



# NorthWest Sailing Association

## Crew Guide

### IN PREPARATION

#### Safety

1. Be prepared with the proper equipment listed below.
2. Be attentive to your Skipper – The Skipper's word is the final word.

#### Clothing and Equipment – Be prepared for any weather conditions

1. Bring and wear your NWSA Badge
2. Sun protection includes sunscreen, sunglasses (with a strap), hat, (with a strap), etc.
3. Long sleeve shirt / pants to protect you from sunburn and biting flies
4. Your own PFD (personal floatation device), fitted and comfortable
5. Foul weather gear / attire appropriate for conditions. Layered clothing prepares you for a range of conditions.
6. Personal medication
7. If you are susceptible to any type of motion sickness, take medication at least one hour before departure. Ginger snap cookies or chewable ginger tablets are also helpful.
8. Deck shoes or white-soled athletic shoes
9. Sailing gloves are recommended
10. Wipes and zip lock bags are recommended.
11. Duffel bag containing your sailing gear, light change of clothes, food and drinks
12. Skipper has the last say on smoking or drinking onboard
13. Lunch and/or Snacks including something to share, in a soft sided cooler, if possible.  
Appropriate foods aboard sailboats should be in general: easy, neat, finger foods that don't require preparation / heating or refrigeration. Sandwiches, fruit and cheese/crackers are staples. Stick with the simple staples at first but avoid chocolate because it melts.

## **DAY OF THE SAIL**

**BE PROMPT AND CALL THE SKIPPER IF YOU HAVE BEEN DELAYED OR IF YOU HAVE TO CANCEL AT THE LAST MINUTE.** Latecomers are often simply left ashore.

Sign up with commitment and obligation. Cancel in advance so other crew can sign-up; cancel online or, once registration is closed, call the Cruise Captain.

1. Know the start time, meeting location, parking arrangements, location of the boat, name of the skipper and boat, cell phone number of the skipper and cruise captain (this information is usually provided by the cruise captain in advance of the sail)
2. Transportation to and from the event is the individual's responsibility.

## **FINAL THOUGHTS**

You will get more out of the sail if you take an active part.

Ask questions about what you don't understand.

Volunteer to help.

If unsure how to perform a task, ask for help.

Arrive early to help prepare the boat and stay after to help clean up and secure the boat.

Remember to take off everything you brought on board.

Remember that as crew, we are guests at the discretion of the boat owner.

Enjoy / have fun

COURTESY gift or thought; something to acknowledge your skipper; it's our customary way of showing appreciation for them. This doesn't require gift wrapping. Helping to launch the boat by arriving early or offering a sundowner after the sail is appreciated.