AYC Day Skipper
28 Jan 2026



Personal Safety

Axe Yacht Club

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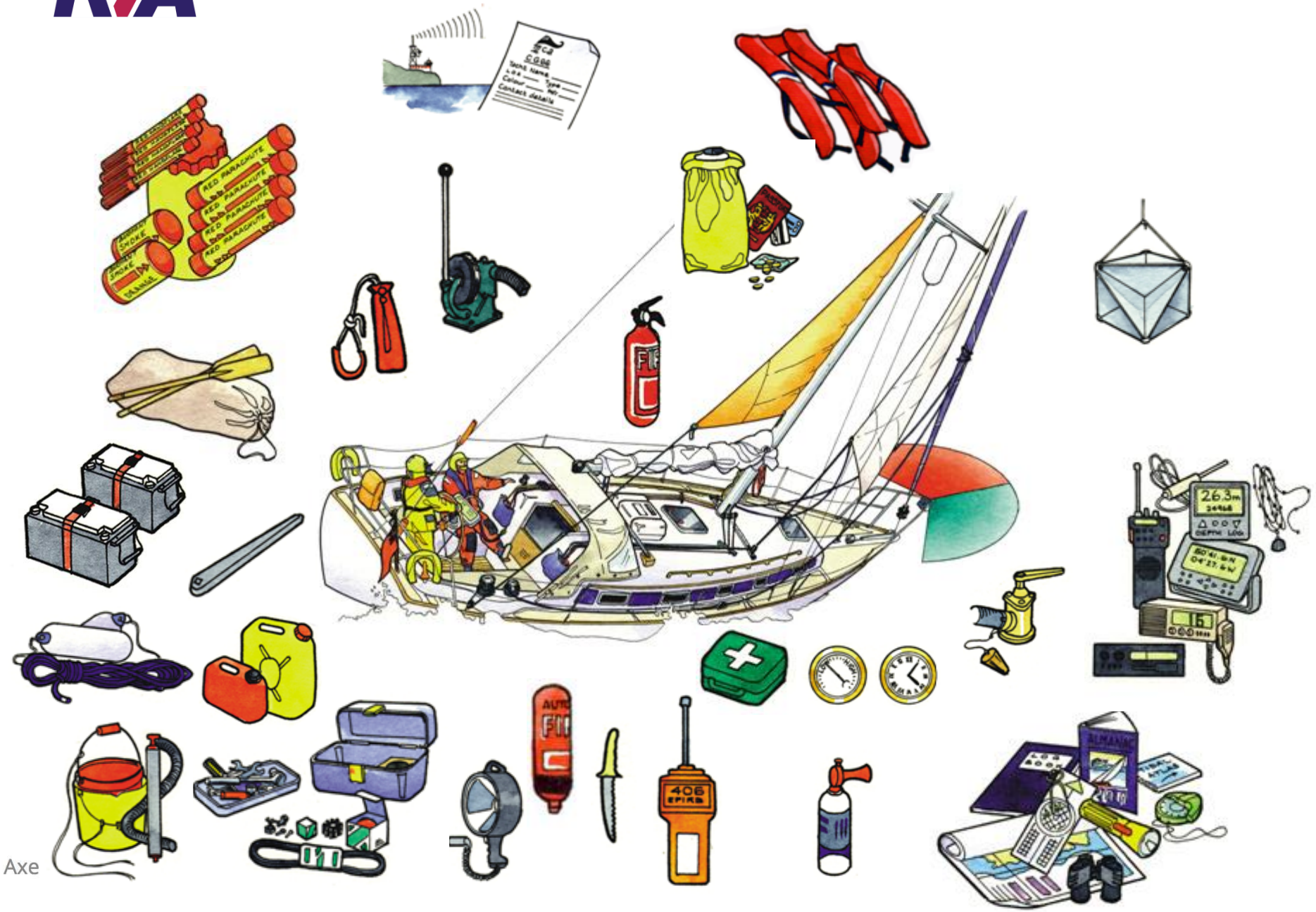
Safety Equipment



Personal Equipment

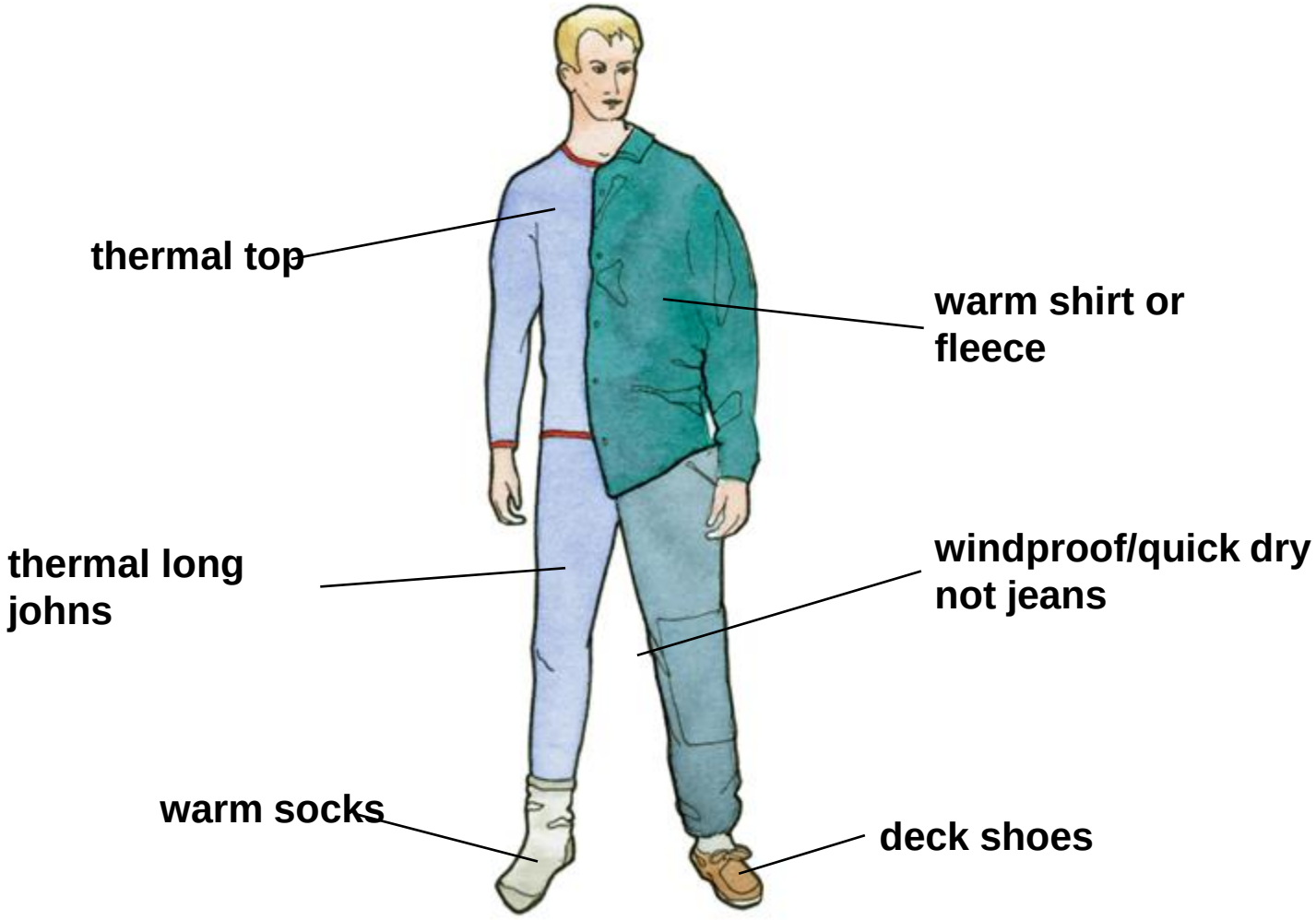
- Appropriate clothing
- Suntan lotion/Hat
- Lifejackets and Harnesses
- Seasickness

Clothing

- Appropriate to environment
- Layers
  - Comfortable - weight / breathable
  - Quick to dry
- Extremities
  - Hats / gloves / socks / boots
- Ancillaries:
  - Sunglasses / Suncream / Moisturiser

Clothing

Using layers traps air for warmth



Clothing


woolly or fleece hat
reflective tape on hood
good neck seal
gas inflation lifejacket with harness
waterproof jacket
non-release harness clip
hi-fit waterproof trousers
harness line
tight seal around wrists
lifejacket crotch strap
sailing gloves for handling ropes
good ankle seal
waterproof non-slip boots

Essential actions



One of the first things to ensure is that everyone is dressed appropriately and is wearing a lifejacket

Lifejacket

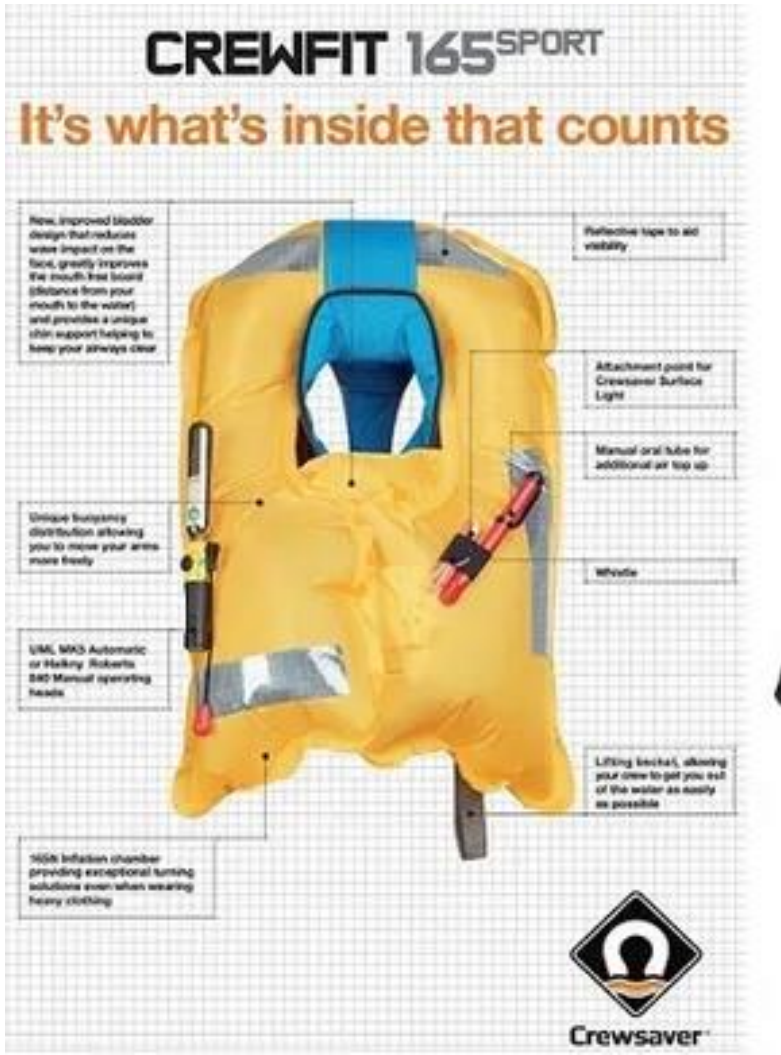


- Judgement call
- Worn when:
  - abandoning the boat
  - in fog
  - in the dinghy
  - by children and non-swimmers at all times when on deck
  - in rough weather if harness is not being worn
  - when ordered by skipper
  - tender/jetty
  - At all times?





Parts and Features







Servicing

- Check material / webbing / buckles / stitching
- Remove air bottle - check condition - weigh
- Check operating mechanism
- Blow up and leave inflated for 24 hours.
- Follow manufacturers instructions if supplied.

Practical

- Bouyancy aids v Lifejackets

List four safety features of each

List two features missing from each

How would they differ in function?

Could either adult one be used by a small child?

Practical

- Bouyancy aids v Lifejackets

List four safety features of each

List two features each is missing

How would they differ in function

Could either adult one be used by a small child in an emergency?

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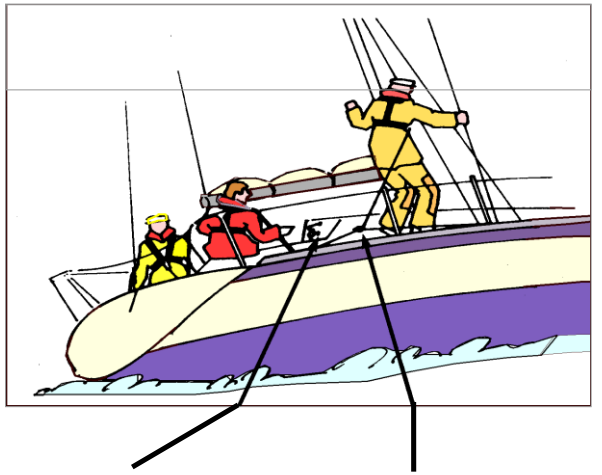
SAFETY HARNESSES & LIFEJACKETS

WEAR SAFETY HARNESS

- If the boat is reefed or would be if hard on the wind
- If sighting & recovery of **YOUR BODY** would be difficult - at night, in fog etc.
- If about to abandon the vessel



Harness lanyard clipped to strongpoint in cockpit

Harness lanyard clipped to jackstay allows crew to go forward while secured

WEAR A LIFEJACKET

- Built in harness
- Over clothing
- Over harness

Harness

- **Minimise chances of falling overboard**
- **Consider recovery, especially single handed**
- **Two or three point lanyard**
- **Secured to**:
  - U-bolts and eyes
  - Jackstays - positioning on decks
  - Mast / Standing rigging
  - Do **not** secure to guard rails

  - Seasick, Upmas……



Seasickness

- Suffered by most people
- Avoid
  - Time below especially reading
  - Fatty food / fizzy drinks
  - Diesel
- Take
  - Medication
  - Use Wrist bands
  - Hypnosis
- Cure
  - Marmalade
  - Stay ashore

Seasickness and hypothermia

Avoid by staying warm and dry





Eat and drink regularly

If required take seasickness remedies



If poorly dress appropriately,including lifejacket / harness



Symptoms of seasickness
Lethargic/disinterested/pale colour

Symptoms of hypothermia
Shivering/pale colour/irrational/disoriented

Man Overboard



Lifebuoy and lamp





Recovery System



Heaving Line

Crew Responsibilities in Man Overboard

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Abandoning to the liferaft



Abandoning to the liferaft should only be considered as a last resort

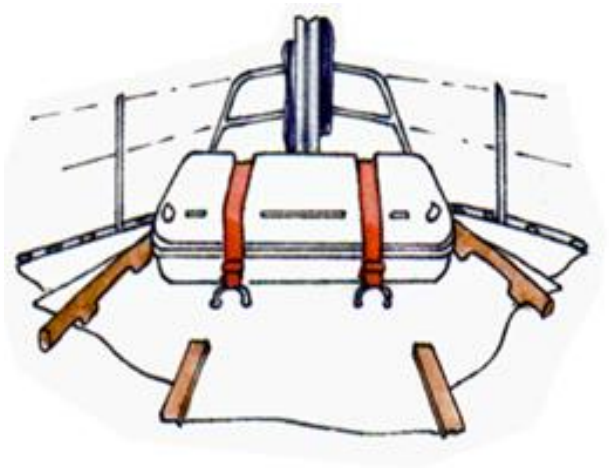
The parent vessel will undoubtedly offer the best protection

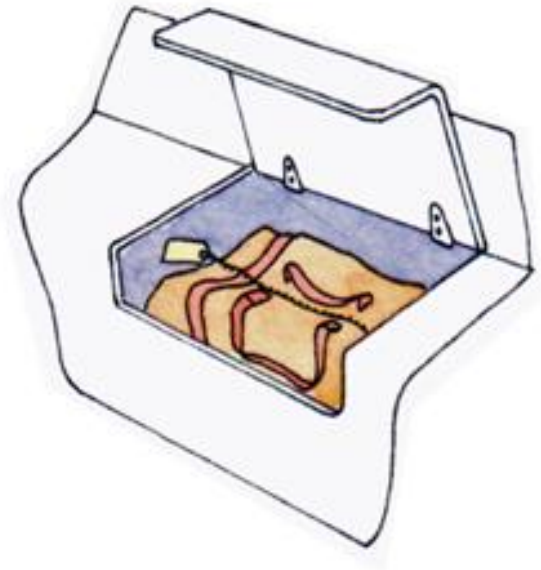
Unless it’s actually sinking or there’s an uncontrollable fire onboard, the best advice is stay with the boat

Abandoning to the Liferaft

- Last resort
- Clothing / Lifejacket
- Grab bag
- Do not launch until everyone is ready
- Strongest first
- Try and stay dry
- Cut, stream, close
  - close door
  - seasickness tablets
  - post lookout
  - keep as warm and dry as possible
  - maintain morale

Abandoning to the liferaft





The liferaft should be securely stowed

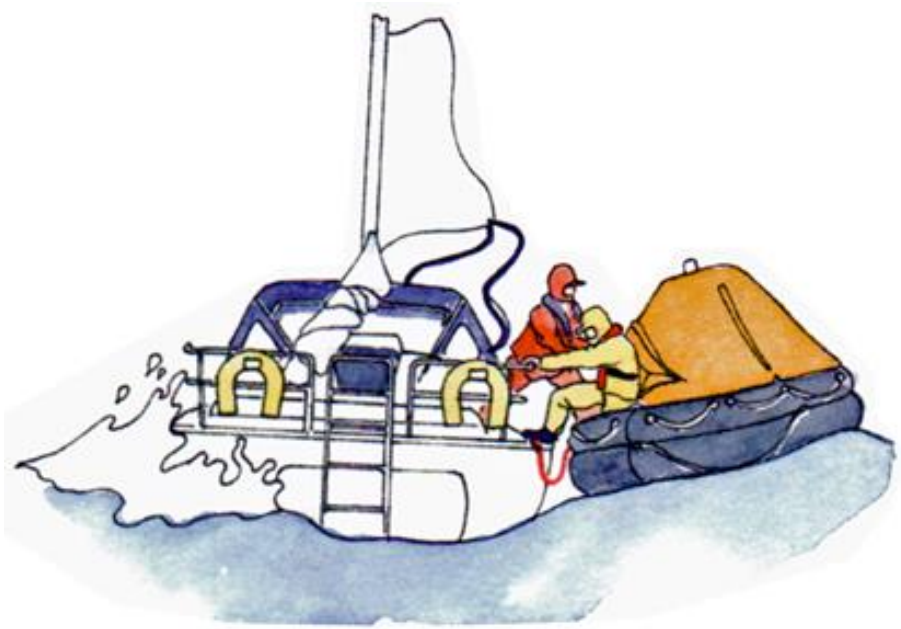
Either deck mounted in a GRP canister, where a hydrostatic release unit (HRU) can be employed

Or in a dedicated locker

If kept in a locker, make sure no other gear is stowed on top of it

You may need to access the liferaft in a hurry

Essential actions



Get a heavy adult into the liferaft first for stability



Get the crew to climb in, staying dry if possible

Do not jump into the water

Essential actions



Take extra provisions if you can, for example
Water

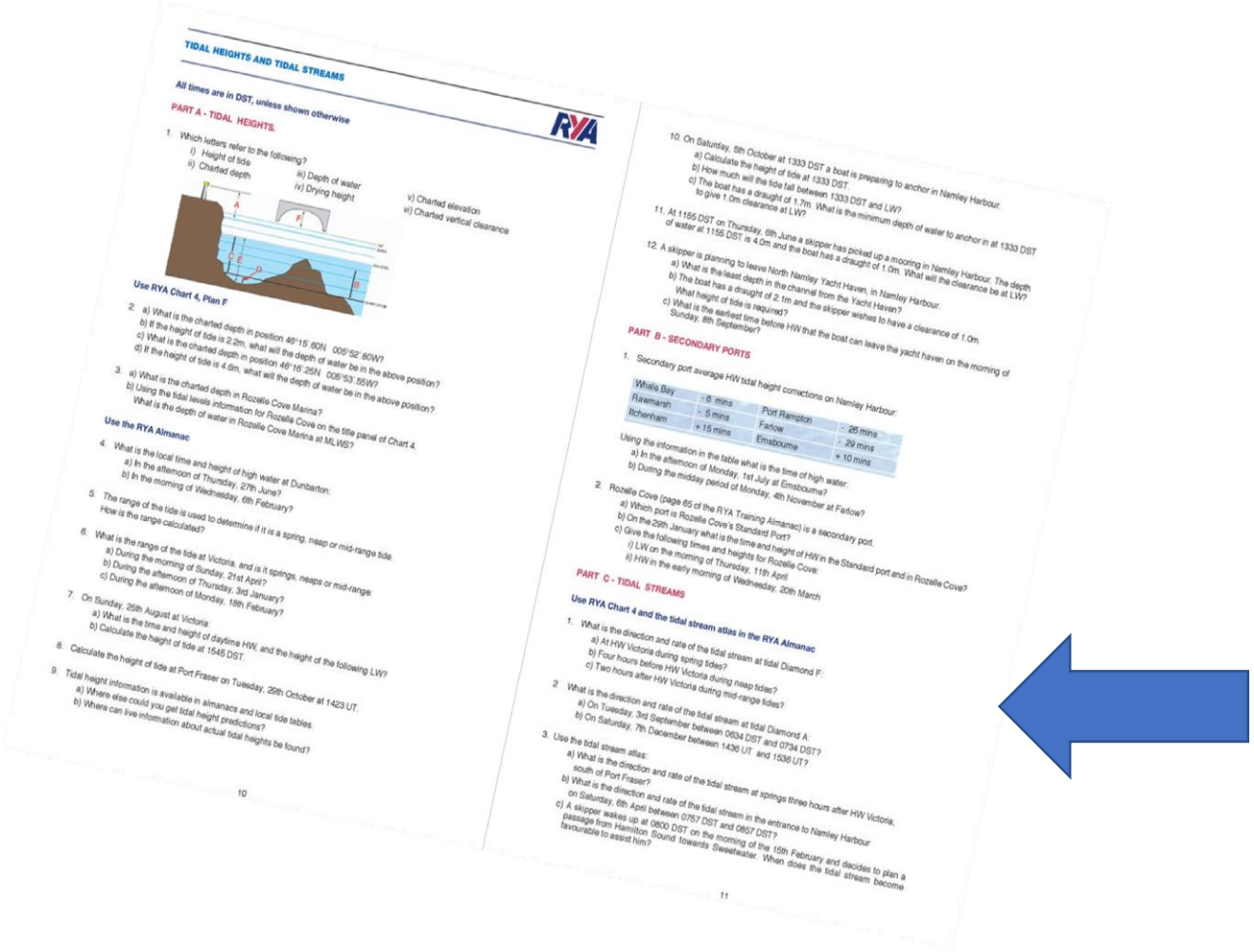
Carbohydrate food

First aid kit

Warm clothes

Sleeping bags

Homework



TIDAL HEIGHTS AND TIDAL STREAMS

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All times are in DST, unless shown otherwise

PART A - TIDAL HEIGHTS.

1. Which letters refer to the following?
   i) Height of tide
   ii) Charted depth
   iii) Depth of water
   iv) Drying height
   v) Charted elevation
   vi) Charted vertical clearance

Use RYA Chart 4, Plan F

2. a) What is the charted depth in position 48°15'.60N 005°52'.80W?
   b) If the height of tide is 2.2m, what will the depth of water be in the above position?
   c) What is the charted depth in position 48°16'.25N 005°53'.55W?
   d) If the height of tide is 4.6m, what will the depth of water be in the above position?
3. a) What is the charted depth in Rozelle Cove Marina?
   b) Using the tidal levels information for Rozelle Cove on the title panel of Chart 4.
   What is the depth of water in Rozelle Cove Marina at MLWS?

Use the RYA Almanac

4. What is the local time and height of high water at Dunbarton:
   a) In the afternoon of Thursday, 27th June?
   b) In the morning of Wednesday, 6th February?
5. The range of the tide is used to determine if it is a spring, neap or mid-range tide.
   How is the range calculated?
6. What is the range of the tide at Victoria, and is it springs, neaps or mid-range:
   a) During the morning of Sunday, 21st April?
   b) During the afternoon of Thursday, 3rd January?
   c) During the afternoon of Monday, 18th February?
7. On Sunday, 25th August at Victoria:
   a) What is the time and height of daytime HW, and the height of the following LW?
   b) Calculate the height of tide at 1545 DST.
8. Calculate the height of tide at Port Fraser on Tuesday, 29th October at 1423 UT.
9. Tidal height information is available in almanacs and local tide tables.
   a) Where else could you get tidal height predictions?
   b) Where can live information about actual tidal heights be found?

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10. On Saturday, 5th October at 1333 DST a boat is preparing to anchor in Namley Harbour.
    a) Calculate the height of tide at 1333 DST.
    b) How much will the tide fall between 1333 DST and LW?
    c) The boat has a draught of 1.7m. What is the minimum depth of water to anchor in at 1333 DST to give 1.0m clearance at LW?
11. At 1155 DST on Thursday, 6th June a skipper has picked up a mooring in Namley Harbour. The depth of water at 1155 DST is 4.0m and the boat has a draught of 1.0m. What will the clearance be at LW?
12. A skipper is planning to leave North Namley Yacht Haven, in Namley Harbour.
    a) What is the least depth in the channel from the Yacht Haven?
    b) The boat has a draught of 2.1m and the skipper wishes to have a clearance of 1.0m.
    What height of tide is required?
    c) What is the earliest time before HW that the boat can leave the yacht haven on the morning of Sunday, 8th September?

PART B - SECONDARY PORTS

1. Secondary port average HW tidal height corrections on Namley Harbour:

Whale Bay	- 6 mins	Port Rampton	- 26 mins
Rawmarsh	- 5 mins	Farlow	- 29 mins
Ilchenham	+ 15 mins	Emsbourne	+ 10 mins

   Using the information in the table what is the time of high water:
   a) In the afternoon of Monday, 1st July at Emsbourne?
   b) During the midday period of Monday, 4th November at Farlow?
2. Rozelle Cove (page 65 of the RYA Training Almanac) is a secondary port.
   a) Which port is Rozelle Cove's Standard Port?
   b) On the 29th January what is the time and height of HW in the Standard port and in Rozelle Cove?
   c) Give the following times and heights for Rozelle Cove:
   i) LW on the morning of Thursday, 11th April
   ii) HW in the early morning of Wednesday, 20th March

PART C - TIDAL STREAMS

Use RYA Chart 4 and the tidal stream atlas in the RYA Almanac

1. What is the direction and rate of the tidal stream at tidal Diamond F:
   a) At HW Victoria during spring tides?
   b) Four hours before HW Victoria during neap tides?
   c) Two hours after HW Victoria during mid-range tides?
2. What is the direction and rate of the tidal stream at tidal Diamond A:
   a) On Tuesday, 3rd September between 0634 DST and 0734 DST?
   b) On Saturday, 7th December between 1436 UT and 1536 UT?
3. Use the tidal stream atlas:
   a) What is the direction and rate of the tidal stream at springs three hours after HW Victoria, south of Port Fraser?
   b) What is the direction and rate of the tidal stream in the entrance to Namley Harbour on Saturday, 6th April between 0757 DST and 0857 DST?
   c) A skipper wakes up at 0600 DST on the morning of the 15th February and decides to plan a passage from Hamilton Sound towards Sweetwater. When does the tidal stream become favourable to assist him?

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