

HARVEST

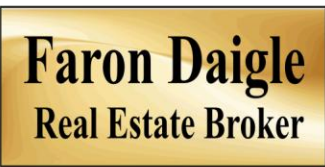
MOON

Heavy Weather Sailing

Jay Johnson, SV Karma

2024 REGATTA

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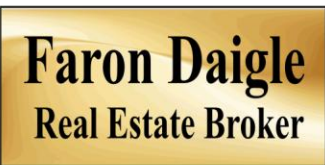
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Overview

- Things to consider **before** the race to be prepared.
- **During** the race, how to look for bad weather.
- In a storm, what to do to **make it out safe**.

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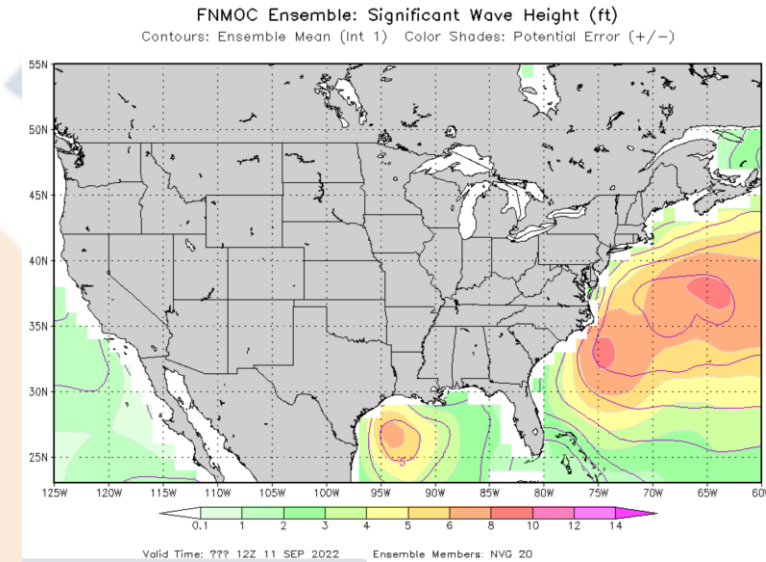


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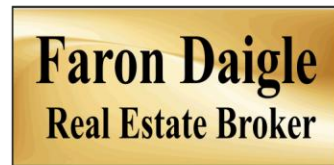


Know the weather before you go

- Weather prediction beforehand is important
 - Don't rely on HMR to give you a forecast.
 - <https://www.metoc.navy.mil/fnmoc/fnmoc.html>
(Fleet Numerical Meteorology and Oceanography Center)
 - Space city weather
 - Noaa
 - Windfinder, windy, other apps
 - Predict wind – custom forecast
 - You should know ahead of time bad weather
- Know your boat. If you don't think you can make it, don't go!



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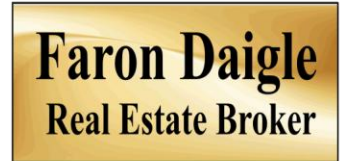


Vessel conditions

- Are you ready for heavy weather?
- Inspect your rig before the race
 - Professional services for this
- Through holes
 - Do you have your bungs?
- Motor – make sure it works well
 - Inspection from mechanic?
 - Filters for Secondary Raycor
- Sheets and lines – are they frayed or heat damaged?
- If your boat is ready, then you most likely will be mentally ready as well.
- **If your boat is not ready, you are not ready to race.**



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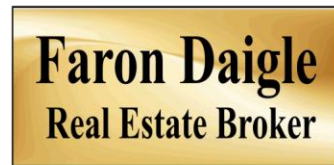


Safety equipment

- Read the Safety Equipment Requirements
- Red Headlamps
- Flashlight in the companionway
- Good Lifejackets
 - Rings
 - Crotch straps
- Overboard equipment



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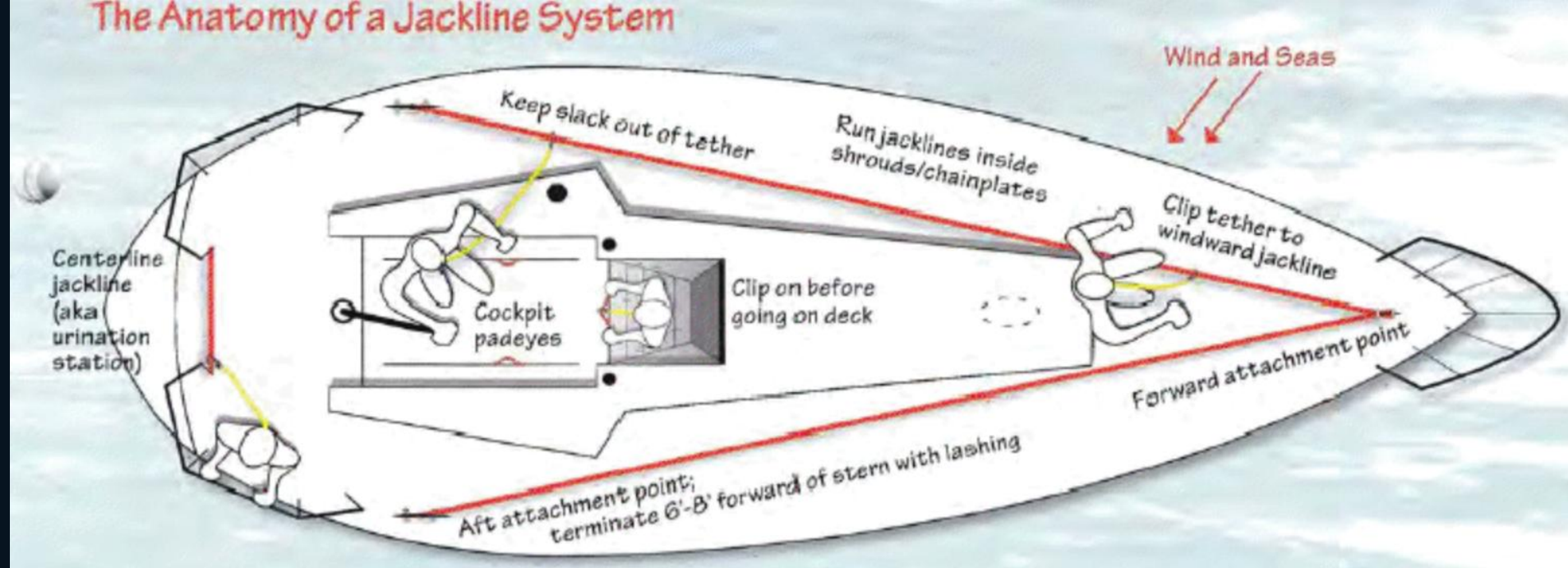
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Jacklines



- Run them inside the shrouds.
- Attach to cleats or other strong point.
- If someone's going in front have at least one more person in the cockpit ready.
- If we are doing a sail change, everyone needs to be up.
- Always clip in if going up front.
- Clip in the cockpit at night

“Come back with the same number of people you left with”

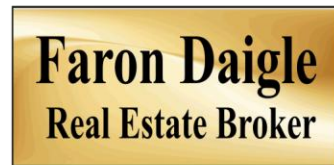
Crew Management – Shifts and Drills

- Shifts
 - Planned shifts keep everyone alert and rested.
 - Timing – 2 hours, 3 hours, 4 hours
 - Shorter if the weather is rough
 - Why to do this
 - Prevents tiredness
 - More responsive
 - Never have only one person up.
- Do an overboard drill at least once.
 - Everyone needs to know their job.

Brady – S/V Delos



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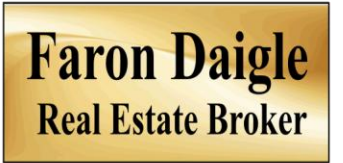


Heavy weather clothing

- Chances are you are going to get wet with rain and waves.
- Cold weather, wind can cause hypothermia.
- Make sure the entire crew has the correct clothing for the race before the race.
- No cotton!



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Seasickness

- If you are prone, start your treatment before you get sick.
 - Medicine, acupressure bands...
- Never go down below.
- If you feel sickness coming on, do something like steer or clean up the cockpit.
- If sick, keep warm, try to drink, stay on deck.



Seasickness is a major problem

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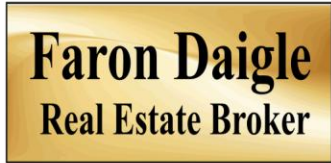
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Reading the Weather on the Boat

- Know the signs of bad weather.
- Have a plan for the bad weather.

- Cold Fronts: Signs right before a front.
 - Cloud formation looks like Mordor. Darker the worse it will be.
 - Barometer drops.
 - Wind dies.
 - Temperature changes.



- If you see this coming, get ready!

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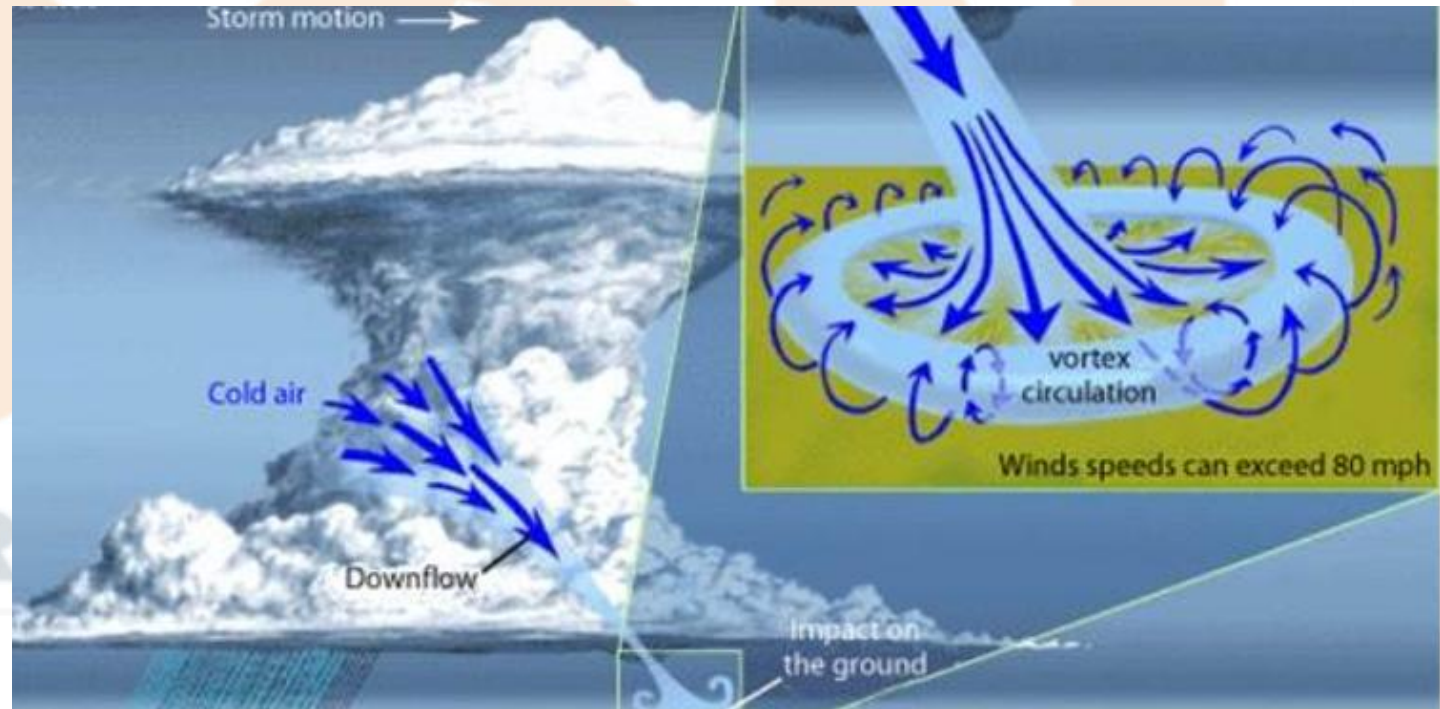






Thunderstorms on the Water

- Dark clouds are bad.
- Look for the precipitation.
- If you can avoid them, try.
- If you are about to get into it, get ready before it arrives.
- Be ready for heavy wind in the storm.
- Radar is your friend – precipitation from thunderstorms shows up



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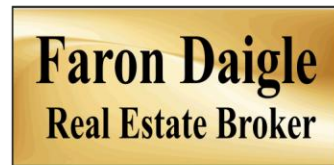


Waterspouts

- These are very confined but can be super dangerous.
- The average spout is around 50 meters (165 feet) in diameter, with wind speeds of 50 miles per hour. Can be higher!
- Try to avoid them at all costs.



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The Storm is HERE!



What to do if Stuck in a Storm

- Reef early, **BEFORE** you get stuck in the storm.
- If you have furling, you need to reef before the storm hits. Put the Genoa in all the way. You can always ease it out when the wind hits.
- If your genoa comes all the way out and you can't get it back in, release the halyard and take it down.
- Have your reef lines run before the storm hits. If not, then drop the main all the way and run them. Make sure the boom is immobilized.
- Hopefully, you have gotten your spinnaker down before the wind hits. You might need to ditch it...
- Have a knife ready.

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MARINE MAX

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A little bit of sail goes a long way

“Reef Early, Reef Often”

Going Forward in a Storm

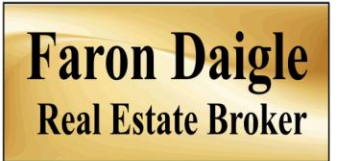
- If someone needs to go to the foredeck, then...
- Have a plan and make sure others know it.
- Have at least two other crew members watching.
- Clip in!
Don't fall overboard!
- Hand signals.
- Get back asap



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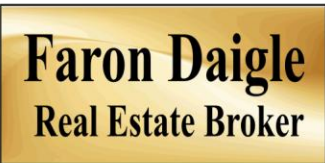


Lightning

- Put a vhf, GPS and a cell phone in a microwave (if you have one)...
- Chances are you won't be hit.
- If you are, be ready for all of your electronics to be gone.



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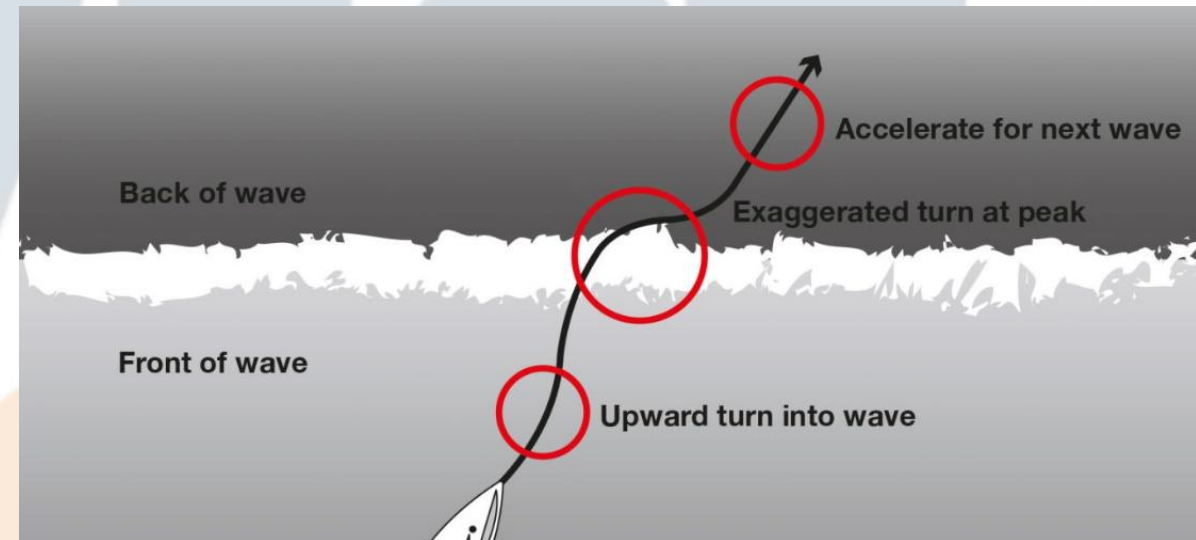


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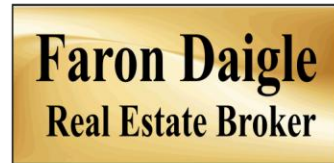


Sailing in BIG waves

- Be cautious going down big waves. They call it “surfing” for a reason.
- At some point, beam seas become untenable.
- On large waves sailing upwind, turn into them when cresting.
- Make sure your sail setup allows for control.



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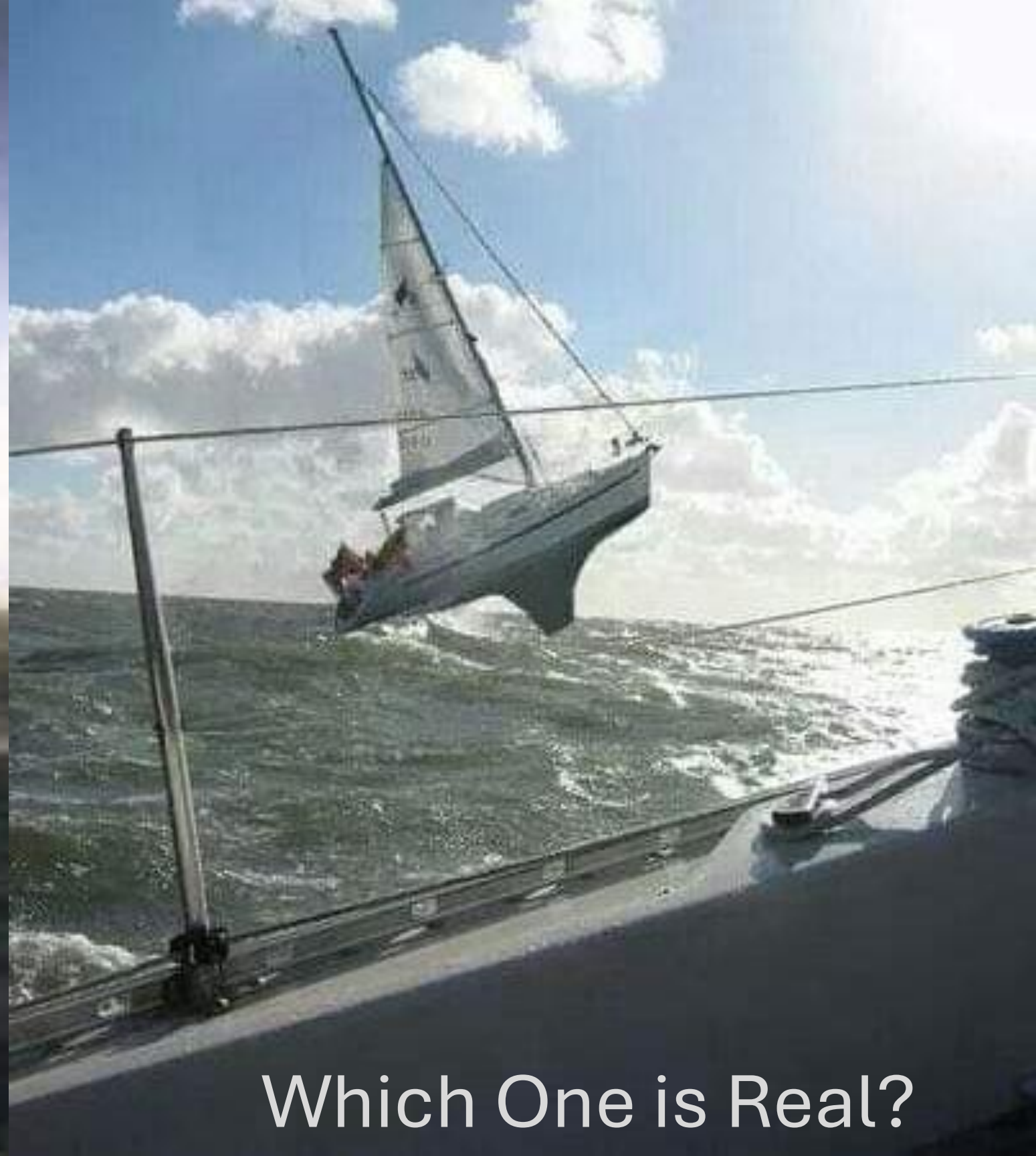


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Which One is Real?



It just got Really BAD, what now?

- Consider withdrawing from the race. Safety of your crew is more important than a trophy!
- If you need, turn your engine on. You can get a lot more control of the boat to turn into the wind to get sails down or in.
- Always know where the closest safe harbor is and how to get there. It might be the other direction. Go to the easiest one.
- Don't panic. Keep a clear head and try to make the best decisions you can.



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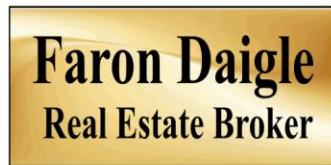
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Wrap-up

- You are the captain of your boat. Don't rely on the race committee or the coast guard to keep you safe.
- Know the weather before you go.
- Prepare your boat, yourself, and your crew for the race.
- Decide if you want to race based on your knowledge and know the consequences of your choice.
- If in bad weather, execute your plan. If it goes wrong, withdraw and be safe.

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At least this won't
happen...

