



INSPIRATION: SAILING CREW SAFETY BRIEFING FORM

Owner /Skipper: Guillaume du Cheyron (the "Skipper")

VESSEL: Inspiration (the "Vessel")

I HAVE BEEN INSTRUCTED HOW TO HANDLE THE BOAT AND SAFETY FEATURES OF THE VESSEL BEFORE LEAVING THE DOCK. Emergency situations and procedures were discussed, and I have been informed on how to act in such situations (*see Appendix I*).

I UNDERSTAND THAT I MUST FOLLOW SUCH PROCEDURES BOTH FOR MY OWN SAFETY AND THE SAFETY OF THE VESSEL.

IN PARTICULAR THE FOLLOWING WAS EXPLAINED AND DEMONSTRATED:

1. Personal Safety

- Lifejackets (incl. technical controls)
- Navigation lights
- Search lights
- Tethers
- Jackstays
- Suitable points for hooking the tethers and strong points on deck
- Compulsory wearing of lifejackets during personal insecurity, high winds and on the order of the Skipper
- Basic compulsory wearing of lifejackets at night
- Appropriate clothing and slip-resistant shoes
- Risk of injury from walking barefoot
- Risk of injury from the main boom (gybe, casting of the topping lift, etc.)
- Risk of injury from running rigging and winches
- Behavior during seasickness

2. Safety of the Ship

- Liferrafts
- Pyrotechnic signaling devices
- EPIRB, SART
- Rescue collar, floating light, heaving line
- MOB-button GPS
- Radio equipment
- Maritime distressed radio message
- Bilge pumps, buckets
- Seacocks
- WCs
- Emergency tiller
- Anchoring equipment, spare
- Fire extinguishers
- Gas plant including shut-off valve
- Fuel shut-off valve
- Battery main switch
- Emergency roles

Please remember offshore sailing can be a strenuous activity and you will be a long way (many days) from medical help. Note that there is a separate comprehensive medical history form to fill out.

Date of signature (this release is not intended to expire):

Signature:

Address:

Print name:

Phone number:



APPENDIX I

1. Lifejackets

Lifejackets need to be worn:

- At night, while on watch.
- At sea, whenever leaving the cockpit or going forward of the dodger/mast.
- At all times on deck when in certain (known dangerous) seaways.
- Whenever it makes you feel safer to do so.
- Harnesses should not be worn when crossing a river bar. It is much safer to be up on deck, with a lifejacket on and a harness off. If the worst possible situation occurs, that is the boat pitch poles, then you are safer to be thrown clear of the boat and swim to shore with the aid of your lifejacket, than to be trapped under the boat.

2. Man Overboard (& Danbouy / Rescue System) and Man Overboard Drill:

- Call "MAN OVERBOARD" (Shout this loudly).
- Point.
- Throw objects -- in order - the EPIRB, the throw bag / danbouy, and anything else that floats to enable finding a way back to the MOB.
- First person coming up from downstairs should hit the MOB button on the GPS, the navigation computer, or whatever.
- Sails down, engine on.
- Have a rescue plan -- there are different plans each of which are good for different sea conditions, but most involve getting downwind of the MOB and drifting back up.
- If required, get on the radio and call for help.

3. Liferaft

Know where the liferaft is stowed, how to deploy it, how to get (up) into the liferaft -- shoes OFF!

4. Grab-Bag

Know where the Grab-Bag is stowed and its contents.

5. Radio Distress Calls

MAYDAY, PAN PAN, SECURITE. Know the difference between the 3 distress calls.

6. Flares

Know where flares are stowed and how to use them.

7. EPIRBs and PLBs

- Know where the ship-board EPIRB(s) are stored and know how to activate.
- Do you have a personal locator beacons (PLBs) and do you know how to activate it?

8. Seacocks

- Know where ALL seacocks are located.
- The idea of seacocks is to keep the water on the outside of the boat. If these suddenly start letting the water on to the inside of the boat, stop them shut using the wooden plugs and the mallet.

9. Engine (Start & Stop)

- Know how to start and stop the engine
- Know how to perform an engine check.

10. Fire Extinguishers and fire blanket

Know where are they stowed, and how to use them.

11. First Aid Kit

Know where the Medical Kit is stowed and run through its contents.

12. Toilets (Operation)

Review how to operate the toilet units.

13. Safe operation of Cooker

Know how to use of the gas cooker in the galley.

14. Anchor

- Know basic anchorage procedure.
- Review the windlass manual.

15. Safe use of winches

- Know how to safely operate winches.
- Remember, winches and fingers are a bad combination, please take care.



16. "Beware of Boom"

- The boom on this boat is above the doghouse, and the mainsheet is operated from a standing position behind the helm. Please take care especially when running downwind, and keep your head out of the way of a possible gybe.
- When we are running downwind for a length of time we will put a preventer on the main boom to stop the boom swinging across.

17. Seasickness

- Don't let seasickness bother you. Standing up, at the mast or behind the helm is good, and if that doesn't work for you then lying down, below decks is the answer.
- Keep a positive mental attitude, and remember that seasickness is only temporary, and you will be fine.

18. Watch-keeping

- Be aware of the watch-keeping schedule.
- Understand exactly what is required of crew when keeping watch.

19. Logbook

Understand the entries required in the Ship's Logbook.

20. Report Breakages

Understand the importance of reporting ALL breakages and equipment failures - no matter how small and/or insignificant they may be.