

Corrections as of September 19, 2008  
Offshore Training Cruises Preparation Guide  
dated March 2008

**Page ix:** Add the following sentence to the last paragraph of the Introduction:

Sea anchor deployment procedures and celestial navigation are not covered in the ASA106 cruising courses.

**Page 1-1:** Change the 4th bullet of paragraph 3 to the following:

- Inflatable PFD (optional)

**Page 1-2:** Change paragraph 6 to the following:

6. **Harness & Tether:** A safety harness and tether are required personal gear that you must bring since all crewmembers are required to clip to a safety line when in the cockpit at night or when going forward on deck or when warranted by rough sea conditions.

Many of the body harnesses carried by West Marine or Landfall Navigation or other chandlers are suitable and you'll need to determine which fits your personal preferences, comfort and price range. An inexpensive body harness such as the Mustang 1900 found at <http://www.pyacht.com/cgi-bin/pagegen.pl?pr+musMA1900> is pictured below.

However, we do not recommend the tethers carried by many chandlers that have a quick disconnect hook at the harness end due to the possibility of accidental release at the wrong time. We recommend a tether with permanently sewn loop at the harness end such as the Wichard Item 7016 at <http://www.wichard.com/documents/safety.pdf> pictured below. Most chandlers do not carry this 7016 tether in stock, but they can special order it from Wichard, and we recently found that <http://www.pyacht.com> will accommodate such special orders.



Mustang 1900 Body Harness



Wichard 7016 Tether

**Page 1-2:** Add the following new paragraphs:

**Inflatable PFD:** An inflatable PFD is not required for this cruise since the yacht is equipped with Type I offshore PFDs. However, many sailors prefer to wear an inflatable when working on deck, but these should never be substituted for the harness and tether previously discussed since the main priority is to remain on board and attached to the boat at all times. There are many choices in inflatable PFDs and you'll need to determine which fits your personal preferences, comfort and price range if purchasing one.

Also, combination harnesses with inflatable PFD attached are also available, and in some, the inflatable is quickly detachable allowing use of just the harness and tether.

**Page 2-1:** Change the 4th bullet of paragraph 3 to the following:

- Inflatable PFD (optional)

**Page 9-2:** Add the following new paragraph:

#10 Virgin Islands Circumnavigation Cruise: Eight day circumnavigation cruise of the Virgin Islands for ASA106 certification. Planned itinerary includes a circumnavigation of the US & British Virgin Islands starting from St Thomas and rounding Anegada and Virgin Gorda then a daytime landfall at St Croix. From there, west to Vieques, north to Culebra and a beat to weather back to St Thomas. Students are required to obtain the following navigational charts in advance of this cruise:

- NOAA Chart 25640 Puerto Rico and Virgin Islands
- NIMA Chart 25600 Anegada to St Croix