



Alliance Ida Race Plan

Alliance Philosophy: Have Fun, Look Good, Place Well. Be continuously dissatisfied with Alliance's VMG performance! Safety is fundamental in all we do! (Safety includes navigation, seamanship, boat handling, health...).

Speed Team (driver, main trimmer and spin/jib trimmer): always focused on the main thing (boat balance, speed, performance headed in the right direction...VMG!).

Watch Rotation: In general 2 personnel on and 2 off every 2 hrs starting at 1800 on first day of race. Each is responsible for the health and awareness of your watch partner and everyone has responsibility to stay well rested, fed and hydrated. Wake ups on the XX45. Off going watch supports required evolutions. Goal is for each to get 2 x 90 min sleep cycles while off watch and have 4 up at all times making Alliance go fast.

Watch Hours starting at 1800 (note be adjusted based on rounding points):

A 1800-2000, 0000-0400, 0800-1200, 1600-2000

B 2000-2400, 0400-0800, 1200-1600, 2000-2400

C 2200-0200, 0600-1000, 1400-1800, 2200-0200

D 1800-2200, 0200-0600, 1000-1400, 1800-2200

Meals Hours:

Dinner 1730-1930, Lunch 1130-1330, Breakfast 0530-0730

Watch Partners:

A: Eric (skipper), Chris (Bill)

B: Mary (co skipper) David

C: Caitlin (bow), Mark

D: Marcus (bow), Peter

Core Positions: (starts, finishes, major changes...)

Eric or Mary - Helm

David or Chris (Bill) - Main

Mark or Peter - Pit and Trim

Marcus or Caitlin – Bow and Mast.

Watch Relief Turnover Discussion items: weather conditions, sail plan and rigging changes, navigation plan, material issues and status (power, water...).

Bunks:

Mid Stbd side (Chris and David)

Mid Port (Caitlin and Marcus)

Aft Port Outer (Eric and Mary)

Aft Stbd Outer (Mark and Peter)

Personal Gear: Minimize your footprint! Consolidate into one small sea bag, clearly mark your gear and your bag. Bring strong plastic hanger for stowing foul weather gear to go into a locker. Bring your off shore vest and tether with AIS. One labeled zip lock bag with your tooth brush and other small bathroom items and medications for the head locker. Gear stowage will be one our key learning points. Bring refillable water bottle.

Duties:

Skipper: Primary Person in Charge, overall in charge, primary navigator...

Co-skipper: Secondary Person in Charge, Assistant Navigator

Watch Captain: Officer of the Deck Type duties, Watch section evolutions, routine communications and downloads, input to skipper/co skipper, meals and clean up, stowage, routines, safety... (develop further)

All – Stay healthy (eat, hydration, manage energy...), sleep and get rest, be ready to support your role to race Alliance.