



This is a CCA “Safety Moment” Handout

CCA Safety Check-List for Cruising Couples

This list started when a CCA member tried to identify what changes he had to make to his boat when he started cruising with just himself and his wife. Others have added too, and this may give you a great starting point for your list!

1. VHF/DSC Capable Radio in cockpit available for helmsman to use while steering
2. An MOB button located close to the helm that electronically marks present position and displays range and bearing to the person in the water
3. Roller furling jib, lazy jacks (or Dutchman system) or furling mainsail
4. Anchor windlass
5. Lifesling with hoist (Block & Tackle, Large or Electric Winch, halyards that reach the water)
6. MOM or MOB Pole (with light, horseshoe/life ring, whistle and drogue)
7. Floatation and Throw Rope within easy reach of Helmsman
8. Boarding Ladder at the side of the boat with steps that go into the water
9. Remote steering using Autopilot and/or Wind Vane
10. Yacht Operational Manual describing “How To’s” and location of safety equipment
11. Install/Convert to equipment that both can use/operate
12. Pre-Underway Check-Off Sheet
13. Towing Insurance

Note: For a complete list of recommended safety equipment see US Sailing’s [Safety Recommendations for Cruising Sailboats](#) or [ISAF Offshore Special Regulations including US Sailing Prescriptions \(Category 2 or 3\)](#)

CCA Contact: Ron Trossbach, email: rontrossbach@msn.com