

Sailing Checklist, Gaia (updated for racing April 2020)

Catalina 380, by Les Folio

PREPARATION: BELOW (one crew).

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|---|------------------------------|
| 1. Personal items, fragile items below deck | SECURED, ON FLOOR |
| 2. Shore power | OFF, LET COCKPIT KNOW |
| 3. Radio, horns, hockey puck, course book | HAND UP TO COCKPIT |
| 4. Life jackets | ONE TO EACH CREW |
| 5. Nav. Instruments, VHF radio, Chart plotter | ON, CH 68 |
| 6. Fire extinguisher starboard companionway | CHECK FULL |
| 7. Water bottle with clip | CHECK ALL CREW HAVE |

PREPARATION: TOPSIDES, FOREDECK (one/two crew).

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| 1. Shore power breaker on dock | OFF, LEAVE LID OPEN |
| 2. Dodger, winch covers | OFF, STOW IN V-BERTH |
| 3. Main sail cover | UNZIP FROM MAST, UNZIP TOP FOR HOIST |
| 4. Main Halyard | COCKPIT RELEASE CLUTCH ATTACH TO MAIN |
| 5. Preventer (in port main sail cover) | CLIP ON BOOM LOOP, STOW |
| 6. Whisker Pole (in port main sail cover) | ATTACH TO MAST |
| 7. Fore guy | RIG THROUGH BOW LOOP |
| 8. Hatches | CLOSED |
| 10. Life lines | CONNECT |

PREPARATION: COCKPIT (one/two crew)..

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| 1. Radio, horns, hockey puck, course booklet | IN COCKPIT CONSOLE |
| 2. Wheel, binnacle cover | REMOVE, STOW IN LAZZERETE |
| 3. Throw ring, Life Sling, Heaving Line | CHECK (each ready to release) |
| 4. Fire extinguishers | CHECK FULL |
| 5. Radio, GPS, Nav Instruments | ON, CH 68 |
| 6. Shore Power cord | DOCK BREAKER, BELOW POWER OFF |
| 7. RaceQ's App | TRACKING ON |
| 8. Bimini | STOW |
| 9. Preventer | CLIP ON BOOM LOOP, HAND TO TOPSIDES |
| 10. Weather, wind check, trends SA | CHECKED |
| 11. Life jackets | VERIFY, DON |

SAFETY BRIEF (all crew)..

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|------------------------------------|--|
| 1. Safety brief, location of PFD's | PROVIDED, UNDERSTOOD |
| 2. Review man Overboard | THROW HORSESHOE RING, POINT, CIRCLE |
| 3. Boom | BEWARE OF SWING, JIBE |
| 4. Walking about | ONE HAND FOR YOURSELF, SHOES, PFD FORWARD |
| 5. Hands, fingers | PROTECTED, AVOID JAMMING, THUMBS AWAY |
| 6. Helm and crew duties | COUNT OFF, CLOCKWISE |
| 7. Sun block | APPLIED (avoid contact with non-skid) |

BEFORE STARTING ENGINE

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|---|---------------------------------|
| 1. Electric cord | VERIFY UNPLUGGED/ STOWED |
| 2. Roller furling line and dock lines | CHECK STOWED |
| 3. Engine start switch on (near battery selector) | READY |
| 4. Rudder | STRAIT |
| 5. Life lines..... | CONNECTED |

STARTING ENGINE

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|----------------------------------|--|
| 1. Engine cooling through-hull | OPEN (listen, see water flow aft starboard) |
| 2. Throttle | OPEN (approximately 1 inch, 1200 RPM) |
| 3. Shifter | IN NEUTRAL (STRAIT UP) |
| 4. Ignition | ENGAGE BY TURNING KEY |
| 5. Starter | PUSH BLACK BUTTON |
| 6. Throttle | ADJUST TO PROPER SETTING (1,200 RPM) |
| 7. Water exhaust | CHECK FLOW OUT OF STBRD STERN OUTPUT |
| 8. Oil pressure and engine gages | CHECK FOR WARNING LIGHTS |

DEPARTURE FROM DOCK, MARINA

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|------------------------------|--|
| 1. Shore power electric cord | ASSURE DISCONNECTED |
| 2. Fenders | IN (OFF BOAT FOR RACING) |
| 3. SA | AREA CHECK CLEAR ANTICIPATE TRAFFIC |
| 4. Throttle | ADVANCE SLOWLY |
| 5. Engine gauges | CHECK PERIODICALLY |

ENGINE OFF, PRE-SAIL

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|------------------------|---|
| 1. Main and jib sheets | CLEARED, IDENTIFIED, CLEATED |
| 4. Heading | INTO WIND, CLEAR FOR TRAFFIC, OBSTACLES |
| 5. Halyard | HOIST |
| 6. Furling line | CLEAR |
| 7. Engine | ENGINE CUT-OFF or "STOP" (warning whistle) |
| 8. Ignition | OFF (after warning whistle) |
| 9. Engine Stop knob | PUSH BACK IN |
| 10. Blower | ON (when someone goes below to sleep) |

LEAVING BOAT

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|-----------------------------------|------------------------------|
| 1. Bilge breaker panel switch | ALWAYS ON |
| 2. Bilge operation mode | ALWAYS ON AUTOMATIC |
| 3. Hatches, windows, companionway | CLOSED |
| 4. Hot water heater | OFF |
| 5. Water pressure | OFF |
| 6. Battery charger | ALWAYS ON |
| 7. Air conditioner | ON HUMIDITY SETTING |
| 8. Refrigerator | ON |
| 9. Wallet, phone, keys | TAKE WITH |
| 10. Mainsheet | CLEATED ON EACH WINCH |
| 11. Boom, traveler | WELL CLEAR OF DODGER |