



Guest Safety Checklist

Judy and I want everyone who comes aboard The Four C's to have an enjoyable and safe experience. Below are some yachting rules and terms that will make your sailing experience more enjoyable and comfortable aboard.

The Four C's is a 1993 Hunter Sailboat, 33.5 feet in length, made of fiberglass; it is a sloop meaning it has two sails. It displaces 18,000 pounds (8165 kg) and if it tips it will not fall over. It can sleep 7 very friendly people.

- **Personal Floatation Devices (PFD's)**
 - You will be given one and asked to adjust it to a proper fit. You may then place it somewhere where you can find it quickly.
 - You will be shown where the LIFESLING is located and the throwable PFD. In the event of someone going overboard the LIFESLING and throwable PFD will be tossed towards the person in the water.
- **Stopping the Sailboat**
 - You will be shown, when the Sails are up, how to release the mainsheet and jib sheet immediately, to spill the wind and stop the boat. Under power, you will be shown how to shut down the engine.
- **Fire Extinguishers**
 - You will be shown where they are and how they work.
- **VHF Radio**
 - You will be shown how to call for help using channel 16
 - You will be shown how to deploy the GPS emergency alert button
- **Man Overboard (MOB) procedure**
 - You will be shown the MOB procedure in the event someone goes overboard
 - Basically throw the LifeSling and other floating objects immediately. Yell MAN OVERBOARD. The person who yelled MOB will watch the person in the water at all times, pointing with an outstretched arm. Others should stand by for the Captains orders, such as controlling the sails or preparing the LifeSling and Throwable PFD. It takes a coordinated team effort to return the boat to someone in the water and assist the person back on board.
- **Seasickness**
 - If you're new to sailing, or have ever experienced nausea or dizziness on a boat, it's worthwhile to take steps early to prevent seasickness. Once seasickness occurs, it's too late to do much more than cope with it as best you can.
 - Typically Dramamine and Bonine, both essentially antihistamines, help in the prevention of seasickness and must be started 1 to 2 hours before getting on the boat.
 - Prescription Scopolamine skin patches, positioned behind the ear, are generally considered the most powerful and most effective anti-seasickness medication. One patch lasts up to 72 hours



- **Head use (toilet)**
 - You will be shown how to flush the head.
 - Men are asked to remain seated during all performances
 - Use only the toilet paper found at the toilet
 - Washing, all faucets work like normal house faucets
- **Dinghy use**
 - A dinghy is used to get from the boat to shore and back again
 - Dinghy's are difficult to get in and out of
 - Non swimmers must bring a PFD
 - Be prepared to get wet when exiting the dinghy
- **General Safety information**
 - One hand for you, one hand for the boat. Don't fall off
 - You will be shown the Boom. It's called the boom because that's the sound it makes when it hits your head. Keep your head down.
 - Wear comfortable clothing, it is always cooler on the water
 - Wear shoes/sandals with a light colored soles, some dark colored soles leave marks on the white fiberglass
 - Good sunscreen and UV sunglasses with a strap are recommended
 - Stay clear of lines and winches, never wrap a line around your hand
 - Bring clothing and personal effects in soft stuff bags, these store easier
 - There is limited hanger space but lots of nooks and crannies
 - Travel light, all get together on board and ashore are casual dress
 - When entering the cabin walk down facing the steps
 - No glass item on board
 - Bring your own personal hygiene products, towels and blankets are provided
- **Sailing terms (to impress your friends)**
 - Boom – The arm leading back to the mast that the bottom of the sail attaches to. The boom swings across the boat depending on where the wind is coming from.
 - Bow – the front of the boat
 - Jib Sheet – Lines (rope) used to control jib position
 - Leeward – side away from the wind
 - Mainsail – “main’-sil”, the large sail attached to the boom
 - Mainsheet – lines used to control main’-sil position and attached to the end of the boom
 - Mast – the 54 foot pole to which the leech (front) of the main’-sil is attached
 - Port – left side of the boat
 - Starboard – right side of the boat
 - Stern – back of the boat
 - Tack – to change course 90 degrees while sailing “against” the wind