERATING EQUIP	Backstays										Assign to crew member ? Cabintop	
		Boat hook										Everyone to be able to operate ? Track needs silicon spray	
		Engine										Spanish windlass to reduce Avoid overrides	
		Sail hoisting										Handle holder locations	
		Halyards									Setting up and checking		
		Winches										Keep to windward and low all times Keep clear of track Correct loading of winches. Taking up slack in line	
		Winch handle stowage										Maintain clear view for skipper	
		Sheets										One hand for boat - one for yourself	
		Hazards										Keep to windward.	
H	HAZARDS	Boom height											
		Mainsheet traveller											
		Winch operation/ overrides											
		Visibility from steering station											
		Moving around boat											
		Departing											
D	DEPART	Fenders, mooring lines, boat hook											
		Crew positions						Bowline		Sit down		No standing in helm's field of view	
		En route											
E	ENROUTE		Safety	Log entries		Steering	Headsails	Halyards	Halyard tails	Winches	Main		
			Monitor progress - baro, course, boat speed, etc	Weather		Calling manoeuvres	Spinnakers			Headsail sheets			
						Ballast	Spin pole Ballast	Spin pole Ballast	Ballast	Ballast	Ballast	Ballast	Weight on the rail upwind
		Docking up											
D	DOCK	Fenders, mooring lines, boat hook					Bowline	Spring		Spring	Sternline		
		Crew positions							Sit down			No standing in helm's field of view	



Stepping Aboard: The Head (Loo)

Step One: Going Below

Just getting to the Head is a challenge

Hold on when below with grab rails, table, fiddles.

Step Two: Preparing the Loo

Sea Cocks which may need to be opened

Is it manual or electric?
(Flush/dry bowl)

Stepping Aboard: The Head (Loo)

Step Three

Getting your gear off

Female friendly wet weather gear

Have sanitary items/wipes easily accessible

Key Tips

Privacy: let the crew know when you go

Remember to stay hydrated

Tuck crutch strap over your shoulder to prevent it going in the loo

No wet ones, earrings or sanitary items

Minimal toilet paper to prevent a 'fur ball'

Allow 20 minutes to go when heeling

Wedge self in with legs/feet, elbows, arms (& teeth!)

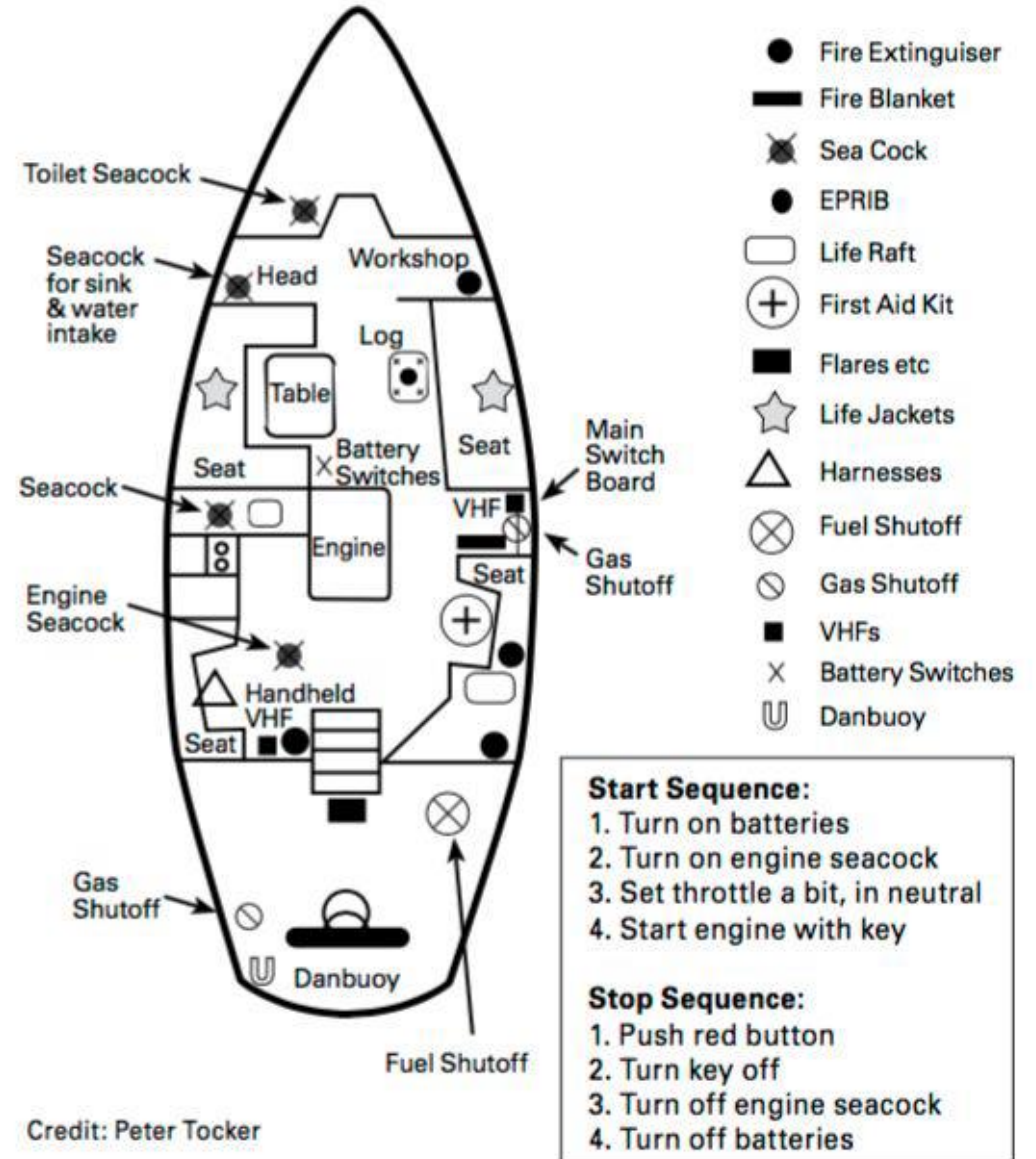
Stepping Aboard: Safety of the Vessel Cat 5

Race Category	Distance	Duration	Waters	Day/ Night	Rescue	Examples
Cat 0	Transoceanic	Extended				Clipper Round-the-World Race
Cat 1	Well offshore	Extended	Long distance	Yes	Self sufficiency	Melbourne Osaka Race (5500nm)
Cat 2	Offshore races near shorelines	Extended	Long distance	Yes	Self sufficiency	Melbourne to Hobart Westcoaster (435nm)
Cat 3	Offshore races near shorelines	Limited	Open water	Yes	Limited	Melbourne to Apollo Bay (52nm)
Cat 4	Offshore races near shoreline	Short	Close to shore	Day		
Cat 5	Inshore	Short	Protected (sheltered)	Day (5N night)	Limited	Club racing KISS Passage (Race 35nm)
Cat 6	Inshore	Short	Sheltered	Day	Effective	Club racing
Cat 7	Inshore	Short	Sheltered	Day	Effective	Club racing day sailing open keelboats

Stepping Aboard: Safety Plan

Location of the:
First Aid Kit
Fire Equipment,
Liferaft,
Grab Bags,
Flares,
Shut off valves,
Storm boards,
Storm Jib,
Radios,
how to start/stop engine,
sea cocks,
Life jackets,
EPIRB

Yacht Diagram Example



Credit: Peter Tocker

Thanks to Brian Petersen (Ran Tan 2) for allowing us to use his Yacht Manual as an example.

Stepping Aboard: Safety Briefing



What would you like to know?

What would you remember?

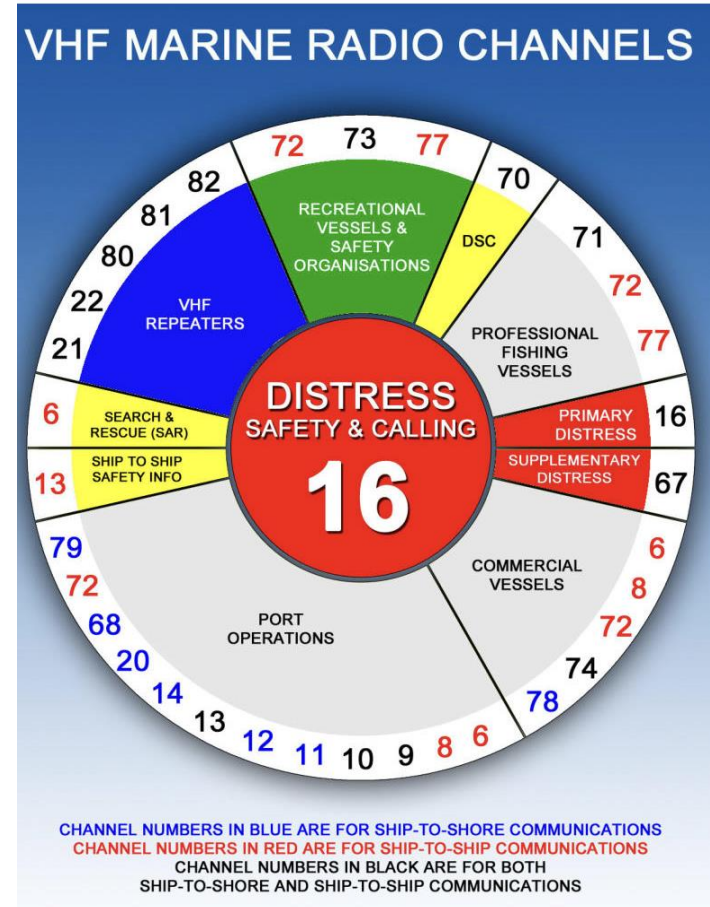
Stepping Aboard: PFDs

- Activation methods (manual/automatic)
- Features (?light, crotch strap, sprayhood, Personal AIS/PLB)
- Keep hood and collar clear of PFD
- Always wear on the outside of clothing



Stepping Aboard: Communications

Marine Radio: Very High Frequency (VHF)



Stepping Aboard: Safety of the Vessel SCONES

S Safety

C Communication

O Operations

N Navigation

E Emergencies

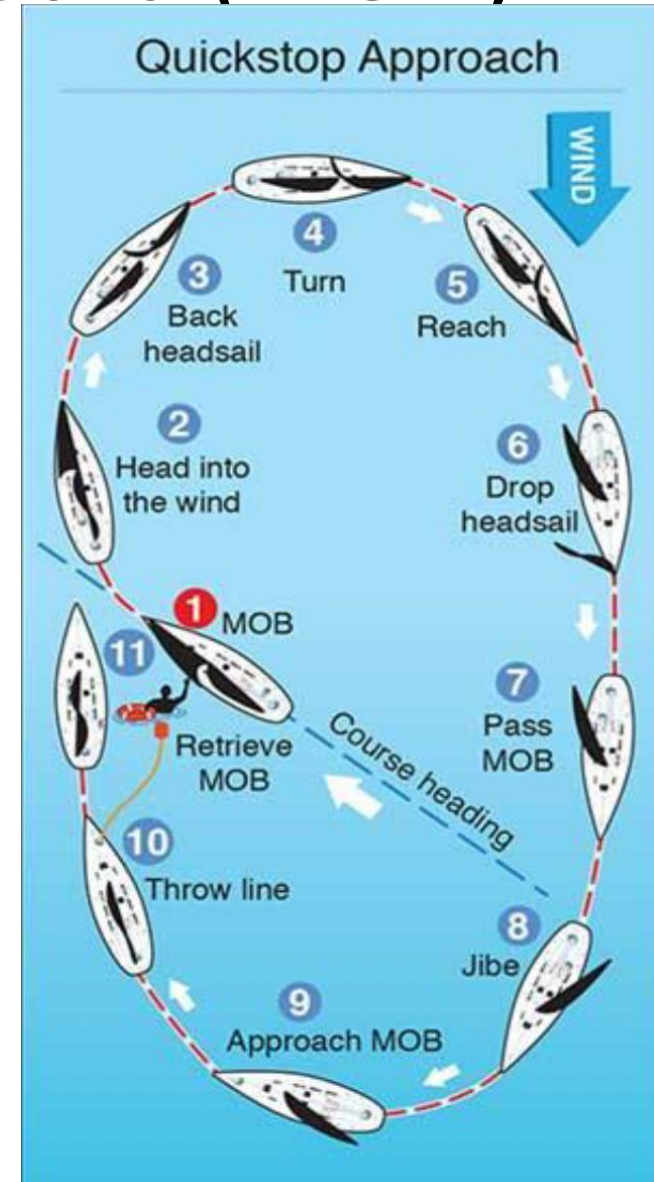
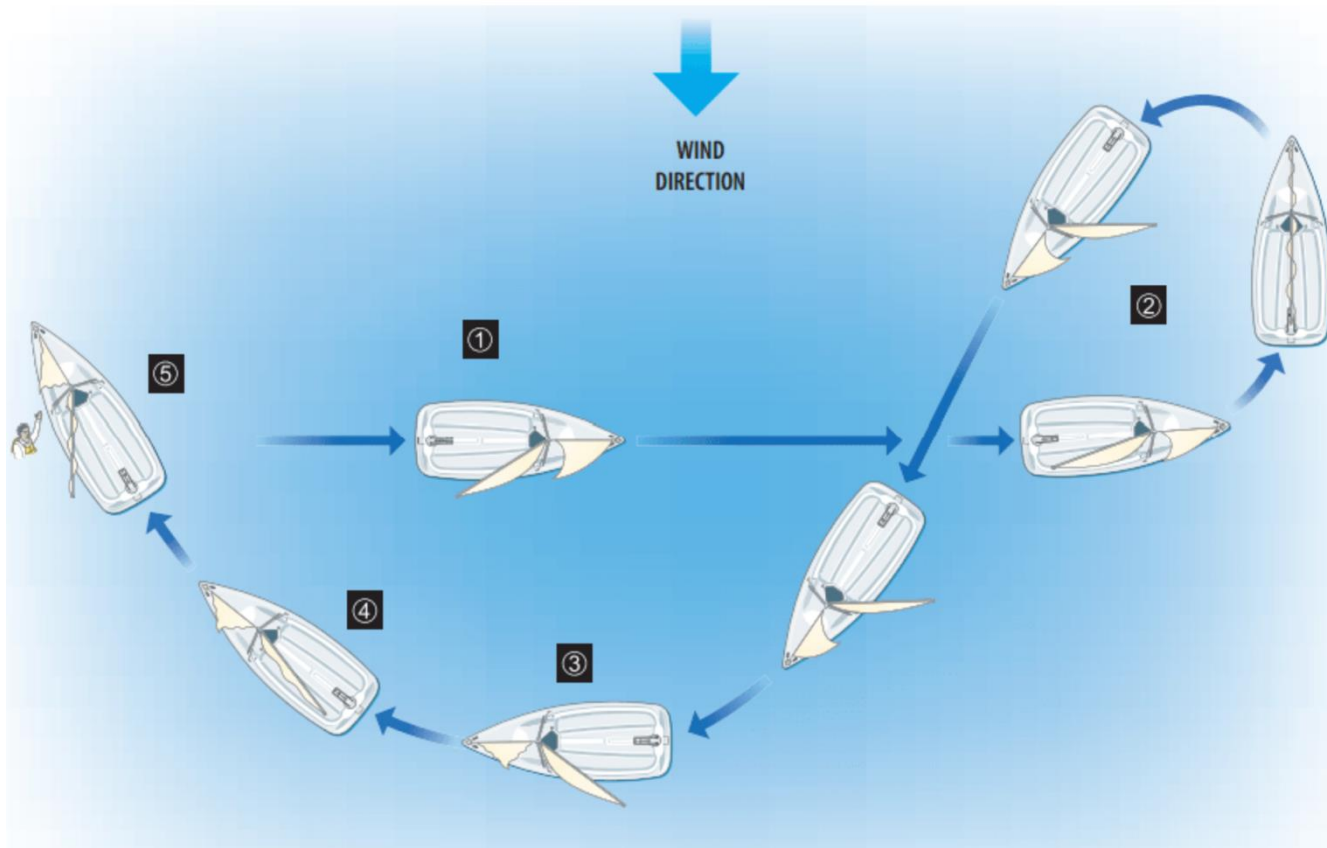
S Snacks



Every Day Boat Checklist

				Check
S	SAFETY	Boat Watertight	Bilge	
			Seacocks	
			Toilet	
			Hatches shut	
			Washboards	
		Buckets	Bailing/ drogue x 2	
		Escape	Companionway	
			Hatches	
		Fire equipment	Extinguisher	
			Fire blanket	
		Personal Safety	PFD	
			Multitool	
	Clothing, hat, gloves			
	Polaroid glasses			
	Sunscreen			
	Safety Briefing			
C	COMMS	VHF Radio	Broadcast	Fixed below
			Broadcast	Handheld in cockpit ? Charger
			Protocols	See back of sheet
		Mobile phones	Person to person	Charger
		sms/weather		
O	OPERATIONS	Power	Batteries	Engine, house, radio
		Utilities	Water	Water pump
			Gas	Gas shutoff. Operation
			Fuel	? Sufficient. ? Litres /hr
		Cockpit tools	Sheathed knife	
			Floating torch	
Anchors	Bow anchor	Stowed in locker for racing		
Engine	Water cooler intake	open		
N	NAVIGATION	Log Book	Record data	
		Weather	Forecasts	
			Warnings	
		Tides		
		Charts		
		GPS / chartplotte	Plot course	
		Barometer	Monitor	
		Racing	RRS, NOR, SIs, NTCs	
Passage Plan				
E	EMERGENCIES	MOB	Retrieval	Liferings, life sling, throw bag
		Steering failure	Emergency tiller	SeaBrake / drogue / bucket
		Medical	DRABC	First Aid training incl CPR
			First Aid Kit	
	Medical conditions	Advise person-in-charge		
S	SNACKS	Hydration	Own water bottle	Bring plenty of "scones"!
		Hot drinks		
		Snacks		

Stepping Aboard: Man Overboard (MOB)



MOB Key Points as a Crew Member



As a Crew:

Stay Calm

Raise the alarm “Man Overboard”

Spotter

Throw a life ring

Press MOB button on Chart Plotter

Call May Day on VHF

Prepare for Recovery

As the Crew:

Stay calm

Be familiar with the lines on the yacht (ie furling line/halyard/sheets)

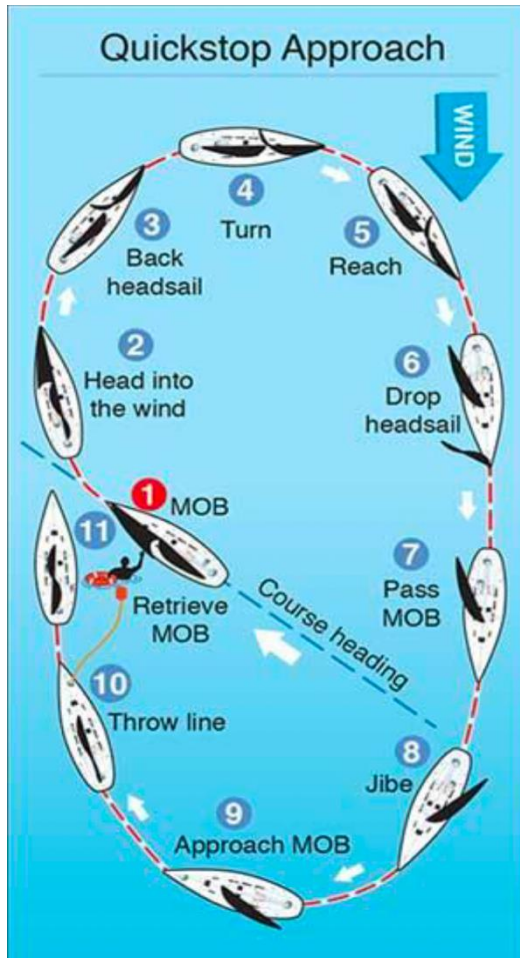
Know where to find the recovery equipment and how to use it

Maintain clear communication

Follow orders/instructions

Stay Calm

Stepping Aboard: Quick Stop Method



1. Shout "Man overboard". Hit MOB button.
2. Appoint "spotter"
3. Provide immediate flotation – lifering,
4. "Hove-to"
5. Turn onto broad reach
6. Drop headsail
7. Pass MOB
8. Gybe
9. Approach MOB (leave them to windward)
10. Throw line (throw bag/ sling)
11. Retrieve MOB

Stepping Aboard: Safe winching

Winches

Wear gloves

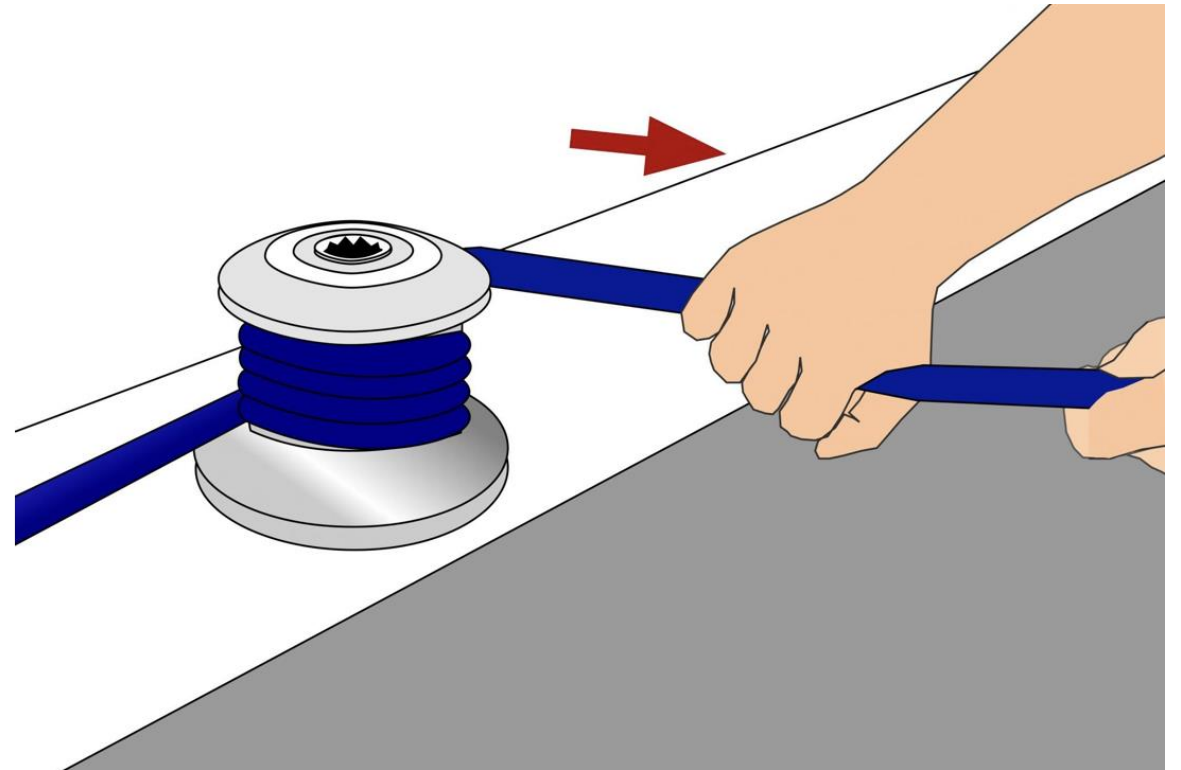
Clock wise

Always have at least one turn
around the winch

Usually 2 speed

May have a self tailer

Hold your hand over the line on
the winch



Stepping Aboard: Safe Mooring Line handling

Key Tips

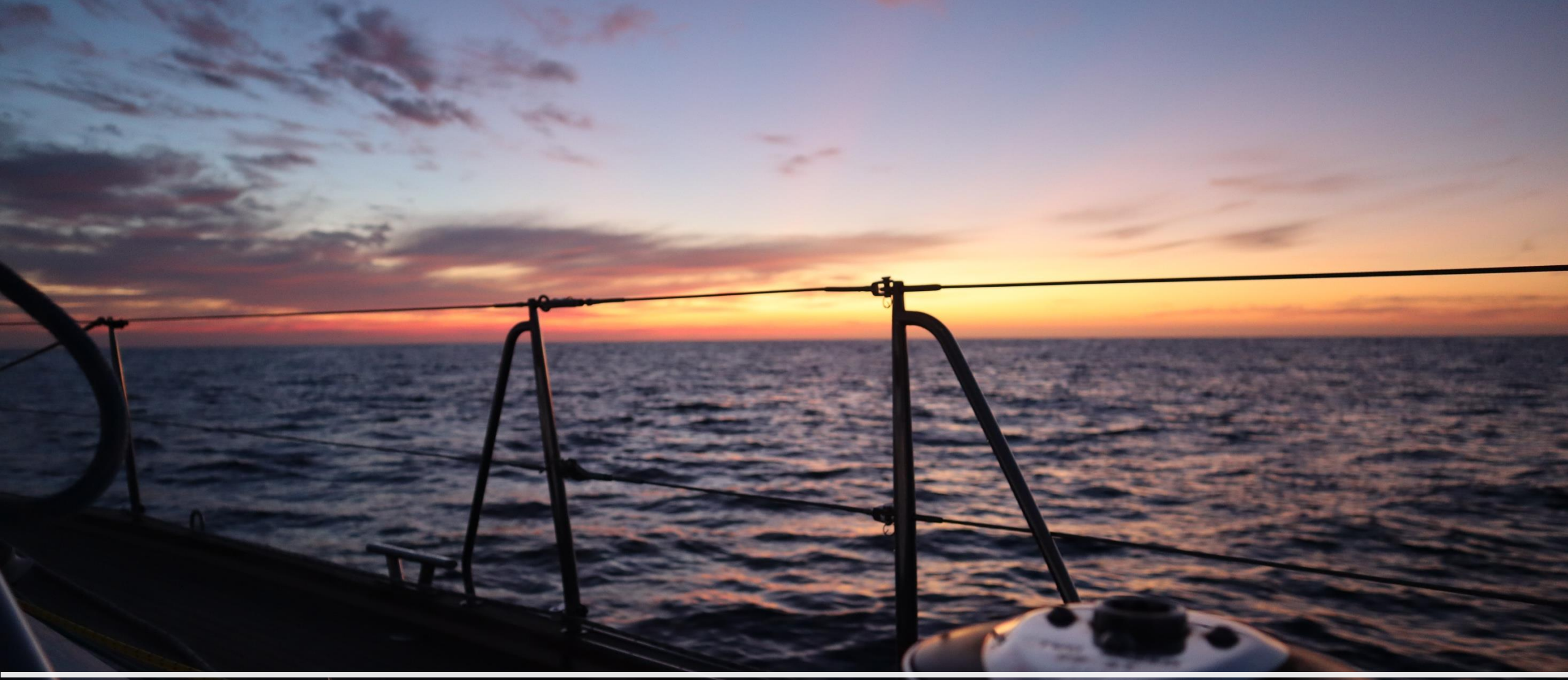
Yachts are heavy

Always get a turn around a cleat

Under the lifelines/pulpit

Keep fingers clear





Questions?

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PAPER

ROCK

SAILORS