

## Flingtime - Standing Instructions

### Safety:-

- The skipper carries the ultimate responsibility for decisions.  
Crew consultation and input is normal practice for any major decisions.
- The ship's Log must be maintained
- When underway, or in hazardous situations, continuous watch must be maintained
- **Safety briefings given - Day trip:-**  
MOB procedure; safety equipment locations; PFD location and use; identify key reference documents; basic equipment operation; secure eye glasses; sun and insect protection; head and foot obstacles; rope, boom, windlass, safety; LPG safety; basic motor handling; toilet operation; basic power switches.
- **Additional Safety briefings given - Passage making:-**  
MOB systems and procedures in detail; Watch and log keeping, alarm recognition; emergency radio operation; DSC; EPIRB; backup GPS (3x); hand bearing compass, binocular compass; charts and manual navigation aids; backup VHS; emergency steering; windlass power; manual or secondary anchor handling; Grab Bag; emergency signalling; sail reefing & lowering guide; storm jib; drogue; fuel handling; emergency motor starting; lifeline throw; Dan pole deployment (with attached drogue and night light); bilge pumps operation; shower; holding tank operation; heavy weather sailing & drogue, capsize plan
- For night passages, any crew working outside MUST:  
a) carry Life Tags; b) have life jackets on; c) be tethered if outside the cockpit; d) tell others what they are planning to do; e) Instruments ON for auto MOB alarm and logging.
- Dinghy must be on davits overnight or when underway (in case of anchoring or MOB crisis)
- Boat handling familiarization for all crew if passage making
- On deck safety -  
wear shoes (foot injury protection),  
remove rings, bangles, wrist watches (de-gloving/skin rip injury)

protection)

wear gloves for heavy chain, rope, mooring buoy handling

### **Housekeeping**

- Minimize power use. Recharge batteries; solar power, generator, motor 12v, 240v charger. Attend to battery alarms
- Glass containers, not preferred, to be avoided
- Garbage piles up quickly; it is bagged and stored in stb'd aft cockpit locker  
(sorted if possible-> bio-degradable, burnable, urban waste disposal)
- Personal gear to be stowed in assigned cabin as far as possible and clear of walkways and safety gear.
- Wet gear (and sand) stays outside on cockpit hooks, alternatively in the shower area or pegged on lines.
- Cushions, towels and stuff which can blow away is not left unattended on deck
- Fridge lid secured when not in use
- Gas off at galley panel when not in-use, roof vent open above in-use cooker/oven
- Don't waste water; be miserly (except for day trip)
- Don't let the BBQ dribble fat on the dinghy; move the dinghy or use the vinyl protection sheet.
- Treat mosquito net with care, it took hours to make and is delicate.

### **Medical, First-Aid**

Crew are responsible for own medication and must advise the skipper of any health or diet issues so that first-aid or other treatment may take these into account. Medication for trip duration plus 25% should be carried and the 25% reserve should be logged into the first-aid kit.