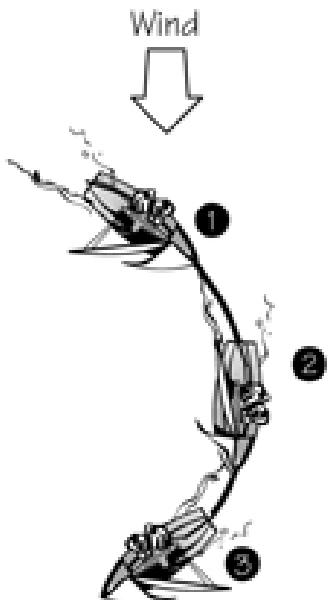


# SHIFTING SAILS

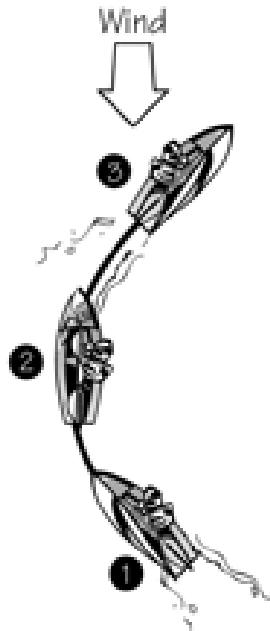
## *Jibing*

1. Say "Ready to jibe" to alert your crew, and then say "jibing" as you begin turning the boat away from the wind.
2. Say "Boom coming across" as you pull the main over to the new side.
3. Let the main out on the new jibe, and trim the jib on the new leeward side.



## *Tacking*

1. Say "Ready to tack" to alert your crew, and then say "tacking" as you start turning the boat into the wind.
2. Keep turning the boat as the sails begin to luff; release the jib sheet; the crew and skipper switch sides.
3. Trim the new jib sheet, and keep turning until your sails are full on the new tack.



# MAN OVERBOARD PROCEDURE “MOB”

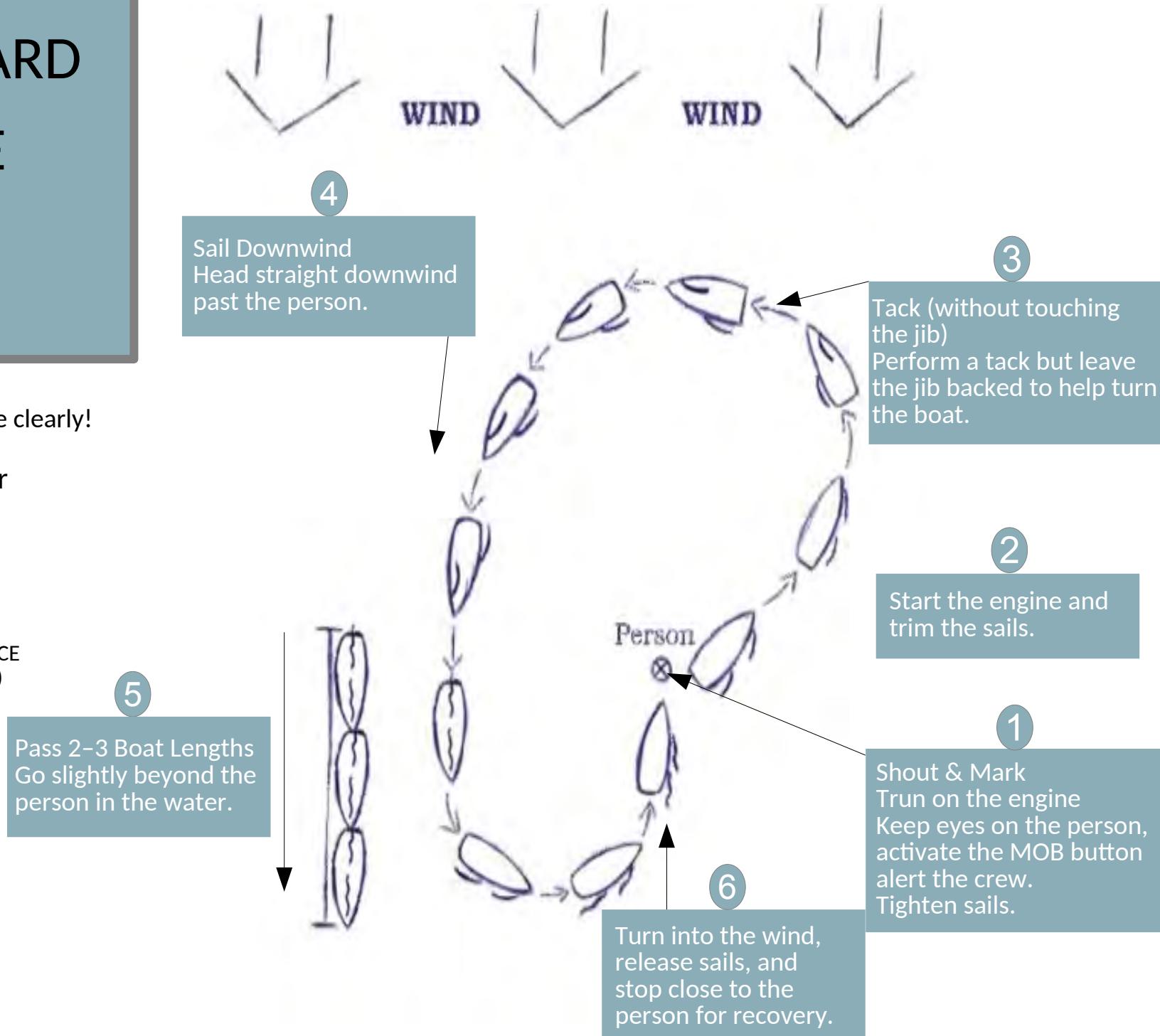
Stay calm, act fast, and communicate clearly!

This is an emergency maneuver

**It's about speed, not style**

but don't run over the person

( usually people don't go overboard in NICE weather, but when it's cold, windy, rainy)



# Packing list - The YES & the NOPE

In a soft bag, **handles secured by a strap** that goes all around the bag..  
No hard suitcase !

- ▶ Sailing gloves
- ▶ Fleece
- ▶ Socks
- ▶ Sneakers (2 pairs: one for travel and shore use, and one with white -non marking soles- for sailing)
- ▶ Comfy trousers (no jeans while sailing - they don't dry)
- ▶ Waterproof jacket
- ▶ Teeshirts
- ▶ Bermudas
- ▶ Pyjama
- ▶ Cap
- ▶ Toiletry bag
- ▶ Sun cream
- ▶ Sun glasses
- ▶ Baby wipes (to wash your hands – water saving)

## What is strictly prohibited ?



1 week prior departure, check the weather forecast and pack accordingly !  
Bed sheets, pillows and blankets will be provided on all boats. If you need an extra blanket, please ask your technician at check-in.

# Maritime Customs

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- If you're not a pro,
- you can still behave like one



# WHO IS IN CHARGE?

Sometimes, quick action is required on a boat—you can't call a board meeting to decide what to do in the next five seconds.

One person is in charge because there's no time for discussion.

In emergencies, a mediocre decision is often better than a great one that comes too late.

Usually, the skipper\* or helms(wo)man\*\* has the final say.



\* We don't have a captain

\*\* person at the wheel

# Know what's going on

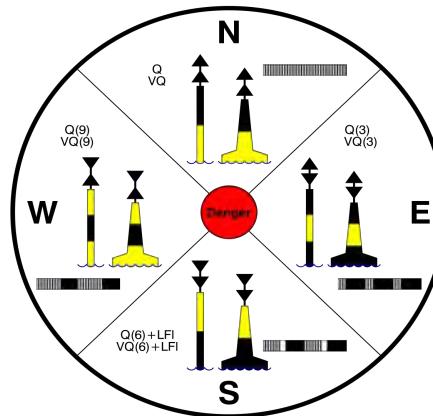
Sailing is a team sport, so it's good to know what's going on\*. Keep people in the loop.

If you're the helms(wo)man and hand over, let the person know

- the course,
- the wind and
- anything else noteworthy



And if you're NOT at the helm but spot a tanker on a collision course, be sure to alert the crew.



## Noteworthy things

- ▶ Marking of dangerous spots
- ▶ Other boats on collision course
- ▶ ...



# Moving and working on the ship



Ships are moving objects and can move unexpectedly.

So the general rule is:

- ▶ ONE HAND FOR THE SHIP,
- ▶ ONE HAND FOR YOU



# Dos & Don'ts on Deck



- Don't smoke and work at the same time (you don't have 3 hands)
- Use gloves
- Never grab a running rope
- Don't step on ropes
- Don't get body parts between 2 boats
- Watch out for the beam
- Before sailing
  - Close all hatches
  - Close all vents (toilet!)
  - Put your daily stuff in a bag

# Dos and Don'ts Under Deck

## Electricity

The boat runs on batteries and a motor. While not in harbour, we have 12V power, and with a converter, 230V. However, this is not enough to run two big hair dryers, a welding machine, or charge a car.



## Gas

We use gas for cooking, so no smoking !!!



## Water

We have 350L available for the whole week.

-  Showers? Yes.
-  Jacuzzi sessions? No.

# "Onboard Toilet Use"

Boat WCs clog easily, which is why throwing toilet paper in the WC is strictly prohibited.

Clog it? You clean it!

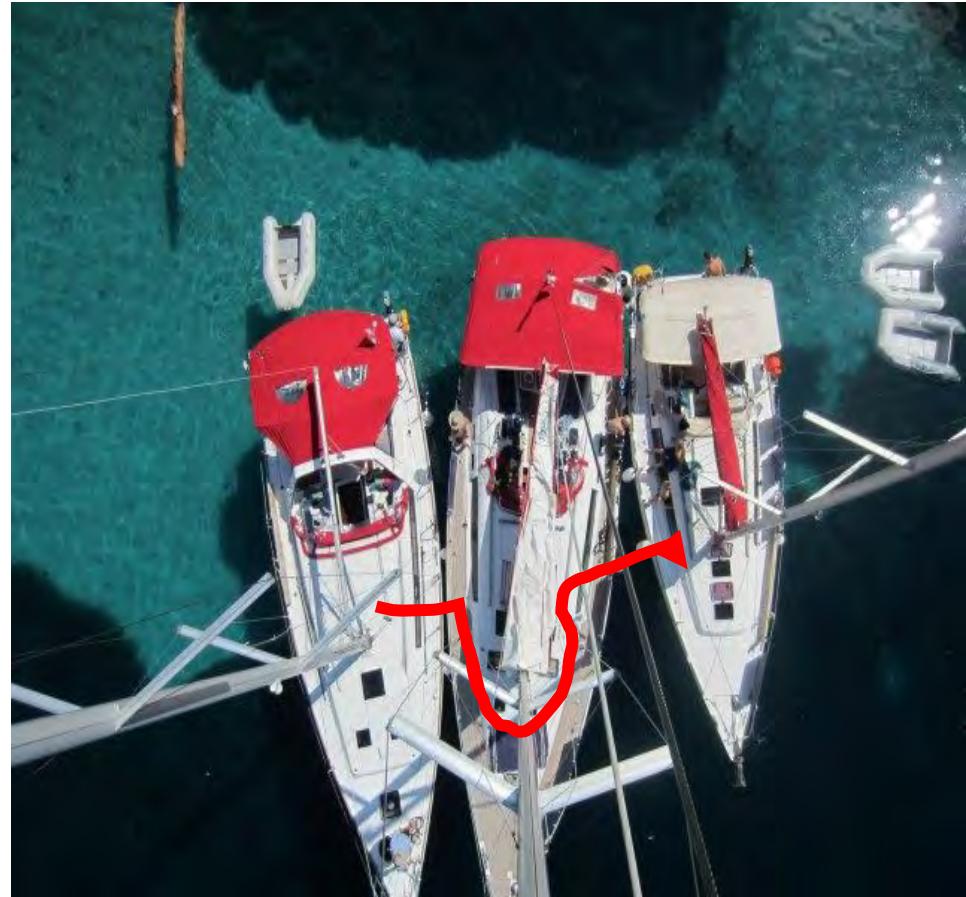
If you can't unclog it,  
a diver will ... for €100  
**at your own cost !**



# Interacting with others

Sailors are considerate people

- Offer help when needed.
- Always ask before boarding another boat.
- If you need to cross a boat, use the bow (see pic).
- Move swiftly (you're walking over the cabin).



# 2 pro tips

## How to get onboard another boat...

- The transfer happens when both boats are close together.
- Grab the shroud (the supporting cable for the mast).
- Place one foot over the railing while keeping the other on your boat.
- Step onto the other boat (staying on the outside).
- Then, climb onboard.

The flag is usually rolled up at dusk and set up in the morning\*



\* old tradition from the British Navy that wanted to save flags and figured that flags are not visible at night, so no need to wear them out. The tradition lasted, but most people don't know why it exists.



Done –  
Now you're a Pro

**Remember:**

A great trip isn't about  
the boat,  
the location  
or the weather

**It's about  
the crew.**