

## **An appreciation of Offshore Sailing/Racing & Delivery trips for pleasure or mile building**

Module delivered by James Fegan.

### **Offshore Sailing/Racing:-**

- Long distance – marathon rather than a sprint around the cans
- Crew manoeuvres can be undertaken less quickly than around the cans racing
- Ideal for sailors who are multi skilled in roles
- Stamina required
- Watch system structures for long races (i.e. longer than 24 hours)
- Buddy systems
- Provisioning
- Cooking/food very important
- Navigation
- Weather and tides play a big part in planning and strategy
- Sail choice to be carried on board for race
- Spares to be carried
- Compliance with offshore regulations
- Team bonding/building

### **Delivery trips:-**

- Passage planning
- Navigation/weather
- Sea survival / Man overboard recovery
- Provisioning
- Watch structure
- Ability to pitstop at different ports enroute
- Explore new destinations
- Mile building
- The joys of night sailing
- A great way to see the world & wildlife