



# MINDFUL MARINERS

## VESSEL COACHING SERVICES MENU

**Coaching Services** are designed to work with boat owners and families, one-on-one, aboard their own vessel. While group training and certification programs play an important role in promoting safe boating and boater's skill education, nothing replaces the exponential growth through hands-on training and coaching. Coaching takes place both dockside and under way and is designed to enhance skill, competence, and confidence.

Clients will gain **hands-on training** driving the boat, handling the lines, conducting inventories as well as safety inspections. Each engagement is custom designed based on skill level, interests, and the needs of the client. Engagements may consist of a single session or take place over a longer period of time. Sessions begin with a conversation about areas to be addressed, resulting in establishment of specific, measurable goals.

Clients may select topics and **establish goals** from the menu below, which is based on the American Boat and Yacht Council (ABYC) and National On-Water Standards (NOWS), or identify goals from outside the standards.

### ABYC/NOWS Topics Include:

- ✓ Seamanship
  - Trip planning & navigation
  - Weather planning
  - Knot tying
  - Fitting out/equipping boat
  - Col Regs/Rules of the Road
- ✓ Pre-Departure
  - Pre-departure checklist
  - Assessment of environmental conditions (weather, currents, tides)
  - Preparation of boat & crew for departure
  - Crew safety orientation
  - Navigation rule review
- ✓ Departure
  - Starting engine:  
(operating blower, checking cooling water & gauges)
  - Starting & checking electronics
  - Testing throttle(s), shifter(s) & steering
  - Discuss departure plan & responsibilities with crew
  - 360-degree lookout
  - Removal of dock attachments,  
(lines, power cord, water hose, fenders)
  - Dropping, mooring, or raising anchor
- ✓ Close Quarters Maneuvering
  - Safely maneuvering boat & holding course moving ahead & in reverse
  - Ability to stop boat & hold static position as necessary
- ✓ Operating Boat Under Way in Open Water
  - Properly trimming boat with crew, gear, & mechanical means
  - Setting & holding course
  - Watch keeping
  - (Power) Safely planning, trimming, turning, accelerating, decelerating
  - (Sail) Selecting, setting, & trimming sails per conditions
  - Stopping boat under normal conditions & in emergency
  - Awareness & management of boat wakes
- ✓ Return to Dock
  - Discuss arrival plan & responsibilities with crew
  - Prepare lines & fenders for arrival
  - Check reverse before arrival
  - 360-degree lookout
  - Approach dock at safe speed & stop boat using engine before attaching lines or stepping off boat
  - Secure boat once stopped
- ✓ Post Arrival - Preparing Boat for Closing Up & Disembarking
  - Securing/adjusting dock lines & attaching shore power
  - Closing-up checklist
  - Closing & safely departing boat
- ✓ Special procedures
  - Man overboard (MOB)
  - Heavy weather management
  - Radio communications
  - Safety procedures (Sécurité, Pan-Pan & Mayday)