



Arabella

ARC+ RALLY BRIEFING

Nov 2021



ARC = Atlantic Rally for Cruisers

ARC rally
Gran Canaria to St Lucia

ARC+ Rally
Gran Canaria to Grenada
via Cape Verde





GONE SAILING

Transport mode	Distance (km) ^
Plane	10 013.6
Boat	6 723.7
Driving	1 705.1
Private Jet	283.5
Seaplane	231.5
Helicopter	111.4
Hiking	21.9
TOTAL	19 090.7 km

We have so far sailed 6723.7km (3630nm) in 6 months

ARC+ rally countdown!!!

27 October	ARC+ office opens in Las Palmas and shore-side activities start
31 October	Last date for boat arrivals in Las Palmas
7 November	ARC+ starts! Leg 1 from Las Palmas to Mindelo, São Vicente (865nm) Cape Verde
12-14 November	Arrival in Mindelo, São Vicente (Marina Mindelo)
19 November	Leg 2 Starts!
29 November	ARC+ Offices Open in Grenada
1-6 December	Approximate arrival in Grenada (Camper & Nicholsons Port Louis Marina)
9 December	ARC+ prizegiving ceremony in Grenada

Final week Checklist

Don't forget to fill up with fuel when you first arrive in the marina.

Fill up your water tanks when you get to your berth, and top them up every day rather than waiting until the last day.

Monday 1

Order all water and drinks.

Order cold/frozen vacuum packed meat and cheese for delivery or collection on Saturday.

Buy or refill gas bottles (see ARC+ Shop).

Tuesday 2

Buy and store all non-fresh food.

Buy or order medicines.

Thursday 4

Last minute boat jobs and wash down.

Pre-prepare a number of boat meals.

Do final laundry

Friday 5

Early, buy fruit and vegetables at Market; wash, dry and stow carefully.

Buy other fresh produce (cheese, eggs, etc)

Prepare fridge/freezer for tomorrow's delivery.

Saturday 6

Delivery or collect cold/frozen produce.

Start seasick tablets or patches.

Check-out at ARC+ office at allotted time.

Attend the Skippers' Briefing

Prepare meals for the start day.

Sunday 7

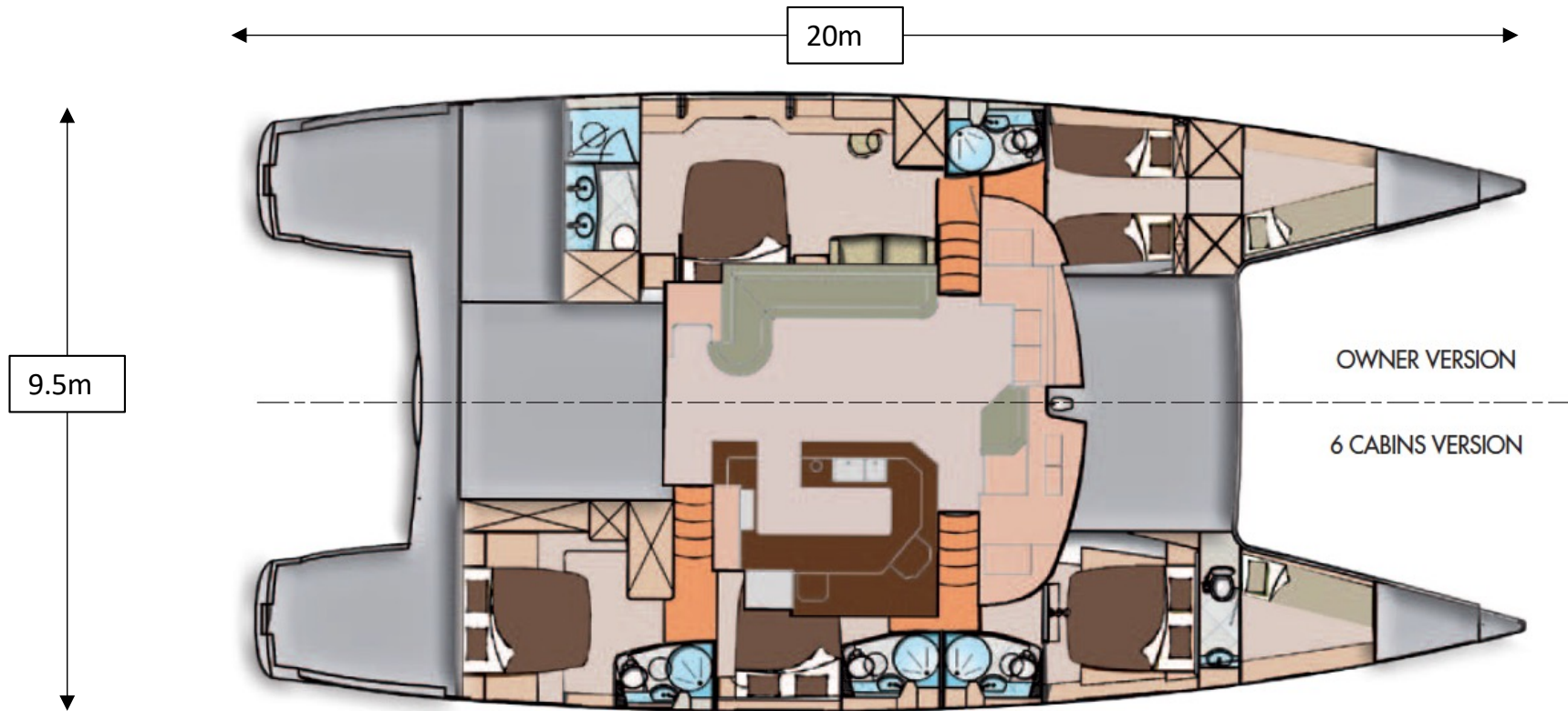
Final check-out if crew have just arrived.

Top up the water tanks.

Final crew pictures.

Have a good sail!

ARABELLA YACHT
Fountaine Pajot
Model: Victoria 67

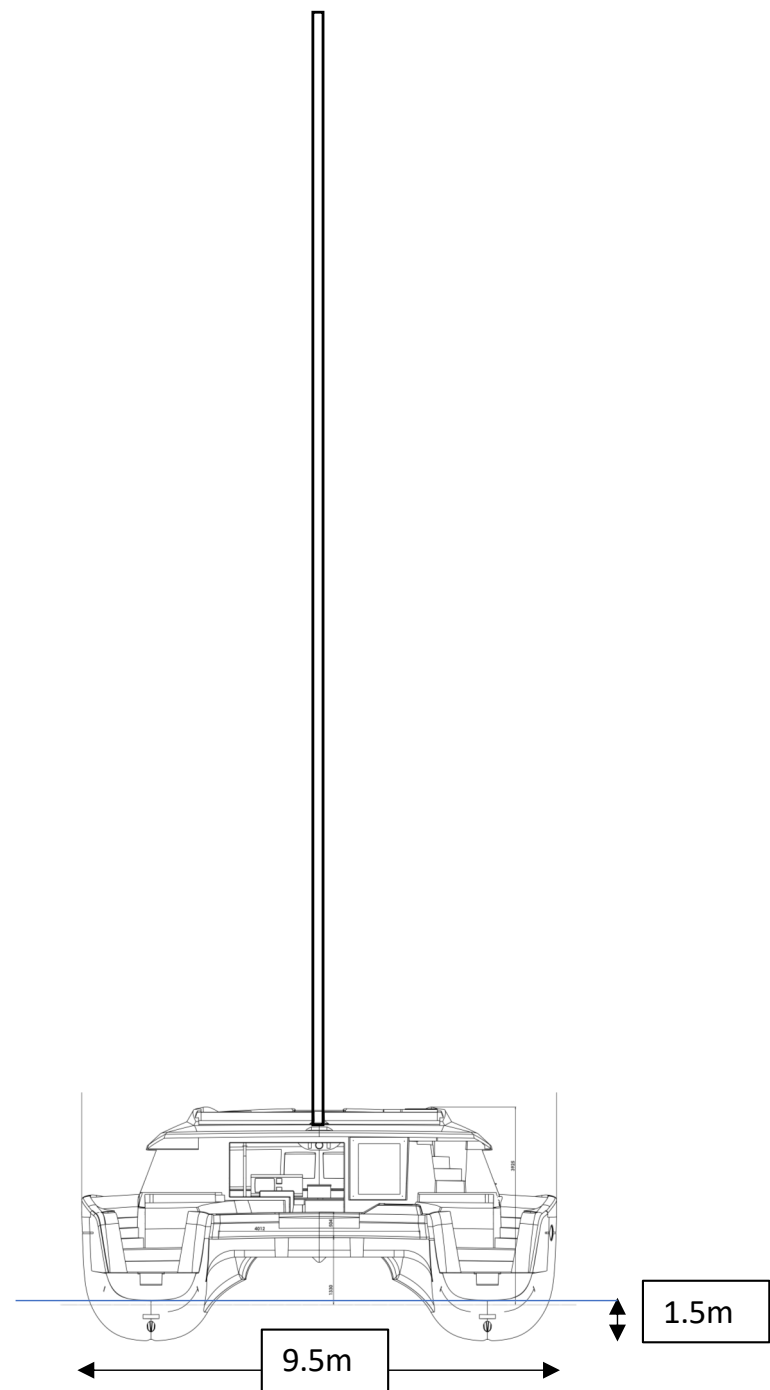
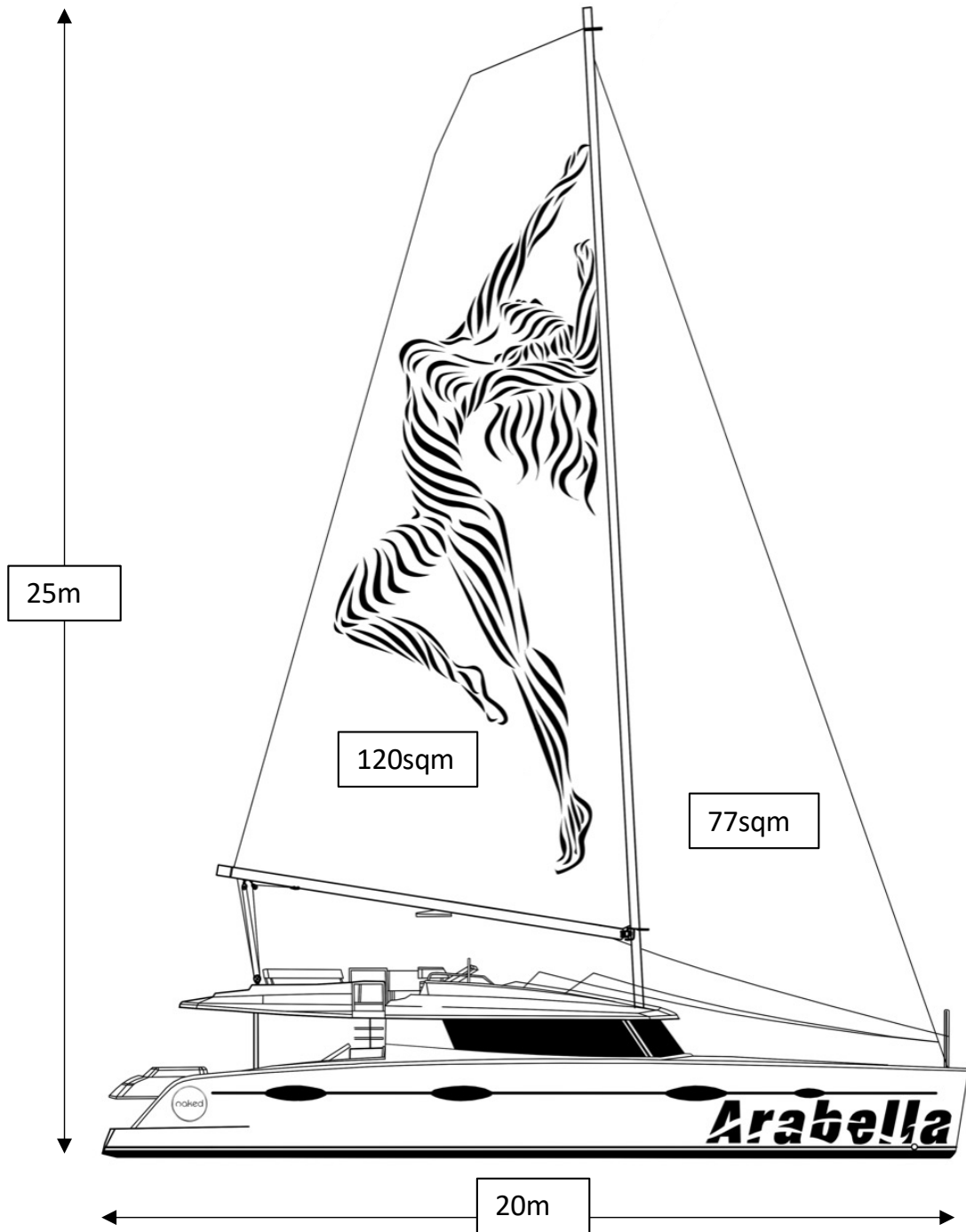


Length 20m/ 67ft
 Beam 9.5m / 31ft
 Draft 1.5m/ 5 ft
 Height of mast 25m/ 83ft

Sail area
 Genoa approx. 77sqm
 Main sail approx. 120sqm

Our Height

Arabella 1.45m
 Alexandra 1.35m
 Azania 1m
 Delphine 1.7m
 Grant 1.88m



Boat Crew

 add crew

-  print list
-  email crew
-  buy additional crew spaces
-  view crew summary

ARC Plus 2021:

Name: Morgan Hayes
Email: morganslaptop@gmail.com
Status: Declared 100% Complete
Legs:
Gran Canaria - Cape Verde, Cape Verde to Grenada

 remove  view crew

Name: Leslie Grant Horsfield
Email:
Status: Confirmed 100% Complete
Legs:
Gran Canaria - Cape Verde, Cape Verde to Grenada

 remove  view crew

Name: Delphine Yip
Email:
Status: Confirmed 100% Complete
Legs:
Gran Canaria - Cape Verde, Cape Verde to Grenada

 remove  view crew

Name: Arabella Horsfield
Email:
Status: Confirmed 100% Complete
Legs:
Gran Canaria - Cape Verde, Cape Verde

Name: Alexandra Horsfield
Email:
Status: Confirmed 100% Complete
Legs:
Gran Canaria - Cape Verde, Cape Verde to Grenada

 remove  view crew

Name: Azania Horsfield
Email:
Status: Confirmed 100% Complete
Legs:
Gran Canaria - Cape Verde, Cape Verde to Grenada

 remove  view crew

Name: Federico Arroyo Montana
Email:
Status: Confirmed 100% Complete
Legs:
Gran Canaria - Cape Verde, Cape Verde to Grenada

 remove  view crew

Name: Alexander Van Nes
Email: alexandervannes@gmail.com
Status: Declared 100% Complete
Legs:
Gran Canaria - Cape Verde, Cape Verde to Grenada

Name: Srisuda Ngakaew

[Add Missing Details](#)

Email:
Status: Accepted 95% Complete
Legs: Cape Verde to Grenada

OUR CREW

1. Morgan
2. Grant
3. Delphine
4. Arabella
5. Alexandra
6. Azania
7. Fede
8. Apple
9. Alex

Q+A

Q: When did ARC start?

A: The **Atlantic Rally for Cruisers (ARC)** first started in 1986. This is the 35th year.

Q: Why join the ARC+ rally?

A: The founder Jimmy Cornell wanted to create an event to add fun to the long and lonely voyage across the ocean, and to increase safety and confidence by organizing a passage of many yachts at the same time.

Q: Why sail in November?

A: There is transatlantic tradewind crossing from the Canary Islands to the Caribbean from November to January. Also there is lower chance of hurricanes and typhoons.

Q: How many boats are at ARC+ this year?

A: ARC+ usually has over 70 boats from more than 15 flag nations. There are over 500 crew, aged from babies to the over 80s. There are 22 catamarans total.

Q: What sort of weather could we expect?

A: With a crossing as early in the season as the ARC in November, the tradewinds are not always well established and you can headwinds, calms, rough seas, squalls, normal Trades or any and all of those. Getting good, up-to-date weather information is important.

Q: Why do we stop at Cape Verde?

A: This route breaks an Atlantic crossing nicely into two parts, so it is good for people and families who are crossing the ocean for the first time.

Q: Is there wifi on the boat during the crossing?

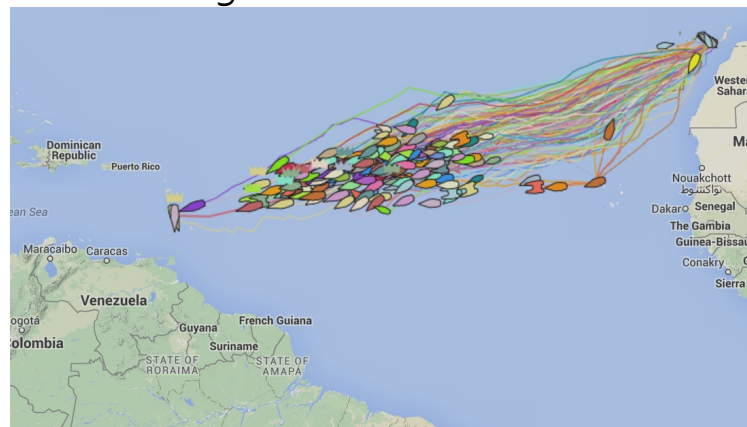
A: No, however Arabella (our tactician) will send an email every day with Uncle Craig to finalize plans on the routing based on wind and weather conditions.

Q: How do people know where we are then? What if something goes wrong?

A: ARC rally organizer fits all boats with a satellite device which automatically updates the yacht's position on the rally website.

Family and friends at home can follow the boat's live location on the ARC rally website. Crews can also submit daily blogs and photographs directly to the website via e-mail.

We have satellite phone which can make phone calls in urgent situations.



Preparations & tasks

02. Rally Preparations



Think About...

Early in the planning phase of the rally, look critically at your boat and decide whether you need to make any modifications, or replace any of the gear. Don't forget that you will be cruising after the rally too! These are some suggestions:

Rigging:

If your mast and rigging is more than 10 years old, your insurance company may request replacement.

Whatever age the rig, get it checked by a rigger (see page 84)

Sails:

Are they up to a long passage, or are they well-worn and need replacement?

Do you have strong-wind sails?

Do you have downwind sails?

Do you have a robust reefing system?

(See page 91)

Steering system:

Check the rudder bearings and steering cables/chains for wear.

Test the emergency steering

Propeller:

Check the stern gland

Consider fitting a rope cutter



Communications:

If you are fitting SSB or sat phone, get it installed professionally well before the rally to ensure that it is working properly.

Safety:

Do you need extra safety equipment (see page 14-20) - where will it be stowed?

Create an equipment stowing plan

Water:

Do you have enough tank capacity (see page 74)

Consider separating water tanks to avoid water loss or contamination

Do you want to fit a watermaker?

Consider manual pumps in the galley and heads to save water

Consider a salt water pump in the galley

(See page 67)

Provisions:

Create a provision stowage plan.

Anchor:

Do you have the right anchor, chain/rope and windlass for long term cruising?

Seacocks:

Check the through-hull fittings for corrosion.

Fit each seacock with a bung/plug.

Back-ups:

Doubling-up systems like bilge pumps and fuel filters provides a back-up in case of failure.

What would happen if you had no electricity - could you still reef, navigate, cook, pump the bilge or have

Power:

Do a power audit (see page 59) - do you have enough battery capacity?

How will you generate power on passage?

Any shore power issues? (see page 57)

Tools and spares:

Do you have comprehensive spare parts for all the systems onboard?

Do you have manuals/handbooks onboard?

Do you have a good tool box, with lots of choices?



Helen and Anna practicing penmanship and helping with provisioning.



Responsibilities & Chores

PREPARATION	Grant	Delphine	Arabella	Alexandra	Morgan	Fede
Making shopping list						
Shopping						
Make meal plans						
Food shopping						
Provisions and packing away						
Design crew uniforms						
Order uniforms						
Prepare grab bag						
Deep clean						

Dressing Overall

All rally yachts are asked to dress overall (decorate the boat with signal flags) while in port to create a festive atmosphere and to show respect to our hosts.

You will need at least one full set of international signal/code flags to dress your boat. The correct sequence of flags for dressing overall is below, and it is also usually listed in manuals of seamanship or nautical almanacs. When putting your flags together, remember that they should all be the correct way up, so you need to work from the top of the mast downwards. Rigging downhails is a good idea.

From forward to aft:

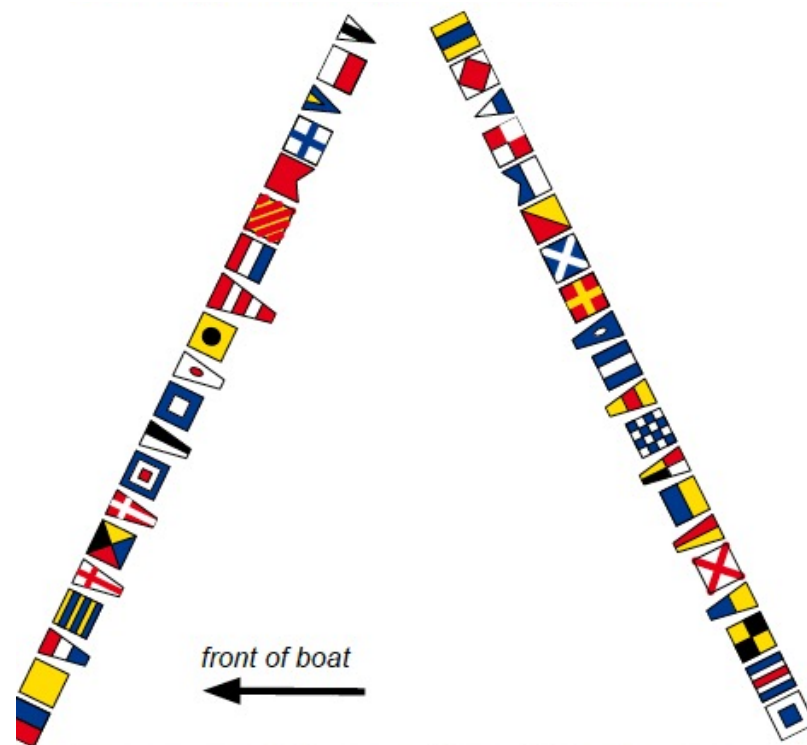
E, Q, p3, G, p8, Z, p4, W, p6, P, p1, I, Code/AP, T, Y, B, X, 1st Sub, H, 3rd Sub, D, F, 2nd Sub, U, A, O, M, R, p2, J, p0, N, p9, K, p7, V, p5, L, C, S

Code Flags Set - ARCPlus 2021

€180.54

ADD TO BASKET

Set of Half Yard Code Flags in a cotton wallet for dressing overall (40 Flags)



Safety

Lifejackets for Children

It is preferable for younger children to wear permanent buoyancy lifejackets.



These can be fun, colourful and be fitted with a light, retro reflective strips and come with crotch straps and lifting handle. They tend to find them more comfortable and provide limited protection from knocks and bumps.

Inflatable lifejackets for older/larger children weighing 20-50Kg are becoming more widely available complete with spray hoods.

Children weighing over 40kg (88lb) should be wearing a 150N lifejacket, either inflatable or permanent buoyancy (it may not be possible to fit a sprayhood to a permanent buoyancy lifejacket).

It would be advisable to fit AIS beacons for all apart from the very young.



Safety

Grab Bags

The WCC Safety Equipment Regulations require every boat to have a grab bag (abandon ship bag) for every liferaft onboard, containing items to help improve rescue, make your time in the liferaft more comfortable, and to help once you are rescued.

If your liferaft contents require upgrading with extra rations or equipment to meet the ISO 9650 Pack 1 over 24 hours or SOLAS A content lists (see table on page 26) then you will need a grab bag for this equipment too.

It is extremely important to have a good grab bag. What you pack in it will to a large extent depend upon what type of liferaft you have and what it already contains.

The grab bag should be:

brightly coloured, waterproof and able to float

- marked with the boat's name
- fitted with lanyard to attach to raft
- duplicated to number of rafts carried:
2 rafts = 2 grab bags

Store the grab bag where it is easily accessible, and make the location known to all crew. Keep another empty bag nearby for 'last minute' grabs.



1. Location

406 EPIRB / SART / waterproof handheld VHF / waterproof handheld GPS / waterproof flashlight / strobe light / cyalume sticks / extra flares (LED) / radar reflector / signals card / signal mirror (heliograph) / fog horn

2. Protection

Sun cream / heat (or chill) packs / inflatable cushion / fold down bucket / moist hygiene wipes / diving mask / gaffer tape / second sea anchor / thermal protective aids (TPAs) / decent bailer / liferaft repair kit / sponges

3. Food and Water

Extra water (only fill bottles to 80%) / fishing kit / extra food rations (non thirst provoking) / graduated drinking cups / child's no-spill drinking cup / collapsible water container for collecting water

4. Medical

Prescription medicine / sunburn cream / inflatable splints / enema kit / anti-emetics / first aid kit / extra sea sick pills and bags

'Last Minute' Grabs

These are items that you will probably need on board the boat, and so aren't convenient to keep permanently stored in the grab bag. They can be 'last minute grabs' that you collect as you abandon the boat. It is a good idea to keep laminated copies of passports and ship's papers permanently in the grab bag. These may include: passports / ship's papers / credit cards and money / binoculars / sat phone / mobile (cell) phone / wet-weather gear / lifejackets (if not worn) / immersion suits / man overboard danbuoy / SSB receiver / spare clothing / sextant and tables / spare clothing / sunglasses / charts / compass / lighter / multi purpose tool / pack of cards / towels / waterproof notebook and pencils

Safety

Features of a Modern Liferaft

Your liferaft will be built to the standard you have selected - either ISO 9650, ISAF or SOLAS. This is a minimum design standard, and it is worth looking for rafts that provide more features, as these are more likely to perform best when needed the most. As well as the standard features, look for the following:



Canopy opening: large enough to allow access wearing lifejackets, but easy to close with cold hands

Brightly coloured: canopy, tubes and underside for better visibility

Strong grab lines: all around the inside and outside of the raft

Step (rigid or inflatable) to make boarding easier.

Pull-in ladder extends across the raft floor

Ladder under raft to help righting in case of capsizing

Fully-fitted insulated floor

Clear instructions: these are printed as a diagram directly onto the raft

More information on liferaft specifications can be obtained from:

- ISO: <http://tinyurl.com/buy-iso9650>
- World Sailing OSR: <http://www.sailing.org/documents/offshorespecialregs/index.php>
- Your liferaft manufacturer



Self-inflating canopy, brightly coloured with internal and external lights and retro-reflective tape.

Look-out port for ventilation and watch-keeping



Multiple oversized and strongly secured ballast pockets for better stability

Good sized, securely affixed drogue
CO² bottle secured out of the way



Comprehensive emergency pack with quality contents. Pack and contents should be easy to use with wet, cold hands

I hope you learnt about the ARC
and our adventure!

