



## FIRST DAY ABOARD

- Bunk assignments made.
- Use of marine head instructions.
- Tour of compartments and review of deck plan and safety equipment locations.
- Review Chain of Command.
- Personal safety equipment, gear use, watertight doors, and storage.  
(Type I Personal Floatation Device {PFD}, safety harness, survival suit)
- Shipboard etiquette (noise, lights, personal space)
- Review of sail plan, pin diagrams, and nautical terms.
- Review of PFD and swim policy.
- Review of Man Overboard, fire, and abandon ship station bills.
- Inspect all on deck safety equipment including fire stations, fire extinguishers, life rafts, and MOB equipment.
- Review Watch stations and their duties.
- Discuss meals and galley equipment.
- Review Watch schedule and assignments.