

Bluewater Sailing

Est. 1978, 29th Anniversary !!
A Division of Compass Rose, Inc.

SAFETY ! FUN !! LEARN !!! ™

Sailing, Power & Navigation Instruction
Yacht Management and Delivery

Our Professional Instructors Average More than 20 Years Experience On The Water Boat Rentals & Yacht Charters
First American Sailing Assn. & International Yacht Train. Certification Facility in the World Group / Private Lessons

PREVENTION OF 'MAL De MARE' (sea sickness)

Sea sickness is somewhat rare, but taking early precautions at sea is always a good idea.

'Mal de Mare' *is very easy to prevent* but somewhat difficult to cure,
with the exception of the passage of time.

Everyone is susceptible but the biggest challenge is
that many people tend to avoid taking easy precautions or medication until it's too late.

One of the biggest lies in any yacht club: "I can't get seasick".

The truth (as determined by many years of testing): Given the wrong / right conditions, anyone can get seasick,
although it is quite rare for most people and may not occur unless terrible, hurricane-like conditions.

(by the way, what the *** are you doing out in that kind of weather!?)

However, everyone should think about preventing this malady, if not for themselves, then for their friends.

THE BEST PREVENTION (taken early)

PREVENTION IS BETTER THAN TREATMENT

- The Day / Night Before
 - avoid alcohol
 - get a good night's sleep
- avoid stress
- consider taking motion medication

During the Trip

- Stay Active & Keep Mind Occupied:
 - act as helmsperson / drive the boat
 - take bearings, tell stories, etc.
- Stand Up (while safely holding onto something):
 - this places less of your body in contact with the moving boat
 - allows knees and legs to absorb much of the boat's motion on the ocean
- Stay on deck, near center of boat and face the wind
 - focus on / keep eyes on / watch fixed and unmoving horizon
 - minimize time below in ship's cabin
- Keep Hydrated: drink water, carbonated soda (especially Ginger Ale), fruit juice, soup, etc.
- Eat small but frequent snacks / meals

Bluewater Sailing 13505 Bali Way, Catalina Yacht Anchorage, Marina del Rey, CA 90292
310-823-5545 (Office) • 866-944-SAIL (outside CA) • 310-823-5728 (Fax) • 310-313-8723 (Pager)

bluewater@earthlink.net • www.bluewatersailing.com • info@bluewatersailing.com

INITIAL SYMPTOMS

- Slight Nausea
- Yawning
- Sweating
- Inattention to Safety
- Listlessness
- Drowsiness
- Mild queasiness
- Increased salivation

MEDICATION (*Must Take At Least ONE HOUR BEFORE Going to Sea or Onset of Symptoms*)

[Please be advised that Bluewater is not a certified medical facility. The statements below are for general information only. All medication decisions should be made only with advice from a qualified physician.]

- Test Medication at home *several days Before going to sea*
 - Everyone's body chemistry is different, so you should test potential medications at home first
- Requires Prescription (avoid getting hair under patch and wash your hands after applying)
 - Trans - Derm Scopolamine Patch: place directly on skin behind ear and under a band-aid
 - Phenergen: used by space shuttle astronauts
 - Reglan: used to combat nausea during chemotherapy
 - Sturgeron: available only in Europe
- Please be advised:
 - Do not give medication to children under 12 years of age or to pregnant women
 - Many medications may result in dry mouth, sleepiness and / or possibly slightly blurred vision
- "Over the Counter" Pills (Non-prescription):

<u>Brand Name</u>	<u>Generic</u>
– Strongest: Dramamine (purchase "less-drowsy" formula)	dimenhydrinate
– Medium: Bonine	meclizine
– Mildest: Marazine	
– Other: => Antivert	=> Compazine
	=> Prochlorperazine

GENERIC: PLEASE DON'T

- Drink alcohol, smoke or wear cologne / perfume
- Read or Turn head rapidly or
- Start voyage overly tired, with reduced sleep or physically worn out
- Sail downwind with quartering seas
- Bend over forward or work on engine or pack spinnaker
- Work, stay or lie down inside the ship or cabin
- Sit near or allow fumes into boat from: diesel engine, head or bilge mustiness
- Get pregnant before the voyage (although during the voyage might be fun)
- Get cold or have a cold
- Go forward, aft or high on vessel
- Get equipment out of lockers
- Go down below

GENERIC: PLEASE DO

- Take precautions, medication or use wrist bands early (medication is useless after being ill)
 - Cut back on alcohol & smoking before voyage
 - Keep head steady & avoid rapid eye movement
 - Maintain good air circulation down below
 - Pump bilges early
 - Stay rested and warm (hat or head cover works well)
 - Stay low in center / middle of boat where there's least motion
 - avoid forward cabin
 - avoid aft near transom & engine fumes
 - Sleep close to center of boat rotation with sleeping bag & lee cloth
 - Get proper sleep night before voyage
 - Go with the rhythm, not against it
 - Attempt slow, rhythmic breathing
 - Avoid smells / strong odors
 - Minimize / Limit time down below in cabin
-

FOOD: PLEASE DO'S

- Eat solid, normal meals before trip
 - Have light breakfast (toast, cereal, fruit & juice)
 - Consume beneficial foods:
 - ginger (ale, snaps, root, candy etc.)
 - hot drink & biscuits: tea is better than coffee
 - carbonated soda/beverages
 - saltine crackers
 - soft Foods
 - teaspoon of sugar or glucose to settle stomach
 - Pre fix hot food and drink
-

FOOD: DONT'S

- Cruise on empty stomach
 - Eat anything greasy and do not have a big breakfast
 - Overeat or drink alcohol or smoke excessively night before voyage
 - Eat smelly, oily foods
 - Eat/Drink Alcohol, Spices, Greasy Food
-

OTHER USEFUL PREVENTATIVES

- Ice on Back of Neck
- Accupressure Wrist Bands / Sea Bands
 - inexpensive, mechanical elastic bands worn around wrists or
 - more expensive electronic bands
- Sit Under a Tree for 30 Minutes