**Safety Precautions/ Operational Guidelines**

**Standard Operating Procedures**

-6 hour shifts maximum (possibly adjusted downward)

-Tacking only. This is due to controlled jibes being the highest cause of injuries

-Situations where jibes would be used will be performed with 270 degree tacks

-Actions that require being on foredeck may only be performed if both people are awake first

-A watch will constantly be kept at nighttime hours

-Maximum a watch may be away from deck in daylight is 20 minutes

-If > 30 knot winds are predicted en-route, a course adjustment will be made to avoid

-If speed drops below 2.5 knots, engine will be used

-50 gallons of fresh water (approx. 30% more than needed, excludes rainwater)

-over 100 military Meals Ready to Eat in addition to groceries available for food

**Communication Safety Procedures**

-Coordinates, bearing, speed to be texted daily via satellite phone

-Backup GPS in event of failure of primary

-Downloadable weather maps via satellite phone (1 week forecast)

-20 batteries of each variety for backup (AA, A, 9V)

-VHF Radio with backup antennae

-VHF to be kept on full volume and full squelch at night hours

-Boat equipped with radar reflector for better visibility to radar equipped ships

**Heavy Weather Safety**

-All maneuvers practiced

-Reefing procedure repeatedly practiced over and over

-Sea Anchor equipped if difficult weather is encountered

-See storm procedure for extreme weather operating procedure should it occur

**Life Preserver/Body Safety (each)**

-Coast guard approved

-Chosen for comfort such that they are easy to wear at all times

-Equipped with whistles

-Equipped with water activated strobe light

-Mandatory at all times on deck and in cockpit

-Mandatory in cabin as well if winds are >20 knots

-Each equipped with personalized personal locator beacon (Waterproof)

-Clipped body harness; mandatory at all times on deck

-Waterproof overalls, heavy raingear, and goggles packed for when needed

**Emergency Gear**

-20 pistol flares

-tested for quality/practice

-5 stick flares

-tested for quality/practice

-1 orange smoke flare

-First aid kit

-Sail repair kit

-3 LED flashlights

-25 gallons of diesel (approx. 1000 nautical miles of travel)

-300 feet extra rope

-1 automatic 200gal/hour bilge, 2 manual high volume bilges

-Emergency dinghy (inflated and tied down to bow at all times)