Watch Rota

DAY 1	0000	0100	0200	0300	0400	0500	0600	0700	0800	0900	1000	1100	1200	1300	1400	1500	1600	1700	1800	1900	2000	2100	2200	2300
DAY 6																								

DAY 2	0000	0100	0200	0300	0400	0500	0600	0700	0800	0900	1000	1100	1200	1300	1400	1500	1600	1700	1800	1900	2000	2100	2200	2300
DAY 7																								

DAY 3	0000	0100	0200	0300	0400	0500	0600	0700	0800	0900	1000	1100	1200	1300	1400	1500	1600	1700	1800	1900	2000	2100	2200	2300

DAY 4	0000	0100	0200	0300	0400	0500	0600	0700	0800	0900	1000	1100	1200	1300	1400	1500	1600	1700	1800	1900	2000	2100	2200	2300

DAY 5	0000	0100	0200	0300	0400	0500	0600	0700	0800	0900	1000	1100	1200	1300	1400	1500	1600	1700	1800	1900	2000	2100	2200	2300

Standing Orders:

- Assist captain and mate as needed
- Helm - steer boat, navigate
- Watch - for other vessels, obstructions
- Check dinghy - secure, not swinging
- Engines - temperature, exhaust water
- Sails - full, not flapping, not overdriven
- Boat speed - normal is 6-10 knots
- Observe weather - wind speed, storms
- Windspeed - notify captain if over 18 knots
- Organize lines
- Everything on deck secure and organized
- Hatches closed while underway, especially at night
- Inspect all cabin areas - neat, secure, sounds, water
- Monitor radio
- Monitor course progress
- Clean aft deck area
- Clean salon area
- Assist with meal prep
- Wash dishes as needed

All Hands on Deck:

- Assist in docking or disembarking
- Understand what your job is
- Ask if you don't understand
- Ask again if you still don't understand

Emergencies:

- Know where life jackets are kept
- Know where the life raft is
- Follow captain's orders immediately

Rules:

- Problems or concerns: Notify captain or mate immediately
- When you are on duty, you are ON DUTY!
- If weather deteriorates, notify captain even if he's sleeping
- If another boat is within five nautical miles, notify captain
- Underway at night: No one on foredeck unless directed by captain