

Cruising in Company

Along the East Coast of Australia

Chris Manion

The Preparation

- Where are you going, who with, what boats, skills in the group...
- Go for a trial night on Sydney Harb. - Bantry Bay a great start
- Is your boat ready
 - engine serviced, rig check, sails ready, water & fuel
- Safety equipment
 - EPIRB (registered), AIS/PLB, PFD/tethers/jack stays, first aid (Cat 4), VF Radio (radio check), charts, Nav lights checked, winches serviced
- Where is all the gear – stowage locations chart
- Weather – cruising boaties don't go to windward - BOM/ Met Eye
- Day sailing distances – speed v time, wind angle
- Provisions required for the number of people, locations, availability to stock up.....
- Gas bottle checked, stove check, fridge working, batteries charging
- Is your insurance paid and appropriate for the trip

Samarine – Sail Nix 700i - Safety Stowage locations



Speed distance table

Down in km	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5
5	0:01:49	0:03:28	0:05:15	0:07:02	0:08:50	0:10:34	0:12:24	0:14:18	0:16:04
10	0:03:38	0:07:17	0:10:56	0:14:35	0:18:14	0:21:53	0:25:32	0:29:11	0:32:50
15	0:05:27	0:11:14	0:16:51	0:22:28	0:28:05	0:33:42	0:39:19	0:44:56	0:50:33
20	0:07:16	0:14:32	0:21:49	0:29:06	0:36:23	0:43:40	0:50:57	0:58:14	0:65:31
25	0:09:05	0:17:40	0:26:15	0:34:50	0:43:25	0:52:00	0:60:35	0:69:10	0:77:45
30	0:10:54	0:20:08	0:29:33	0:39:08	0:48:33	0:57:58	0:67:13	0:76:28	0:85:43
35	0:12:43	0:23:26	0:33:51	0:44:16	0:54:41	0:64:56	0:75:11	0:85:26	0:95:41
40	0:14:32	0:26:44	0:37:19	0:47:44	0:58:09	0:68:24	0:78:39	0:88:54	0:99:09
45	0:16:21	0:29:59	0:40:34	0:51:09	0:61:34	0:71:49	0:82:04	0:92:19	1:02:34
50	0:18:10	0:33:17	0:43:52	0:54:17	0:64:42	0:74:57	0:85:12	0:95:27	1:05:42
55	0:19:59	0:36:35	0:47:10	0:57:35	0:67:60	0:77:15	0:87:30	0:97:45	1:08:00
60	0:21:48	0:39:52	0:50:27	0:60:52	0:71:17	0:81:32	0:91:47	1:02:02	1:12:17
65	0:23:37	0:43:10	0:53:45	0:64:10	0:74:35	0:84:50	0:95:05	1:05:20	1:15:35
70	0:25:26	0:46:28	0:57:03	0:67:28	0:77:53	0:88:08	0:98:23	1:08:38	1:18:53
75	0:27:15	0:49:45	0:60:20	0:70:45	0:81:10	0:91:25	1:01:40	1:11:55	1:22:10
80	0:29:04	0:53:03	0:63:38	0:74:03	0:84:28	0:94:43	1:04:58	1:15:13	1:25:28
85	0:30:53	0:56:20	0:66:55	0:77:20	0:87:45	0:97:60	1:07:75	1:17:90	1:28:05
90	0:32:42	0:59:38	0:70:13	0:80:38	0:90:63	1:00:78	1:10:93	1:21:08	1:31:23
95	0:34:31	0:62:55	0:73:30	0:83:55	0:94:20	1:04:35	1:14:50	1:25:05	1:35:20
100	0:36:20	0:66:13	0:76:48	0:87:13	0:97:38	1:07:53	1:18:08	1:28:23	1:38:38
105	0:38:09	0:69:30	0:80:05	0:90:30	1:00:55	1:11:10	1:21:25	1:31:40	1:41:55
110	0:39:58	0:72:48	0:82:53	0:93:18	1:03:43	1:13:58	1:24:13	1:34:28	1:44:43
115	0:41:47	0:75:65	0:85:40	0:95:65	1:05:90	1:16:05	1:26:20	1:36:35	1:46:50
120	0:43:36	0:78:83	0:88:58	0:98:53	1:09:18	1:19:33	1:29:48	1:39:63	1:49:78
125	0:45:25	0:82:00	0:92:25	1:02:50	1:13:15	1:23:30	1:33:45	1:44:00	1:54:15
130	0:47:14	0:85:18	0:95:43	1:06:08	1:16:33	1:26:48	1:37:03	1:47:18	1:57:33
135	0:49:03	0:88:35	0:98:60	1:08:55	1:19:20	1:29:35	1:39:50	1:49:65	1:59:80
140	0:50:52	0:91:53	1:01:78	1:12:03	1:22:28	1:32:43	1:42:58	1:53:13	2:03:28



- Marine Rescue Port Stephens
VMR217, CH1937/30
02 49313585
02 49313585
- Marine Rescue Lemon Tree Passage
VMR203, CH1997
02 49824601
- Marine Rescue Newcastle
VMR200, CH1673
02 4927 8237
- Marine Rescue Swansea
VMR204, CH1937/30
02 4971 3458
radio@lifesaverport.com.au
- Marine Rescue Terrigal
VMR205, CH1937
02 43845377
- Marine Rescue Broken Bay
VMR213, CH1937
02 96993854
- Marine Rescue Sydney/Terrigal Hills
VMR225, CH1937/30/81
02 94927468
- Marine Rescue Bath Head
VMR201, CH1937
02 9297 9235

Additional items / checks / preparation.....

- Deck hatches always locked shut when underway, blocking devices/washboards secured to the boat
- Companionway hatch securing arrangement – operable from above & below deck
- Lifelines - no rust, taut & if tension via lanyard replace annually
- Auto bilge pump working + manual bilge pump ensure handle with lanyard
- Clipping points for 2/3 crew & one as you exit from below – jackstays
- Where is your fuel tank cut off valve... do you know.....
- Emergency water, spare batteries for torches & handheld VHF/GPS etc..
- Emergency tiller, rudder loss alternate steering, auto pilot working
- Lifebuoy + light, heaving line (15m), retrieval method of crew from water
- Flares, Sat phone - method to get the weather reports.....
- Spares, tools, oil, coolant, impeller, method of cutting rig away ?
- Reefing lines in before you leave port, storm sails – have you practiced



CREW Briefing check list – can be good for a skipper to check himself

What are the key points to consider as your moving offshore - housekeeping onboard – do you have new people with you ?

- Do you have visitors on this cruise, what should you show people when introducing your boat?
- What are the key safety procedures you need people to be aware of & locations ?
- how to start the engine & ensuring it is safe before you do so.
- VHF radio & basic usage - distress calls, EPIRB
- Location of batteries - on / off switches
- First aid kit – is it all in date
- Don't leave anything out - phones, food, drinks, glasses - they may fly around boat, store bags on the floor
- secure loose items always unless on a mooring or anchored
- plenty of suncream, hats & gloves, wet weather gear
- we do want you to enjoy yourself



Things to think about – check list skipper/crew

BOAT SAFETY

- PFD & safety harness lines
- emergency steering
- drogue & how to use
- deployment of heaving line
- heavy weather sails / reefing the main
- install & usage of jack stays
- life buoy & deployment
- man overboard (MOB) & what to do
- MOB who is in charge
- Spare anchor, chain etc

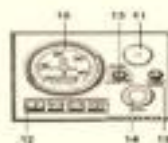
FIRE

- location of fire extns
- fire blanket
- gas bottle location
- stove gas valve
- engine fuel cut off
- engine fire access point for fire extinguisher
- location of buckets

FALLING OFF - MOB be prepared

- MOB button on VHF radio
- through life ring
- one person in charge
- one person to watch MOB
- do crew count
- make boat safe
- are all lines clear then engine
- discuss the plan to recover MOB
- heaving line
- make boat safe then engine
- practice your MOB drill

PANEL / ENGINE ON SAMPHIRE – VOLVO 2040C



Instrument panel without ignition switch:
The instrument panel, with four analogue gauges, 7 LED readouts and 10 push buttons, is mounted on the dashboard. The instrument panel should be used.

11. Fuel gauge (0-100 litres) and battery gauge (0-100%)
12. Oil pressure gauge (0-100%)
13. Water temperature gauge (0-100%)
14. Starter button
15. Ignition button



16. Reverse/forward gear
17. Ignition button
18. Starter button

When starting the engine, the starter motor will be engaged when the ignition button is pressed. The starter motor will be engaged when the ignition button is pressed. The starter motor will be engaged when the ignition button is pressed.

STARTING THE ENGINE ON SAMPHIRE – VOLVO 2040C

1. 3 x Battery switches on – find in rear cabin
2. Gear stick in Neutral – upright
3. Switch on Instrument – see 13 above & 12 left side warning display will be red
4. Glow / rocker switch – 15 above – hold up for 15 Seconds (only when engine is cold)
5. Now press start button – see 14 above – once going
6. Push in red button on gear stick & move forward – build revs to about 2000
7. Run for 5/7 min to warm up
8. To Stop pull out stop handle & then push back in

Turning on engine once warm NO need to glow engine

RACING MODE – turn off engine when gear stick in forward position

To restart engine, bring gear stick back to neutral

DON'T FORGET TO TURN OFF THE BATTERIES

TRAINING FOR A MAN OVERBOARD

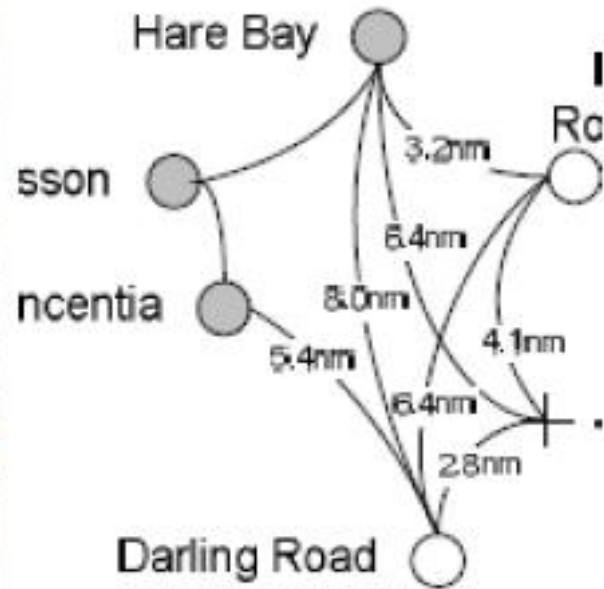
PRACTICE

Adjust these for darkness, new crew, different sail configurations, which are specific to your boat and crew.

1. If the skipper falls overboard
2. If a crew member falls overboard
3. If someone has fallen overboard and is tethered on

SAMPHIRE - First Aid Kit - Sell No 1106 - SASC - Category 4

Item	Description	Quantity	Expiry	Check date
	Paracetamol (500mg)	20	Sep-2025	
	Soluble Aspirin (Disprin)	20	Nov-2025	
	Disposable gloves	20		
	Crepe Bandage 75mm x 3.5m	2	Jul-2026	
	Triangular Bandage	1		
	Band-aids	20	Jul-2024	
	Adhesive Tape 50mm x 2.5m	1		
	Low Absorb / Non Adherent dressing (Mollein)	10	May-2026	
	Retallin (15ml)	1	Mar-2024	
	Alcohol Swabs - extra	10		
	Medi-crown tube (Igoracaine)	1	Feb-2026	
	Normal saline (washing 250ml)	1	Nov-2025	
	Band Aids (2 x 3 packs)	5	Oct-2024	
	Sunscreen 30+ SPF 150ml	1	Aug-2024	
	Scissors - stainless steel	1		
	Safety Pins assorted size	1		
	OPB Mask	1		
	Towel Cloth	10	Nov-2025	
	Retall - extra	1		
	First aid book with first aid kit	1		
	8 x PFD's serviced by owner Aug 2023		Aug-2026	
	Flares - 2 x red, 2 x orange		Jul-2026	
	Flares - 2 x white		Jul-2024	
	AMSA 400 Beacon Registration		Current	



Jervis Bay detail



Locations near us – NAUTICAL MILES from Sydney

- **TURNING NORTH**
 - Pittwater / Hawkesbury (18NM)
 - Lake Macquarie(55NM)
 - Newcastle Harbour(66NM)
 - Port Stephens(93NM) + Broughton Is (+8NM)
- **TURNING SOUTH**
 - Pt Hacking (17.7NM),
 - Shellharbour Marina(28NM),
 - Jervis Bay (84NM)

Enjoy the days



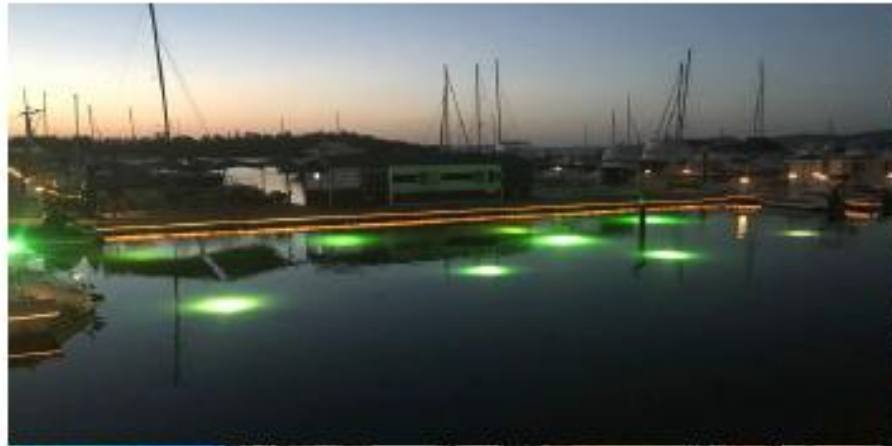
THE PLAN FOR 2025 & future

Those who may like to **cruise in company** from Sydney the plan being proposed is always weather dependant.

- Bob Brown race or cruise – Easter Thursday 17 April 2025
 - Raft up in Coaster's retreat & BBQ @ the Basin Good Friday
 - Plan to cruise back with others over the Easter weekend
- Pt Stephens / Soldiers Point Marina – November 25
 - 6 November – 10th November - dates TBC
 - Pittwater, Lake Macquarie?
 - Newcastle (NCYC)
 - Pt Stephens – SPM
 - Broughton Is.
- Other cursing destinations members have visited
 - Port Hacking
 - Shellharbour Marina
 - Jervis Bay
 - Pittwater a great start & Sydney Harbour



SPM the BBQ



**How can the experienced members help others
prepare & enjoy ?**

Contact details

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this presentation will be put on the SASC web site