

2002 DELMARVA - TRAINING EXERCISES

The following evolutions include those in the OPORDER as well as additional ones designated by the VOST coaching staff. All evolutions must be completed during the training period unless conditions do not permit. Some evolutions should involve the entire crew, while each watch section will execute others. Be sure to refer to SOP, OPORDER and NOTES in this log book.

LEGS (recommended location to perform exercises)

- 0 Prior to departure
- 1 Chesapeake Bay - day time
- 2 Chesapeake Bay - night time
- 3 Atlantic Ocean - day time
- 4 Atlantic Ocean - night time
- 5 Delaware Bay
- 6 C&D Canal
- 7 Northern Chesapeake Bay

REFERENCES

DLB - DELMARVA logbook
 SOP - Standard Operating Procedure
 BIB - Boat Information Book
 Chapman's Piloting

MAN OVERBOARD (do NOT put a person in the water)

<u>Init.</u>	<u>Drill</u>	<u>Details</u>	<u>Leg</u>	<u>Day</u>	<u>Time</u>	<u>Recovery time</u>	<u>References</u>
_____	Man-Over-Board on the Bay	daytime w/jib	1	_____	_____	_____	SOP 803
_____	Man-Over-Board on the Bay	daytime w/ spinnaker	1	_____	_____	_____	DLB
_____	Man-Over-Board on the Bay	night time w/ jib*	2	_____	_____	_____	BIB 5-2
_____	Man-Over-Board on the Bay	night time w/ spinnaker*	2	_____	_____	_____	Chapman's
_____	Man-Over-Board on the Ocean	daytime w/jib	3	_____	_____	_____	
_____	Man-Over-Board on the Ocean	daytime w/ spinnaker	3	_____	_____	_____	
_____	Man-Over-Board on the Ocean	night time	4	_____	_____	_____	

HEAVY WEATHER (each watch)

<u>Init.</u>	<u>Drill</u>	<u>Details</u>	<u>Leg</u>	<u>Day</u>	<u>Time</u>	<u>Wind strength</u>	<u>References</u>
_____	All discuss heavy weather procedures, issues		1	_____	_____	_____	DLB
_____	Storm Jib/Storm Trysail	Port watch	1,3	_____	_____	_____	BIB 6-3
_____	Storm Jib/Storm Trysail	Starboard watch	1,3	_____	_____	_____	Chapman's SOP 908

tack, gybe, heave-to; preferably 20+ knots of wind

_____	Heaving to	Port watch	1,3	_____	_____	_____	
_____	Heaving to	Starboard watch	1,3	_____	_____	_____	

true wind >15 knots; fully reefed main, with and without storm jib; experiment w/ helm lashed

_____	Rig and deploy galerider	all	3	_____	_____	_____	
-------	--------------------------	-----	---	-------	-------	-------	--

set & retrieve drogue using largest anchor rode

DAMAGE CONTROL (all)

<u>Init.</u>	<u>Drill</u>	<u>Details</u>	<u>Leg</u>	<u>Day</u>	<u>Time</u>	<u>Duration</u>	<u>References</u>
_____	Discuss Abandoning Ship	including life raft	1	_____	_____	_____	BIB 5-11 SOP 806
_____	Discuss Dismasting	broken boom, pole	1	_____	_____	_____	BIB 5-10
_____	Discuss Fire Fighting	locate extinguishers	1	_____	_____	_____	BIB 5-7
_____	Discuss Collision/DC	stanchions, lifelines	1	_____	_____	_____	BIB 5-3

assign specific stations and responsibilities; conduct "what if" exercises; locate relevant equipment

_____	Emergency Steering - Sails	Port watch	1,3	_____	_____	_____	BIB 5-8 DLB
_____	Emergency Steering - Sails	Starboard watch	1,3	_____	_____	_____	BIB 5-8 DLB

tack & gybe using only sails; use sails and weight to turn boat w/ rudder lashed amidships

_____	Emergency Tiller	Port watch	1,2,3,7	_____	_____	_____	BIB 5-8.2.1
_____	Emergency Tiller	Starboard watch	1,2,3,7	_____	_____	_____	

rig emergency tiller w/ lines to winches

_____	Inspect Steering Gear	all must inspect	1,5				BIB 4-4
-------	-----------------------	------------------	-----	--	--	--	---------

SAFETY & EQUIPMENT

<u>Init.</u>	<u>Drill</u>	<u>Details</u>	<u>Leg</u>	<u>Day</u>	<u>Time</u>	<u>Duration</u>	<u>References</u>
_____	Discuss and locate	PFD's	0	_____	_____	_____	
_____	Discuss, locate, fit	Safety Harness	0	_____	_____	_____	BIB 5-2.1.1
_____	Head Operation	operation, pump out	1	_____	_____	_____	BIB 3-5.9
_____	Stove Operation	all must do once	any	_____	_____	_____	BIB 5-3.1.1 SOP 408
_____	Rig boom end preventer	Port watch	1	_____	_____	_____	BIB 1-5.5 SOP 401
_____	Rig boom end preventer	Starboard watch	1	_____	_____	_____	BIB 1-5.5 SOP 401

MAN ALOFT

<u>Init.</u>	<u>Drill</u>	<u>Details</u>	<u>Leg</u>	<u>Day</u>	<u>Time</u>	<u>Duration</u>	<u>References</u>
_____	Send a man aloft	Port watch	1,3	_____	_____	_____	DLB SOP 804
_____	Send a man aloft	Starboard watch	1,3	_____	_____	_____	DLB SOP 804

you must use 2 halyards for non-racing man aloft

_____	Fully inspect rig and fittings*	Port watch	1,3	_____	_____	_____	DLB
_____	Fully inspect rig and fittings*	Starboard watch	1,3	_____	_____	_____	DLB

** use checklist in Evolutions and Drills*

MAN ALOFT (continued)

_____	Send a man to Spin Pole end	Port watch	any	_____	_____	DLB
_____	Send a man to Spin Pole end	Starboard watch	any	_____	_____	DLB

prepare for spinnaker change; fix the "blues"

_____	Send a man to Spinnaker Clew	Port watch	any	_____	_____	DLB
_____	Send a man to Spinnaker Clew	Starboard watch	any	_____	_____	DLB

NAVIGATION

<u>Init.</u>	<u>Drill</u>	<u>Details</u>	<u>Leg</u>		<u>References</u>
_____	DR (range & bearing) only	NO electronic navigation	1,2	each crew minimum of 2 hours	Chapman's SOP 208
_____	Radar Navigation	NO electronic navigation	5,6	each crew minimum of 1 hour	Chapman's SOP 406

Fixes taken every 30 minutes

_____	Calibrate B&G instruments	use B&G manual	any		DLB
-------	---------------------------	----------------	-----	--	-----

COMMUNICATION

<u>Init.</u>	<u>Drill</u>	<u>Details</u>	<u>Leg</u>		<u>References</u>
_____	Discuss VHF procedures	Monitor 13, 16, 82A	all	each crew minimum of 2 contacts	SOP 405 BIB 1-7.4.2
_____	VHF comms w/ VOST and commercial traffic		all		
_____	Discuss HF procedures		all		
_____	HF comms per handout	MUST LOG	3,4		
_____	Monitor weather radio		all		

SEAMANSHIP

<u>Init.</u>	<u>Drill</u>	<u>Details</u>	<u>Leg</u>		<u>References</u>
_____	D qual PQS	all non-D quals	any		Chapman's
_____	Knot tying	all should demonstrate	any		Chapman's

square, clove hitch, rolling hitch, half hitch, sheet bend, figure eight, bowline, whipping

_____	Helmsmanship	all must log 3 hours	any		
_____	Rig Craft for Tow	Port watch	5,6,7		BIB 6-6
_____	Rig Craft for Tow	Starboard watch	5,6,7		BIB 6-6

boats pair up; rig towing gear, heaving line, chafing gear, towing line; have knife ready

SAIL HANDLING

<u>Init.</u>	<u>Drill</u>	<u>Details</u>	<u>Leg</u>	<u>Day</u>	<u>Time</u>	<u>Wind strength</u>	<u>References</u>
_____	Put in 1st Reef	Port watch	1	_____	_____	_____	BIB 3-5.5.10
_____	Put in 1st Reef	Starboard watch	1	_____	_____	_____	
_____	Put in 2nd Reef	Port watch	1	_____	_____	_____	
_____	Put in 2nd Reef	Starboard watch	1	_____	_____	_____	
_____	Tack change of jib	Port watch	any	_____	_____	_____	
_____	Tack change of jib	Starboard watch	any	_____	_____	_____	
_____	Same tack change of jib	Port watch	any	_____	_____	_____	
_____	Same tack change of jib	Starboard watch	any	_____	_____	_____	
_____	Spinnaker peel	Port watch	any	_____	_____	_____	
_____	Spinnaker peel	Starboard watch	any	_____	_____	_____	

Second evolution

_____	Put in 1st Reef -night	Port watch	any	_____	_____	_____
_____	Put in 1st Reef -night	Starboard watch	any	_____	_____	_____
_____	Put in 2nd Reef -night	Port watch	any	_____	_____	_____
_____	Put in 2nd Reef -night	Starboard watch	any	_____	_____	_____
_____	Tack change of jib	Port watch	any	_____	_____	_____
_____	Tack change of jib	Starboard watch	any	_____	_____	_____
_____	Same tack change of jib	Port watch	any	_____	_____	_____
_____	Same tack change of jib	Starboard watch	any	_____	_____	_____
_____	Spinnaker peel	Port watch	any	_____	_____	_____
_____	Spinnaker peel	Starboard watch	any	_____	_____	_____

STANDARD OPERATING PROCEDURES

_____	Discuss any areas not covered in above drills	All	any				SOP
-------	---	-----	-----	--	--	--	-----

BOAT INFORMATION BOOK

_____	Discuss any areas not covered in above drills	All	any				BIB
-------	---	-----	-----	--	--	--	-----

OPORDER

_____	Discuss any areas not covered in above drills	All	any				OPORDER
-------	---	-----	-----	--	--	--	---------