

## Captain and Crew "Criterion" Quick Reference Guide

By Captain Keith Dahlin

### Crew

#### Experience

1. Race/ Cruise
2. Inland/Coast/Offshore
3. Credentials/logs
4. Docking/Knots
5. Rules of the Road
6. Emergency Procedures
7. Navigation
8. Propulsion
9. Electrical
10. Plumbing
11. Communications
12. Rules and Regulations
13. Sail Trim
14. Steering
15. Cooking/provisioning
16. Anchoring/Mooring
17. Medical(First-Aid, CPR)

#### Attitude

1. Open-minded
2. Safe
3. Communicates
4. Respectful/Tolerant
5. Easy-going/Adaptable
6. Adventurous/Curious
7. Optimistic
8. Tidy/Organized
9. Dependable
10. General Hygiene
11. Participates/Willingness
12. Cheerful
13. Patient

#### Health

1. Fit/Capable
2. Diet/ Food allergies
3. Sea-sickness
4. Hygiene
5. Medications
6. Illegal Drugs
7. Alcohol
8. Smoke
9. Sun/Wind Exposure
10. Sleep Habits

### Captain

#### Knowledge of Boat Systems

1. Propulsion
2. Electrical
3. Navigation
4. Communication
5. Boat Handling
6. Plumbing
7. Safety

#### Education

1. Certifications
2. Sea time
3. Licenses
4. Marine Degree

#### Responsibility

1. Crew/ Passenger Safety
2. Vessel Safety
3. Crew Management
4. Rules/Regulations
5. Boat Systems
6. Morale/Health
7. Passenger Comfort
8. Schedules

#### Attitude

1. Organized
2. Optimistic
3. Open-minded
4. Respectful
5. Patient
6. Flexible
7. Calm under pressure