



SPECIAL CRUISE INSTRUCTIONS

REFUGE COVE

Combined Power and Sail Cruise 2025/2026



1.0 ITINERARY - From 28 December 2025 - 4 January 2026



1.01 Cruise Official:

Cruise Director **John Hall** will be the cruise official.

We will likely be in company with several vessels from the CYAV.

John Hall - "**Wingara III**" - 0429 313 211 VHF and HF Callsign "**Wingara**" - Main comms vessel
- Jeanneau Sun Odyssey 40 DS.

1.02 Radio contact:

Initial contact via **VHF channels 82 and Distress Channel 16**. It is recommended that VHF Ch 16 and 82 be monitored throughout the cruise. In close proximity, **VHF Ch 20** may be used for ship - ship coms when close to.

1.03 Radio Schedules

(a) Participating boats must report position by radio to the cruise official at least once a day and keep him informed of travel plans. This may also be done by email to jhmelbourne@outlook.com or text/SMS to 0429 313 211.

(b) A **Daily sched** may be conducted where the weather, itinerary, and passage intentions may be discussed at 1800 hours each day - please keep a listening watch on VHF Ch 16.

1.04 Ground Tackle (anchors)

It is recommended that your **primary** anchor warp is **all chain** and at least **50m** long. A



SPECIAL CRUISE INSTRUCTIONS



REFUGE COVE

Combined Power and Sail Cruise 2025/2026

secondary anchor must also be carried with at least **50m of rope and 10-15m of chain**. An additional 100m+ of rope warp (sufficiently strong) is recommended to be aboard for tying up to shore, or towing etc.

1.05 Fender boards are also recommended - approx. 120mm X 75mm and >2m long for mooring alongside or rafting up. It is also recommended that **at least 4 fenders** be carried

1.06 Tenders are recommended to get to shore and should also have an anchor, and the required safety gear aboard.

1.07 Entry and Compliance - is via SailSys on Cruising HQ

<https://www.morningtonyc.net.au/cruising-hq.html>

Mornington Yacht Club may in its absolute discretion refuse any entry for safety or suitability reasons - if any potential participant wishes to see if their entry is likely to be accepted, contact MYC Cruise Director - John Hall - "Wingara III" - 0429 313 211

2.0 SAFETY

2.1 All boats MUST comply and lodge a declaration that the boat complies with:

YACHTS - CAT 3 special regs + Liferaft.

FOR POWER - Safety Regulations and Marine Regulations that govern the use of my boat in the waters of Port Phillip and Bass Strait. The safety requirements may be found HERE:

<https://safetransport.vic.gov.au/on-the-water/recreational-boating/safety-equipment/>. In addition to the regulations, for this cruise, power boats must have:

- 2 anchors and rope or chain
- an in-date and serviced Liferaft
- Fitted VHF Radio with spare antennae (Handheld VHF not acceptable as only radio, although recommended for use in close proximity)
- Personal EPIRBs and LIGHTS on all Life Jackets
- Flares (4 Red Para, 4 Red H'held, 4 Orange, 2 white)
- Offshore First Aid Kit and First Aid Manual
- Emergency water - at least 20 litres per two crew
- Means of receiving weather reports (eg VHF and AM/FM Radio)
- 2 or more bilge pumps - recommended 1 manual operable from cockpit
- means of emergency steering in event of loss of rudder(s)



SPECIAL CRUISE INSTRUCTIONS



REFUGE COVE

Combined Power and Sail Cruise 2025/2026

Whilst we will never be far from the shore, we do enter and cruise in Bass Strait, offshore in open waters, so boats and crews must be **properly prepared and equipped**. Safety is our **No. 1 priority** - a very close second is of course **having fun!**

2.2 All participants are subject to snap safety audit at any time - so please ensure you comply!

Taking a dinghy tender is recommended - on the deck or on davits - towing is not recommended and is dangerous (including for the dinghy that is).

3.0 CRUISE PLAN:

3.1 We will be cruising in company with some other yachts from CYAV- and expect to enjoy the adventure with them.

3.2 A sample itinerary:

- 28 December - Depart PP Heads -Overnight Bird Rock or straight through overnight to Refuge 29/30 January - Arrive Refuge
- 31 January BYO happy hour on the beach - welcome in the New Year
- then fishing/swimming/sundowners etc
- 3/4 January depart Refuge
- 4/5 January arrive back Port Phillip

3.3 Everything depends on the weather - part of the beauty of cruising is not being stuck to an itinerary!

SUNDAY 28 December 2025

0630 hrs - Depart Martha Cove - we may even cruise down on the evening of the 27th towards the heads if the weather is favourable and anchor at the Quarantine Station.

SAT 27 DEC			SUN 28 DEC			MON 29 DEC		
SLACK	MAXIMUM		SLACK	MAXIMUM		SLACK	MAXIMUM	
TIME	TIME	RATE	TIME	TIME	RATE	TIME	TIME	RATE
2:01 am	4:46 am	+4.13	2:37 am	5:23 am	+3.95	3:15 am	6:00 am	+3.71
8:28 am	11:07 am	-4.90	8:55 am	11:37 am	-5.13	9:22 am	12:08 pm	-5.33
2:57 pm	5:39 pm	+3.20	3:36 pm	6:23 pm	+3.29	4:19 pm	7:11 pm	+3.39
8:21 pm	11:02 pm	-4.66	9:18 pm	11:53 pm	-4.28	10:22 pm		



SPECIAL CRUISE INSTRUCTIONS



REFUGE COVE

Combined Power and Sail Cruise 2025/2026

Destination - Exit Port Phillip Heads around 9am on the beginning of slack water Ebb

Overnight to Refuge if the weather permits Heads to Refuge is ~120nm - @6kn = 20 hrs - arrive at approx 5 am Monday 29th - enter Refuge at daylight

OR Overnight at Bird Rock, Warratah Bay

Approx 78nm from Heads

@6 knots = 13 hours - arrive at approx 10pm - not the best option.

OR Overnight Cat Bay - Phillip Island

Approx 30nm @ 6 knots = 5 hours - arrive at 2pm 28 December- better option if not going the whole way to Refuge.

Then approx 90 nm to go to refuge @ 6 knots = 15 hours so need to leave either very early or in the evening to arrive at refuge in the daylight.

Going around SE Prom in the night is not recommended - but is safe if you know what you are doing!

Monday 29 December 2025

(Alternate departure if weather unfavourable on 2nd - Depart Port Phillip Heads hrs at around 9.30am at slack water ebb)

Depart Bird Rock at 9am - Destination - Refuge Cove - approx 45nm @ 6kn = 7.5 hrs - arrive 4.30 pm approx.

AT REFUGE - 29 December 2025 -

- Fishing and Swimming, Bushwalking. **Sundowners** - defined as a drink consumed either before or at, or soon after sundown - the possibilities are unlimited! **Boat Peak** visit other boats take a sticky beak at other member's boats, discuss good ideas, and see how others cruise, and the nifty things they have that make cruising a breeze! (take your dinghy!)
- **BBQ Dinner Wed 31st in evening with CYAV** - each boat that wants to can fire up their BBQ aboard, and present to the assembled MYC and CYAV members a taste of their on-board galley prowess!
- Possible trip to Deal Island with overnight stay (weather permitting)
- Refuge "Dinghy Derby" 1st January

After 3rd January 2026



SPECIAL CRUISE INSTRUCTIONS



REFUGE COVE

Combined Power and Sail Cruise 2025/2026

Return to Port Phillip - weather and tides dependent. We will endeavour to obtain weather forecasts via Satphone or VHF or HF radio and will relay these to all boats to help determine departure time. Boats may choose to stop over at Bird Rock, Venus Bay or Flinders on the way home, all the time weather dependant.

Boats are asked to keep the Cruise directors aware of their intentions, so we can share weather information, and any recommendations.

The trick is to choose a good weather window!

The Rip, VIC – January 2026

Please note: The predictions are in daylight saving time when it is observed.

FRI 2 JAN			SAT 3 JAN			SUN 4 JAN			MON 5 JAN		
SLACK	MAXIMUM		SLACK	MAXIMUM		SLACK	MAXIMUM		SLACK	MAXIMUM	
TIME	TIME	RATE	TIME	TIME	RATE	TIME	TIME	RATE	TIME	TIME	RATE
2:17 am	4:22 am	-2.74	3:33 am	5:41 am	-2.88		12:12 am	+4.30		1:09 am	+4.44
7:08 am	9:46 am	+1.97	8:47 am	11:18 am	+1.91	4:37 am	6:52 am	-3.30	5:29 am	7:48 am	-3.78
12:12 pm	3:25 pm	-5.41	1:26 pm	4:36 pm	-5.42	10:13 am	12:43 pm	+2.26	11:18 am	1:54 pm	+2.77
8:11 pm	11:12 pm	+4.10	9:19 pm			2:45 pm	5:49 pm	-5.55	4:00 pm	6:57 pm	-5.73
						10:23 pm			11:22 pm		

Whilst at Refuge Cove, it is also possible to go into Port Welshpool for fuel (available only by arrangement) and basic supplies. It is about a 24nm journey, best done in daylight hours, taking 5-6 hours depending on tides. Best to talk to Cruise Directors if you need to do this.

Coming back through the heads is best done slack water-flood and with favourable swell and chop, so planning the trip back is always a good idea so that arrival can coincide with the optimum time for going through.

Contacts:

John Hall - "Wingara" - 0429 313 211 VHF Callsign "Wingara"
<mailto:jhmelbourne@outlook.com>

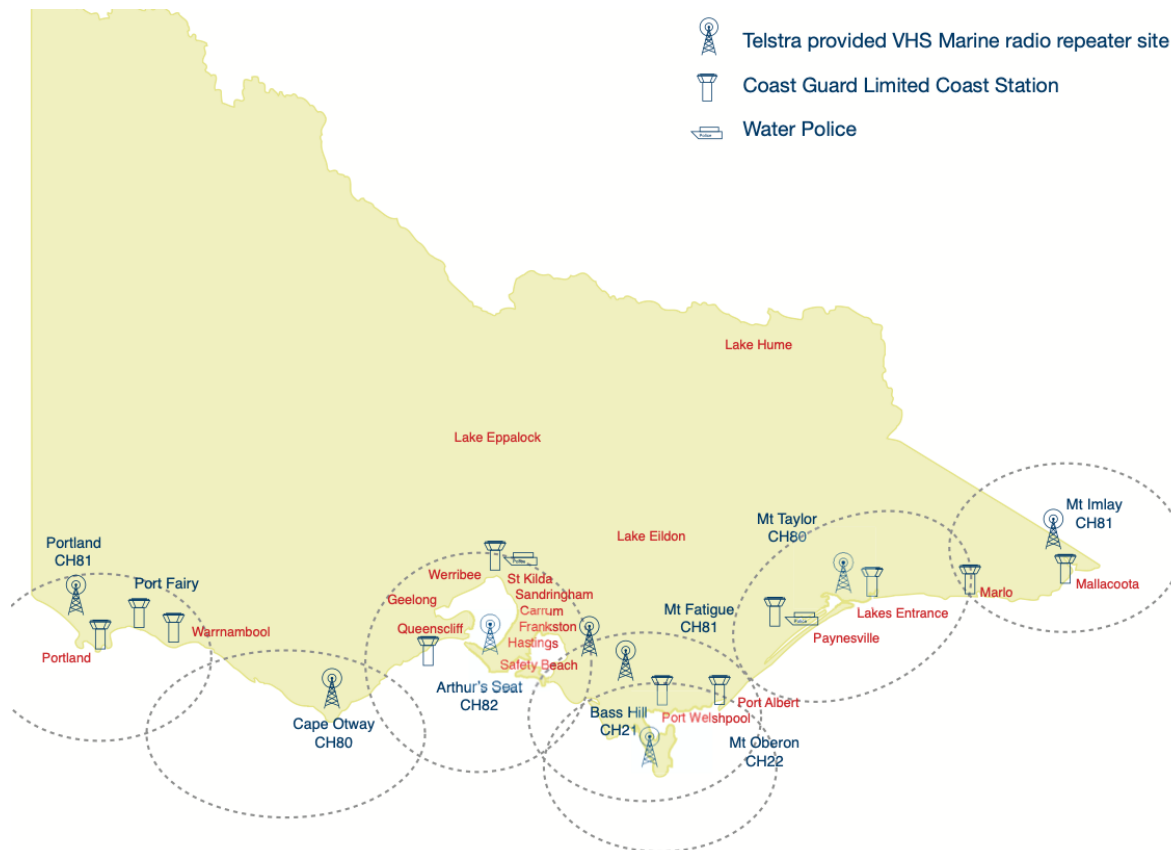
4.0 RADIO REPEATER STATIONS



SPECIAL CRUISE INSTRUCTIONS

REFUGE COVE

Combined Power and Sail Cruise 2025/2026



4.1 How does a repeater work?

Professor Brian Buydens, in his web page for ham radio operators, uses a good analogy for repeaters: to talk to someone you have to be able to see them. To talk to someone you can't see, you need someone in the middle who can see you both.

To communicate with a radio that is too far away, you need something in the middle. This is the repeater. The repeater listens for the signal from your radio and re-broadcasts it simultaneously. Then every radio within range of the repeater can hear your signal.

4.2 How is the repeater able to listen to your signal while at the same time, re-broadcasting it?

The diagram shows that your radio transmits a signal on frequency A, for example on Ch 21 at 157.050 MHz, the frequency on which the repeater is listening and receiving. The repeater re-transmits the signal on frequency B (161.650 MHz) on which ship stations receive. So other radios listening on Ch 21 are not listening to your radio — they are listening to the repeater.

To clarify this: if your vessel and another ship station are alongside each other at a jetty and are using the repeater channels, the signal goes from your vessel to the repeater and back to the other vessel. It does not travel directly from aerial to aerial as in simplex mode.



SPECIAL CRUISE INSTRUCTIONS

REFUGE COVE

Combined Power and Sail Cruise 2025/2026



4.3 Repeaters' advantages

The repeater extends the distance of the transmitted signal beyond that of the simplex line-of-sight. VHF simplex line-of-sight range is typically around 20km (11nm) either ship to ship or ship to shore. Duplex transmission through repeaters can be 50km (27nm) ship to shore depending on the height of the repeater antenna.

Repeaters operate on one of five channel frequencies, channels 21, 22, 80, 81 and 82. These repeaters are sited around the Australian coast always in the vicinity of sea rescue organisations. They receive and transmit the signals simultaneously back and forth on the VHF duplex network.

Repeaters are installed on high ground to maximise their antennae height and therefore their signal carry capability. They are usually difficult to access because of the terrain and most rely on battery power charged by a solar array.

As a side issue, chat on VMR duplex channels may interrupt urgent signals and deplete repeater battery power. Where possible, on ship-to-ship communication, you should change to a simplex channel other than Ch 16, once contact is made via the repeater.

In remote areas of the Australian coast there are no repeaters, so calling on duplex channels will not be successful. Simplex line-of-sight channels must be used, with Ch 16 the obvious first choice as it is the primary calling channel and is automatically included in a VHF radio scan.

It must never be used for chit-chat. **Call on 16 then move to another channel**

4.4 Activating the repeater

When you press the transmit (Tx) button on the microphone, the outgoing signal 'cracks' the repeater to open from sleep mode and starts it.

The repeater opens for a predetermined period (about 30 seconds) and then closes down until reactivated by again pressing the Tx button. If you begin to transmit a long message, with the button held down, or are required to pause to obtain onboard information for say, beyond 25 seconds, the repeater will close automatically and the tail of your message will not be received. The receiving station will hear an incomplete message. To overcome this common problem, transmit for short periods of say, 10 to 15 second bursts, release the button and re-press the Tx button before continuing your message.

4.5 Identifying repeater availability



SPECIAL CRUISE INSTRUCTIONS

REFUGE COVE

Combined Power and Sail Cruise 2025/2026



In unfamiliar territory, where you need to find whether a repeater is in the vicinity, you can follow this procedure:

- ensure your radio is set on international group (INT)
- adjust the squelch to the threshold setting
- increase volume to near maximum
- select each duplex channel in sequence, Channels 21 to 82
- press Tx button momentarily and release it
- listen intently for a brief noise or 'tail' of approximately one second
- if heard, then a repeater using that channel is in range
- if not heard, proceed to the next channel and repeat the procedure
- reduce volume to normal setting or wear ear protection!

If no repeater is identified, call on Ch 16.

4.6 Coast Radio Melbourne also monitors **VHF chs. 16 and 67, and HF ch. 4125, 6215, 8291** and coordinate emergency response. **Their working channel** is Ch 67.

Participants should have at least one person aboard with a Radio Proficiency qualification (MROCP) for HF or (MROCVCP) for VHF.

4.7 Lonsdale VTS are responsible for shipping management in and out of Port Phillip Heads and may be called for shipping information on **VHF Ch. 16 and 12**. Vessels transiting the heads should call and request shipping movements.

5.0 WEATHER

December - January weather can be unpredictable! Be prepared for very cold, stormy conditions.

If the weather is not good, we will not go - or may do the trip in short hops.

We may have a discussion about weather and our intentions during a sched



SPECIAL CRUISE INSTRUCTIONS

REFUGE COVE

Combined Power and Sail Cruise 2025/2026



Radio weather services

27MHz	There are weather services provided on 27MHz by some limited coast stations.
VHF Marine Radio Victoria	Broadcasts Victorian coastal waters forecasts - including Bass Strait (4 zones) as well as Port Phillip, Western Port and Gippsland Lakes - on VHF channel 67 at 06:48 and 18:48 EST Broadcasts an initial weather warning on VHF Channel 67 as soon as possible after receipt. Broadcasts current weather warnings at 00:48, 02:48, 04:48, 06:48, 08:48, 10:48, 12:48, 14:48, 16:48, 18:48, 20:48, 22:48 EST on VHF channel 67 following initial broadcast until notice of cancellation is received by fax from the BOM. Broadcasts notices of cancellation of weather warning as soon as possible after its receipt and at the next scheduled Victorian coastal weather forecast broadcast. NB: Broadcasts of, and cancellation broadcasts of, weather warnings will be preceded by a SECURITE announcement on VHF channel 16.
MF/HF	The Bureau of Meteorology broadcasts weather forecasts to eastern Australia from Charleville on: 8176 and 12365kHz – all hours 4426 and 16546kHz – all day (7am-6pm) 2201, HF 6507kHz – by night (6pm-7am) Scheduled broadcast times for Victorian coastal waters are: 0130, 0530, 0930, 1330, 1730 and 2130 EST (add one hour for EDST). Warnings are broadcast every hour starting 0000 EST.



SPECIAL CRUISE INSTRUCTIONS

REFUGE COVE

Combined Power and Sail Cruise 2025/2026



Telephone weather services

From December 2019, all BOM weather telephone services are on 1300 numbers, with calls charged at the local rate (approximately 27.5c per call).

- Port Phillip and Western Port - Local Waters: 1300 978 022
- Victorian Coastal Waters: 1300 915 615
- Full State Service: 1300 978 022.

You can find the full list of telephone services on the [BOM website](#).

Weather information is available from : www.bom.gov.au

Predict Wind gives great forecast information :

<https://forecast.predictwind.com/en/register/free/yourDetails>

Windy also has great wind and gust forecasts : <https://www.windy.com>

BOM - Meteye has 7 day predictions for various areas

<http://www.bom.gov.au/australia/meteye/>

6.0 SAFETY and RESPONSIBILITY

6.1 Participants in the cruise or any part of it do so at their own risk and responsibility. Neither MYC nor any cruise official or Office bearer of MYC is responsible for the seaworthiness of any vessel accepted to take part, nor for the sufficiency or adequacy of its equipment, or the competence of its crew.

6.2 No members, office bearers or other parties involved in the event accepts responsibility for, or will be liable for any accident, injury, damage or personal loss (material or otherwise) to any vessel, participant, or third party before, during or after the MYC Cruise to Refuge Cove.

THE SAFETY OF ANY VESSEL PARTICIPATING AND HER ENTIRE MANAGEMENT, INCLUDING INSURANCE SHALL BE THE SOLE RESPONSIBILITY OF HER OWNER OR SKIPPER.



SPECIAL CRUISE INSTRUCTIONS



REFUGE COVE

Combined Power and Sail Cruise 2025/2026

Owners and skippers are reminded and urged to assess their capabilities and those of their crew and vessel before entering, starting or continuing to participate in the Refuge Cove Cruise.

6.3 THE DECISION TO START, CONTINUE AND PARTICIPATE IS ENTIRELY THAT OF EACH SKIPPER AND CREW.

7.0 LIFERAFT

A REMINDER - an in-date Liferaft MUST be carried.

Great Circle Marine www.greatcirclelifafts.com.au have liferafts for casual hire at excellent prices. If you are interested in taking up this offer, please contact Paul Montgomery at Great Circle Marine on 1300 306 381 Email paul@greatcirclelifafts.com.au. or WEST OFFSHORE - 03 9587 9636

8.0 LIFEJACKETS and OTHER EQUIPMENT

8.1 All Lifejackets must comply with AS 1512, or AS 4758.1 or equivalent and each person on board must have one available to be worn properly fitted and operational, and tested in date.

8.2 Lifejackets must be worn when transiting any bar or entrance, including Port Phillip Heads, and at times of heightened danger and at night.

8.3 Lifejackets must be worn in any tender under 6m long - rowed or using a motor.

8.4 Each Lifejacket shall have a personal light and crotch strap.

8.5 Each person must have a safety harness, and a tether, and each boat shall have jackstays or clipping points capable of having safety tethers being clipped on so that crew can traverse the working deck area of the boat if necessary.

8.6 Boats shall carry a lifebuoy or life ring with a self-igniting light within easy reach of the helm and ready for immediate use.

8.7 It is **HIGHLY** recommended that each person have available to be worn when wearing a lifejacket a personal EPIRB, registered and in date.

8.8 Each boat shall have at least one waterproof torch, with spare batteries and globes (unless LED and rechargeable).



SPECIAL CRUISE INSTRUCTIONS



REFUGE COVE

Combined Power and Sail Cruise 2025/2026

8.9 Each boat shall have taught lifelines (if applicable), at least one fire extinguisher, at least two stout 9 litre or more buckets.

8.10 Each boat shall have at least one manual bilge pump operable from the cockpit or deck area.

8.11 Each boat shall have a means of emergency steering, carry sufficient tools for urgent repairs, compliant flares, a VHF Radio, a means of receiving weather reports other than by VHF, charts of the coast to be covered and a 406Mhz EPIRB.

9.0 INCIDENT MANAGEMENT

9.0 In the event of an incident threatening life or injury, a participant should immediately advise the Cruise Officials and any boats close by if possible, as well as making distress and urgency calls on VHF ch 16 or 67, HF on ch. 4125, 6215 and 8291 as required.

Distress = Mayday

Urgency = Pan Pan

Safety = Securite

Means of **ALERTING OTHER VESSELS AND AUTHORITIES** are:

- VHF ch 16 and 67 - call if in distress. Coast Radio Melbourne monitor 16 and 67 and have excellent coverage via repeater.
- Satellite or Mobile phone "000" Emergency
- EPIRB activation if the situation warrants - eg sinking/entry to liferaft
- Visual - repeatedly raising and lowering arms outstretched to each side
- display a "V" sheet
- Signal SOS with signal mirror or torch
- Fly Australian flag upside down
- activate flares when likely to be seen

10.0 CRUISING GUIDE

Cruising Victoria - the guide put out by CYAV who we are joining on this cruise is an excellent, **must have** book.

It is available for \$40 if you join CYAV - <https://www.cyav.com.au>

The guide has 191 pages of information about cruising the Victorian coast from west to east, Bass Strait including all islands, and Northern Coast of Tasmania. It gives valuable information about where anchorages are, their safety in various winds and other useful information.



SPECIAL CRUISE INSTRUCTIONS



REFUGE COVE

Combined Power and Sail Cruise 2025/2026

Copies may be available on the cruise from Ian Reichelt on *Meltemi* (CYAV) but it is strongly suggested that you get a copy beforehand - by telephoning Ian on 0455 286 399.

11.0 END NOTE

This is a Family Friendly cruise - not a race!

The emphasis is on **helping** each other to **enjoy the cruising experience** and helping those new to cruising to venture out and see what cruising in company has to offer.

Safety is our No. 1 priority, closely followed by FUN!

MYC hopes that you will thoroughly enjoy this Cruise in Company.

John Hall - MYC Cruise Director - 17 October 2025

Mornington Yacht Club may in its absolute discretion refuse any entry for safety or suitability reasons - if any potential participant wishes to see if their entry is likely to be accepted, contact MYC Cruise Director - John Hall - "Wingara III" - 0429 313 211