



Shackles & Cotterpins

The Vic-Maui Newsletter

October 15, 2009

Attention Sailors:

This is our first regular edition of *Shackles & Cotterpins* since the summer and we'll be devoting it to the subject of crew training and preparation. Crew members can enhance their value to skippers by qualifying to meet Vic-Maui's rigorous crew training and preparation requirements. More specifically, the Vic-Maui NOR ([Appendix B](#)) lists two important crew training requirements for compliance with the ISAF OSR's (Offshore Special Regulations):

First Aid

At least two members of the crew must hold a current Senior First Aid Certificate or equivalent. There are a number of ways crew can get this qualification, including the [Saint John Ambulance Standard First Aid course](#). At least as far Canadian crew are concerned, we've been told by CYA that this course meets the ISAF requirements. In addition, Vic-Maui will be offering a dedicated first aid course on January 8-9, 2010, which will also meet the ISAF requirements. If you're interested in this course, please stand by. We'll have more detail upcoming for you.

Safety At Sea

At least 30% of the crew, including the skipper, must have completed a recognized Safety At Sea course satisfying the requirements of the OSR's. The next course in the Pacific Northwest area is offered by [The Sailing Foundation in Redmond WA on February 27-28, 2010](#). Lecture topics will include: first aid, rescue at sea, heavy weather seamanship, weather forecasting, damage control and repair, communications equipment, navigation, and personal safety equipment; and an optional session will provide hands-on training with in-the-water demonstrations, key survival tactics, man-overboard recoveries, flare procedures and helicopter evacuation. There is limited seating and reservations are strongly advised.

Vic-Maui 2010 Preparation Seminar - January 9th, 2010

In addition to the above requirements, Vic-Maui will be offering a Preparation Seminar on January 9, 2010 covering a variety of interesting and essential topics. Plan to attend even if you are just thinking about entering the race. Skippers, race crew, shore support crew, etc. – this day will be worthwhile for everyone on the team! The purpose of this seminar is to provide you with information you may find useful in helping prepare for the Vic-Maui 2010 race; and to help you

identify areas where you may want to do more detailed research, training, etc., to be well prepared for the race. The topics to be covered include:

- Crew Training and Experience
- Emergency Steering
- Provisioning
- Race Communications
- Rigging for Ocean Conditions
- Safety Compliance
- Sails and Sail Maintenance
- Supporting Logistics
- Weather, Navigation and Tactics

We'll have more info on this seminar in upcoming editions.

Shackles & Cotterpins welcomes your feedback, comments and suggestions. You can contact us at shackles.editor@vicmaui.org . You can find a list of all other [Vic-Maui contacts](#) on our website. We look forward to hearing from you.

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The Victoria to Maui International Yacht Race, first contested in 1968, is the pinnacle of Pacific Northwest ocean racing. Vic-Maui runs every second year, starting in June or July off Victoria, British Columbia and finishing near Lahaina, Maui, a distance of approximately 2308 nautical miles.

Vic-Maui challenges navigators to demonstrate their weather routing and navigational skills. Success depends on the navigator's skill in predicting where the Pacific High pressure zone and trade winds will be, nearly a week into the future. The adventure includes sailing around the Pacific High and surfing downwind in the trades. The days pass quickly with the fleet surrounded by dolphins and albatross, spectacular sunrises, sunsets and brilliant starlit nights. Teamwork gets the boats to the finish line near Lahaina, where each arriving boat is greeted with an outstanding Hawaiian welcoming party. Family and friends meet the racers to celebrate the accomplishment with hugs, leis and mai-tais. Many crew stay to spend more time enjoying Maui with their families before heading home.

Visit vicmaui.org for Challenge • Adventure • Teamwork!