

Personal Welfare and First Aid for a Hawaii Race

Mary P. Lovely PhD, RN

1. Getting ready for the race

a. Build strength and endurance by starting a regular exercise plan months before the race. You'll be more alert on watch and sleep better at night. Regular workouts are good. Add cross training with aerobics and upper body workouts so your arms and legs are prepared. This is an endurance race, not a sprint.

b. Don't change habits within one month of the race. If you normally smoke, drink a lot of coffee, or alcohol continue with the normal habits. Withdrawal symptoms on the water cause havoc for the crew. As with building strength and endurance, if you want to change habits, change these months before the race.



1. Getting ready for the race p1
2. Stay warm, dry and safe p2
3. Personal Safety Gear p2
4. Managing your personal items. p3
5. Sleep is a necessity p3
6. Personal Items to maintain sanity. p4
7. Food preferences p4
8. Personal and boat cleanliness p5
9. Sea sickness p5
10. Sun Protection p6
11. Dehydration p7
12. First Aid Kit(s) p7
13. Tell your skipper about medical conditions. p8

2. Stay warm, dry and safe

- a. Clothing formula:
 - i. cold part of race – no cotton, stick with synthetic thermal;
 - ii. warmer part of the race – t-shirts, long sleeve shirts, light pants and shorts.
- b. Layers:
 - i. Inner layer: thermals, polypro or smart wool socks
 - ii. Middle layer: fleece tops and bottoms
 - iii. Outer layer: Ocean level foul weather gear, warm gloves
- c. Boots that don't leak.
- d. Hats for warmth, and sun protection



3. Personal Safety Gear

- a. Make sure your PFD fits you well and works properly. If you have the blow up type, make sure you have more canisters if the PFD accidentally activates and air is injected into the life jacket. Know where your PFD is on the boat. Label it with your name so other people do not inadvertently use it.
- b. Stay clipped on to the boat from sunset to sunrise and in any heavy weather situation. Make sure the harness and tether fit properly. Label the gear with your name as many people have the same equipment.



4. Managing your personal items.

We pack all of our clothes in gallon size plastic zip lock bags. If not, waves splash overboard or wet sails end up on the bags. Underwear in one bag, tops in another, pants in another, etc. Keep a set of nice clothes separate for arriving in Hawaii.

- a. Designate a place for everyday supplies. A bag with glasses, croakies and sunscreen. We have also made little pockets from hanging shoe racks where crew are able to place their daily stuff, i.e., gloves sunglasses, sunscreen. Each pocket is designated for each crew member.



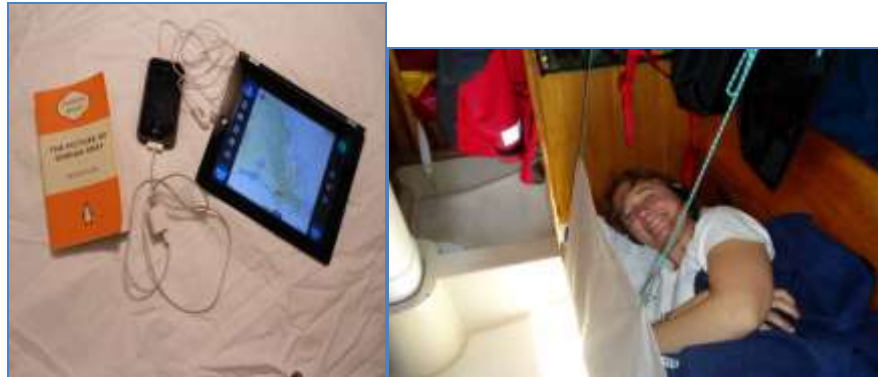
5. Sleep is a necessity for a good trip. Without sleep, personalities change, and sometimes poor decisions are made affecting the entire boat.

- a. Every person has a different need for the amount of sleep. Be aware of your sleep needs.
- b. When you are finished with your watch make sleep the priority. Force yourself to sleep.
- c. Use earplugs and blinders if needed



6. Personal Items to maintain sanity. You will need some time out.

- a. Bring items that you like. Books, maybe an AM/FM radio for midnight talk shows, iPad or Kindle fire to read and watch movies. Remember to bring your chargers. Ask the captain about the electric outlets for charging.
- b. Some great apps. for the ocean are navigation and the stars.
- c. Bring an extra pair of glasses. If you are able to wear contacts, it's easy to manage.
- d. Store all your treasured items in plastic waterproof bags.



7. Food preferences

- a. Everyone has certain foods they like. Have a discussion with the provisioner if you will be eating your own diet. If you are bringing your own food, then overall meal planning will be for one less person.
- b. If you have specific allergies or preferences, the provisioner may be able to work them into the daily plan.
- c. Thinking about fishing? Contact Jim Quanci, a veteran ocean fisherman, jim.quanci@autodesk.com.



8. Personal and boat cleanliness

- a. At the beginning of the race most people wait to take a shower for about three days after they have accommodated to the waves and managed their sea sickness. Then most people shower periodically. If not showers, bring wipes and clean up daily.
- b. Wash your hands regularly to not spread germs to other people. Keep a bottle of hand sanitizer in the galley and in the head.
- c. Double handers need to be extra careful about avoiding a bottom rash because of long stretches driving with a tiller sitting down. Hydrocortisone, hair conditioner or baby powder works well. Change underwear daily.
- d. Set up a boat cleaning schedule. Some people like to clean heads. Others like to do galleys. Have a crew discussion. Keeping a clean boat makes for a much more positive attitude on the water. It also decreases the chance for sickness going around the crew.



9. Sea sickness

- a. Initial sea sickness lasts two or three days. Try remedies before you leave the dock to see how they will affect you. Take it the day before you leave.
- b. Eat very little the first couple days. Avoid sweet items like donuts and coffee. They make for a queasy stomach.

c. The provisioner usually makes food bland the first couple days because it helps to stave off the nausea and sometimes vomiting. Trader Joes ginger cookies work well as a digestive.



10. Sun Protection

- a. Bring lots of sun screen UVA/UVB at least 30 spf. Take only new sunscreen as it loses its potency. Have sunscreen easily accessible to the crew at all times.
- b. Wear hats, gloves, sunglasses, and long sleeve shirts. As previously mentioned, know where your personal items are located so you don't have to hunt for them.



11. Dehydration

- a. This insidious problem sneaks up on you. The symptoms are that you are unable to think straight, headaches, constipation, sea sickness
- b. Try to prevent dehydration by counting the amount of fluid drunk every day.
- c. Caffeinated beverages and alcohol are diuretics and may cause dehydration. If you drink regular coffee, then also drink some water.



12. First Aid Kit(s)

- a. Keep large complicated first aid kit tucked away.
- b. Keep smaller kit with everyday items in an easy to access place: Band aids, mild pain medicine, ointments, constipation relief.
- c. Carry antibiotics, enough for two courses in case two people get sick on board. Attend a good first aid class before going.
- d. Bring urinary catheters for obstructed bladder issues.

e. Keep a first aid book for referral if needed. Better yet, read it before you go.

13. Tell your skipper about medical conditions. Please, no surprises on the water. Important conditions to discuss are:

- a. Diabetes
- b. Seizures
- c. Heart condition
- d. Anything that requires regular medication

Have Fun – remember, it's a terrific adventure.