



**OceanMedix.com**

*.... for the Coastal Cruiser and the Ocean Voyager*

**3-Shift Watch Schedule:**

**Yacht:** \_\_\_\_\_

**Passage:** \_\_\_\_\_

**Dates:** \_\_\_\_\_

( 4 hr. shifts in the day / 3 hr. shifts at night )

8am	12noon	4pm	8pm	11pm	2am	5am
<b>A</b>	<b>B</b>	<b>C</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>A</b>
(4 hrs.)	(4 hrs.)	(4 hrs.)	(3 hrs.)	(3 hrs.)	(3 hrs.)	(3 hrs.)

**Watch Rotation: A:** \_\_\_\_\_

**B:** \_\_\_\_\_

**C:** \_\_\_\_\_

**( It takes 3 days for this Schedule to fully cycle through )**

**Daily Job Rotation:**

- 1) 8am –12noon Watch: Clean-up Cockpit & Straighten-up Lines.
- 2) 12noon - 4pm Watch: Plan, Prep., Cook & Clean-up Dinner.
- 3) 4pm - 8pm Watch: Wipe Down Cabin Sole, Clean-up Galley & Heads.

**Notes:**

- ◆ Log in after **each** watch & any other event or item of interest.
- ◆ Wake-up relief 15 min. before watch.
- ◆ Skipper is **always** on call.
- ◆ If it doesn't look / feel right, **say so**.
- ◆ In bad weather watches will dbl-up as required.
- ◆ Harnesses - always from sunset to sunrise & as conditions may require.
- ◆ Next watch is on stand-by.

**Standing Orders:**

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