



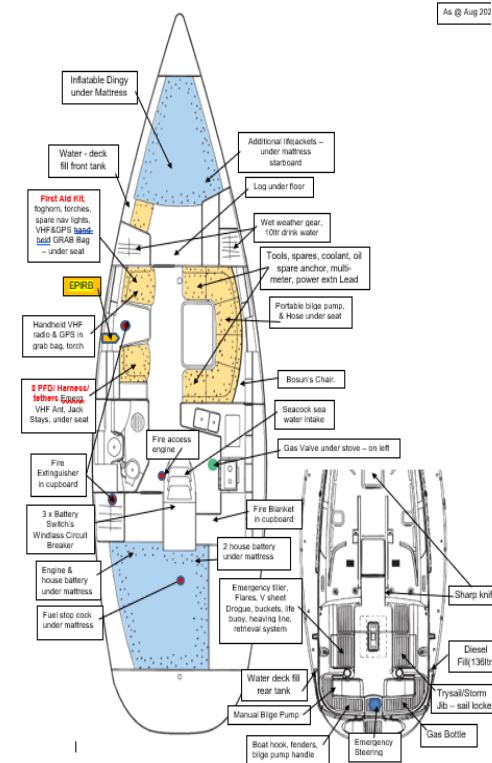
Cruising in Company

Along the East Coast of Australia
Chris Manion, Bruce Dover, Phil Tanner

The Preparation

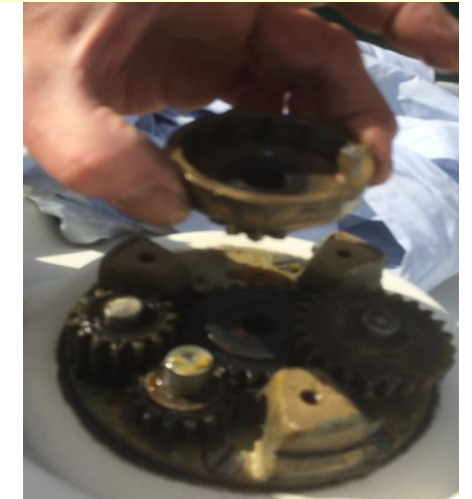
- Where are you going, who with, what boats, skills in the group...
- Go for a night on Sydney Harb. - Bantry Bay a great start
- Is your boat ready
 - engine serviced, rig check, sails ready, water & fuel
- Safety equipment
 - EPIRB (registered), PFD/tethers/jack stays, first aid (Cat 4), VF Radio (do 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

Samphire – Sail No: 7206 - Safety Stowage locations



Speed distance table

	3.0	3.5	4.0	4.5	5.0	5.5	6.0	6.5	7.0
5	0:01:40	0:01:25	0:01:15	0:01:08	0:01:00	0:00:54	0:00:50	0:00:48	0:00:42
10	0:03:20	0:02:51	0:02:30	0:02:13	0:02:00	0:01:49	0:01:40	0:01:32	0:01:26
15	0:05:00	0:04:17	0:03:45	0:03:20	0:03:00	0:02:43	0:02:30	0:02:18	0:02:08
20	0:06:40	0:05:42	0:05:00	0:04:28	0:04:00	0:03:38	0:03:20	0:03:04	0:02:51
25	0:08:20	0:07:08	0:06:15	0:05:33	0:05:00	0:04:32	0:04:10	0:03:50	0:03:34
30	0:10:00	0:08:34	0:07:30	0:06:40	0:06:00	0:05:27	0:05:00	0:04:36	0:04:17
35	0:11:40	0:10:00	0:08:45	0:07:46	0:07:00	0:06:21	0:05:50	0:05:23	0:05:00
40	0:13:20	0:11:25	0:10:00	0:08:53	0:08:00	0:07:16	0:06:40	0:06:09	0:05:42
45	0:15:00	0:12:51	0:11:15	0:10:00	0:09:00	0:08:10	0:07:30	0:06:55	0:06:25
50	0:16:40	0:14:17	0:12:30	0:11:06	0:10:00	0:09:05	0:08:20	0:07:41	0:07:08
55	0:18:20	0:15:42	0:13:45	0:12:13	0:11:00	0:10:00	0:09:10	0:08:27	0:07:51
60	0:20:00	0:17:08	0:15:00	0:13:20	0:12:00	0:10:54	0:10:00	0:09:13	0:08:34
65	0:21:40	0:18:34	0:16:15	0:14:28	0:13:00	0:11:49	0:10:50	0:10:00	0:09:17
70	0:23:20	0:20:00	0:17:30	0:15:33	0:14:00	0:12:43	0:11:40	0:10:46	0:10:00
75	0:10:00	0:21:25	0:18:45	0:16:40	0:15:00	0:13:38	0:12:30	0:11:32	0:10:42
80	1:02:40	0:22:51	0:20:00	0:17:46	0:16:00	0:14:32	0:13:20	0:12:18	0:11:25
85	1:04:20	1:00:17	0:21:15	0:18:53	0:17:00	0:15:27	0:14:10	0:13:04	0:12:08
90	1:06:00	1:01:42	0:22:30	0:20:00	0:18:00	0:16:21	0:15:00	0:13:50	0:12:51
95	1:07:40	1:03:08	0:23:45	0:21:06	0:19:00	0:17:16	0:15:50	0:14:36	0:13:34
100	1:09:20	1:04:34	1:01:00	0:22:13	0:20:00	0:18:10	0:16:40	0:15:23	0:14:17



- Marine Rescue Port Stephens
VMR217, CH16,67,80,
02 49813585
portstephens@coastal.patrol.gov.au
- Marine Rescue Lemon Tree Passage
VMR265, CH16,67,
02 49824981
Marine Rescue Newcastle
VMR220, CH16,73
02 4927 8237
- Marine Rescue Swansea
VMR264, CH16,67,80,
02 49713498 radio.nsw@coastguard.com.au
- Marine Rescue Terrigal
VMR253, CH16,67
02 43845577
- Marine Rescue Broken Bay
VMR213, CH16,67
02 99993554
- Marine Rescue Sydney-Terry Hills
VMR225, CH16,67,80,81
02 94502468
- Marine Rescue South Head
VMR261, CH16,67
02 9337 5033

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
- 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 & what to do - who is in charge
- Spare anchor, chain etc

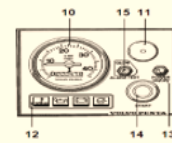
FIRE

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

FALLING OFF

- 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

PANEL / ENGINE ON SAMPHIRE – VOLVO 2040C



Instrument panel without ignition switch
The instrument panel does not have an ignition switch. To stop unauthorized persons starting the engine the wheelhouse should have a lock or a lockable main switch should be used.

- Tachometer and hour counter (accessory) Displays engine speed. Multiply this value by 100 for revolutions per minute. The hour counter displays engine operating time in hours and tenths of an hour.
- Siren for acoustic alarm.
- Warning display. See 10-19.
- Switch for connecting and disconnecting instrument panel.
- Starter button. The starter motor is engaged when this button is pressed.
- Alarm test/acknowledgment and glow plug rocker switch.



Glow plugs active: When the rocker switch is in the up position the glow plugs are activated.
To test alarm: Move the rocker switch down. All warning lights light and the acoustic alarm sounds.
Alarm acknowledgment: If there is an alarm the rocker switch is moved down and the alarm is acknowledged. The acoustic alarm stops but the relevant warning lamp continues to flash until the malfunction is corrected.

STARTING THE ENGINE ON SAMPHIRE – VOLVO 2040C

- 3 x Battery switches on – find in rear [cabin](#)
- Gear stick in Neutral – upright
- Switch on Instrument – see 13 above & 12 left side warning display will be [red](#)
- Glow / rocker switch – 15 above – hold up for 15 Seconds (only when engine is cold)
- Now press start button – see 14 above – once [going](#)
- Push in red button on gear stick & move forward – build revs to about [2000](#)
- Run for 5 / 7 min to warm [up](#)
- 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

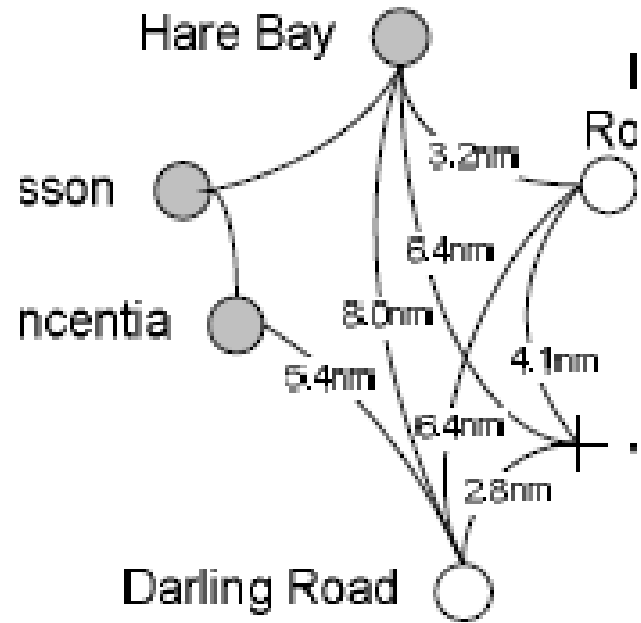
PRACTICE

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

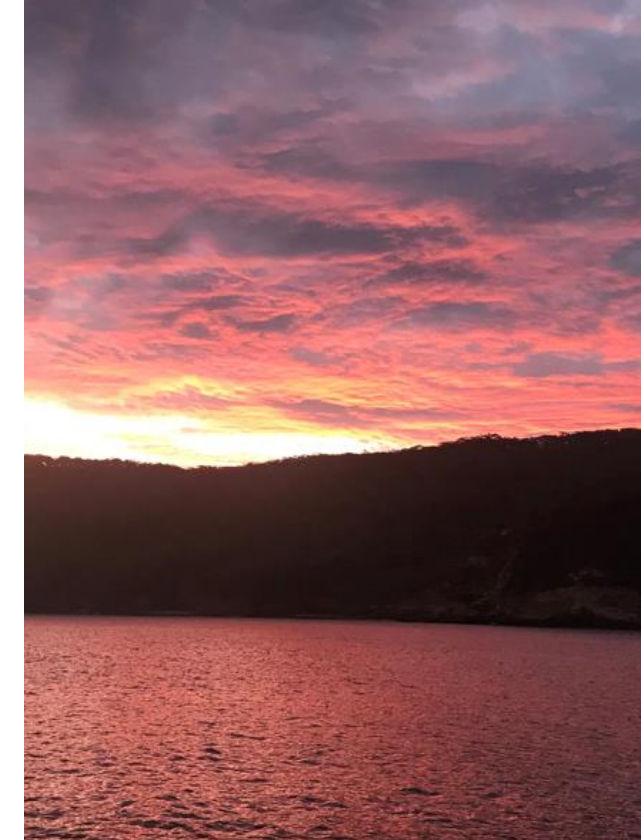
1. If the skipper falls overboard
2. If a crew member falls overboard
3. If someone has fallen overboard and is tethered on

SAMPHIRE - First Aid Kit - Sail No 7206 - SASC - Category 4

8-Aug-23	Description	Quantity	Expire	Check date
	Paracetamol (500mg)	20	Sep-2024	
	Soluble Aspirin (Disprin)	20	Nov-2025	
	Disposable gloves	20		
	Crepe Bangage 75mm x 1.5m	2	Jul-2026	
	Triangular Bandage	1		
	Bandaids	20	Jul-2024	
	Adhesive Tape 50mmx 2.5m	1		
	Low Absorb /Non Adherent dressing(Melolin)	10	May-2026	
	Betadine (15mil)	1	May-2024	
	Alcohol Swabs - extra	10		
	Medi-crema tube (Lignocaine)	1	Feb-2026	
	Normal saline (washing 250ml)	1	Nov-2025	
	Steri Strips (2 x 3 packs)	5	Oct-2024	
	Sunscreen 30+ SPF 250ml	1	Aug-2024	
	Scissors - stainless steel	1		
	Safety Pins assorted size	1		
	CPR Mask	1		
	Travel Calm	10	Nov-2025	
	Dettol - extra	1		
	first aid book with first aid kit	New		
	8 x PHD's serviced by owner Aug 2023		Aug-2026	
	Flares- 2 x red, 2 x orange		Jul-2026	
	Flares- 2 x white		Jul-2024	
	AMSA 406 Beacon Registration		Current	



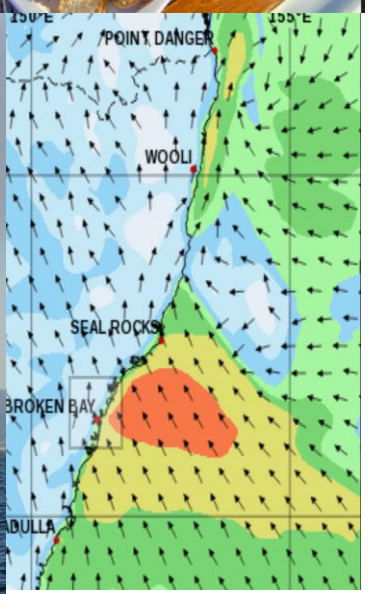
Jervis Bay detail



**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),
 - Shell Harbour Marina(28NM),
 - Jervis Bay (84NM)

Enjoy the days



THE PLAN FOR 2023 - November

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

- Day 1 - 10/11/23 Friday - Sydney Harbour to Coasters / Basin
- Day 2 - 11/11/23 Saturday - Pittwater to Newcastle Harbour - NCYC
- Day 3 - 12/11/23 Sunday - Newcastle to Pt Stephens - Soldiers Point marina
- Day 4 - 13/11/23 Monday - SPM & BBQ start 5pm
- Day 5 - 14/11/23 Tuesday - Free - Some start home, some to Broughton Island / LHI ect.....

PLEASE REMEMBER THIS IS A SOCIAL EVENT NOT ALIGNED TO ANY PARTICULAR CLUB & SKIPPERS MAY LIKE TO PREPARE THEIR BOATS TO THE A.S. CAT 4 LEVEL FOR THIS DAYTIME COASTAL OFF SHORE CRUISE

Stay in touch and drop me a line if planning to join in so we know who is cruising with us & SPREAD THE WORD

WE ALL NEED TO MAKE OUR OWN BOOKINGS WITH NCYC & SPM

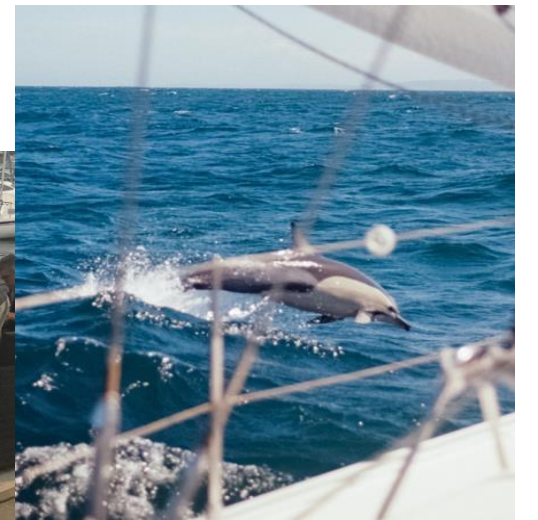
SPM the BBQ



book in for 2 nights (12 & 13 November 23) at SPM for this cruise & BBQ for 2 people & \$50 per person if more than 2 onboard
13th November looks like this- all included 8am - Breakfast BBQ & coffee

- 1pm - Oyster shucking & then oysters for lunch
- 2.30pm - some games - quoit toss, chess, & giant connect 4 (don't ask what this is - i have no idea)
- 4.30 Coctails - tropical dress theme & wine tasting - Mark Tynan wines
- followed by a BBQ hosted by the Marina staff

Please contact the SPM directly to book in for the 2 nights - who is joining us



Additional items / checks / preparation.....

- Hatches always locked shut when underway, blocking devices/washboards secured to the boat
- Companionway hatch securing arrangement – operable from above & below deck
- Lifelines uncoated – if not possible rust, taut & if tension via lanyard replace annually
- Bilge pump working & 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, rig check ?
- Reefing lines in before you leave port, storm sails



Any questions ?

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

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