



ABOUT THIS USB THUMB DRIVE

You have received the CCA-SAS USB thumb drive as part of your attendance at the CCA's March 15-16th Safety at Sea weekend. We hope you find this a portable reference tool for offshore sailing. Contents have been divided into folders to reflect the seminars offered during the weekend. Speaker notes may vary from the final seminar presentations. Where significant changes occur in the period prior to the June 20 2014 Newport Bermuda Race start we will try to provide an email alert of information which may include a download from either a CCA or Bermuda Race website (www.bermudarace.com).

The folders on this device are designed for ease of reference and include:

Safety at Sea Seminar

Race Preparation Seminar

Medical Seminar

Safety at Sea Seminar References – includes the CCA's Fleet Surgeon's Memorandum on Offshore Passages, Preventers, USCG Helicopter Evacuation information, Search Pattern information, Essential Satellite Phone numbers, EPIRBs, and other papers including the Bermuda Race Safety Regulations.

Sailing Foundation – Lifesling Video. This is an abbreviated version. For a full video presentation, please go to:

<http://www.youtube.com/watch?v=VnhjOhWD4j0>

Further information on lifesling preparation and crew overboard is in the CCA-SAS folder, and an in-depth report of the Overboard Recovery Symposium by John Rousmaniere can be found on the CCA-SAS webpages.

The trip home: Two articles by a CCA member worth reading in planning a return trip following a race

From the CCA-SAS Web Pages – contains recommended articles selected from the CCA's website under Safety at Sea, e.g. "Survival Sailing" and many others covering harnesses, tethers, DSC calling, etc. The CCA website at www.cruisingclub.org offers more articles on Safety at Sea under categories such as general, coastal, offshore, safety moments and links to in-depth articles.. Several members such as Evans Starzinger and John Harries also maintain extensive websites which may be of interest – www.bethandevans.com and www.morganscloud.com. The web has a great deal of worthwhile information for those who seek more.

Satellite Phone 101 – two primers

Pump and Steering References provided by Edson

Helicopter Rescue Video For a video presentation, please go to:

<https://www.youtube.com/watch?v=-wc7mY4wy7o>

Additional space on the drive is available for attendees to download information they deem pertinent.