

# CREW TIPS FOR MEMBERS

SAILING SINGLES OF SWFL



## ALWAYS READ AND KEEP NEWSLETTERS FOR SAIL SCHEDULES AND INFORMATION.

- **ALWAYS BE EARLY** for boarding. Call your Captain if delayed. Boat leaves at scheduled time set by the Captain.
- **WEAR BOATING SHOES.** Rubber-soled athletic shoes are ok, but no black soles.
- **ONLY BRING LIFE JACKETS** if requested by the Captain. Know where the Captain keeps jackets and emergency equipment.
- **DON'T** ask to be back by a specific time.
- **NO OUTSIDE GUESTS** without making prior arrangements. Members have first choice for placement on available boats.
- **LISTEN CAREFULLY** to Captain's instructions and boat information.
- **BRING MINIMAL BAGGAGE.** Pack for weather changes, pack lightly and bring only necessities. Buy a lightweight but warm sleeping bag for overnight sails.
- **NO OILS,** or greasy suntan lotions with Paba.
- Bring a small flashlight on overnight cruises.
- **SMOKERS, GET PERMISSION** from the Captain. Find out where smoking is permissible. Do not throw butts or filters overboard. No smoking in cabin or the cockpit near fellow crew members. Do not smoke near the sails or upwind.
- **HEAD USE** Marine toilets are not mysterious, just different. Get instructions on how the toilet on your assigned boat works before leaving the dock. Find out what gets flushed and what gets put in the wastebasket.
- **KEEP GARBAGE TO A MINIMUM.** Arrange for a crew member to dispose of the trash somewhere other than the Captain's dumpster. If you must, take the boat garbage home. Do not leave it with the Captain.
- **SEA SICKNESS** If you develop motion sickness, stay above deck, to stern and tell the Captain early on. Take motion sickness prevention medication before sailing. Everyone who sails will get seasick sooner or later.
- **FOOD AND BEVERAGE ABOARD.** Coordinate with others on your boat. On-board eating should be quick and simple and include non-messy, pre-cooked foods that can be warmed up or served cold. Bring your own pre-chilled beverages and appropriate travel mugs.
- **BE WILLING TO SAIL** on any club boat and available for clean-up upon returning to the dock. We have a variety of sailing vessels and desire to have our members be assigned to different boats for each club activity. Captains may have needs at the end of the sail. Ask the Captain for clean-up instructions.



[www.sailing-singles.net](http://www.sailing-singles.net)