

» SPOT THE SIGNS OF FATIGUE

Fatigue shows itself in how people behave and how they think as well as their physical condition. A good skipper looks for these signs in themselves and their crew.

BEHAVIOURAL

SYMPTOM	REMARKS
Excited/emotive outbursts	Some people are naturally excited but watch out for abnormal or uncharacteristic outbursts.
Irritable/bad tempered	Some people are always irritable and bad tempered but this refers to abnormal or uncharacteristic outbursts.
Impulsive and intolerant behaviour	Fatigue is characterised by poor team working. People become moody, argumentative and irritable. They are also more likely to ignore safety precautions.
Cold	When tired, body temperature falls and people are more sensitive to cold
Anxiety	Worries needlessly over situations where they have no control and cannot affect the outcome.
Depression	Has a 'glass half empty' view of the world. May suffer from psychosomatic aches and ills.
Apathy	<ul style="list-style-type: none"> • Has a could not care less attitude: unobservant • Slow too respond to questions/instructions/requests.

COGNITIVE

SYMPTOM	REMARKS
Lack of concentration and alertness	Unable to prioritise or organise tasks
Poor judgement and decision making	<ul style="list-style-type: none"> • Unable to correctly carry out simple arithmetic. • Unable to correctly assess developing situations. • A good test for fatigue is to pick a number between 3 and 9 and keep adding 7 to it for one minute. The sooner you are stuck for an answer the more tired you are.
Poor short term memory	<ul style="list-style-type: none"> • Wandering disconnected thoughts • Becomes easily distracted and forgets to complete tasks • Unable to retain or recall information such as a bearing taken or course to steer
Poor situational awareness	<ul style="list-style-type: none"> • Visually...poor at judging speed, time and distance. • Slow to respond, physically or mentally.
Perceptual tunnelling	Tends to focus on a single task

PHYSICAL

SYMPTOM	REMARKS
Eyelids droop	Eye strain and blurred vision is common
Increased blinking	
Unable to stop yawning	
Slurred, slow speech	
Poor hand to eye coordination	Often drops items
Micro-sleeps of around 30 seconds.	
Trouble holding head up	

LEARN MORE ABOUT WATCHKEEPING IN THE MARCH 2008 ISSUE OF YACHTING MONTHLY

» STANDING ORDERS FOR WATCH OFFICERS

The skipper is to be informed immediately:

- 1** If there is any change in wind speed or direction
- 2** Any sudden change in sea state.
- 3** If visibility falls below two nautical miles
- 4** If any other vessel approaches within two nautical miles
- 5** On receipt of a gale warning for the current or a neighbouring sea area
- 6** Before making any change of course
- 7** Before reefing or any change of sails
- 8** On first sighting land: 'land' includes buoys, lights and any other navigational marks
- 9** In any circumstances where you are in the slightest doubt as to what action should be taken
- 10** There are no exceptions to these orders



Cut out and keep these watch orders - or make up your own to suit your vessel and crew

LEARN MORE ABOUT WATCHKEEPING IN YACHTING MONTHLY, MARCH 2008

» TRADITIONAL WATCHES

Traditional timings work well in an alternating, watch and watch, pattern. Even better are three watches which gives everyone one eight-hour period off watch

every 24 hours. In a mother watch system two watches spend the day standing watch and watch. The third watch is mother and does all the cooking and ship's

housekeeping and is on standby for any sail changes, etc. Everyone takes their turn playing mother and is pretty certain of a night's unbroken sleep.

TIME	NAME	A	B
0000-0400	Middle Watch	Off watch Asleep	On watch, lookout, sailing, trimming and navigation. Prepares drinks for 0345 and wakes A
0400-0800	Morning Watch	On watch, lookout, sailing, trimming and navigation. Prepares breakfast for 0745 and wakes B	Off watch Asleep
0800-1200	Forenoon Watch	Off watch but assists with daily checks, navigation, rests or sleeps, personal admin	On watch, carries out daily checks, navigation, personal admin, prepares lunch for noon. Wakes A at 1145
1200-1600	Afternoon Watch	On watch. Cleans up after lunch, lookout, sailing, trimming and navigation. Prepares drinks for 1545 and wakes B	Off watch Resting or asleep
1600-1800	First Dog Watch	Off watch Resting	On watch
1800-2000	Last Dog Watch	On watch. Cleans up after dinner. Ship's housekeeping and maintenance checks. Makes drinks and wakes B at 1945	Off watch but assists with ship's housekeeping and maintenance checks. Rests or sleeps
2000-2400	First Watch	Off watch Asleep	On watch, lookout, sailing, trimming and navigation. Prepares drinks for 2345 and wakes A

The dog watches, first dog 1600-1800 and last dog 1800-2000, mean that each crewmember stands the midnight to 0400 watch on alternate nights. Visit *YM Interactive* at www.yachtingmonthly.com to print out this page.

» ROLLING WATCH SYSTEM

TIME	ON WATCH	OFF WATCH
0000 - 0200	A+B	C+D+E
0200 - 0400	B+C	A+D+E
0400 - 0600	C+D	A+B+E
0600 - 0800	D+E	A+B+C
0800 - 1000	E+A	B+C+D
1000 - 1200	A+B	C+D+E
1200 - 1400	B+C	A+D+E
1400 - 1600	C+D	A+B+E
1600 - 1800	D+E	A+B+C
1800 - 2000	E+A	B+C+D
2000 - 2200	A+B	C+D+E
2200 - 2400	B+C	A+D+E

In this system watches last four hours but every one or two hours one person goes off watch and another comes on. It is supposed to work well with an odd number in the crew and advocates claim that you have a better social life. But working out when you are on watch can be confusing, rousing someone every couple of hours disturbs

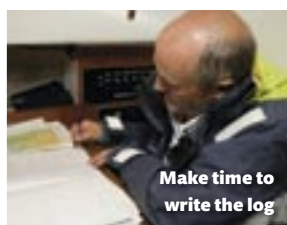
others off watch and there can be confusion as to who has charge of the watch.



Wake the new watch with a hot drink

» SWEDISH WATCH SYSTEM

So called because it was supposedly popular on Swedish square-riggers and offers an alternative to traditional watch timings.



Make time to write the log

TIME	HOURS ON WATCH	DAY 1	DAY 2
0000 - 0400	4	B	A
0400 - 0800	4	A	B
0800 - 1300	5	B	A
1300 - 1900	6	A	B
1900 - 2400	5	B	A