

The Shoreline

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The Coast Guard came by the office the other day to chat for a while. That conversation gave me the idea for this newsletter.

If you are anything like me and many other sailors, you enjoy a cold beer when sailing on those hot summer days. The secret is to have fun – lots of fun, but know when enough is enough. Some years back, I was on a mooring at Hamilton Cove on Catalina Island when a 40 foot sailboat collided into me causing extensive damage. The operator had been drinking heavily, but apologized and paid for all repairs. No one was hurt.

Did you know that a boat operator is likely to become impaired more quickly than a driver. Furthermore, the use of alcohol is involved in about a third of all recreational boating fatalities. Alcohol affects judgment, vision, balance and coordination. These impairments increase the likelihood of accidents afloat, for both passengers and operators. Data shows that in boating deaths involving alcohol use, over half the victims capsized or fell overboard. The marine environment, motion, vibration, engine noise, sun, winds and spray all accelerate impairment. These stressors cause fatigue that makes a boat operator's coordination, judgment and reaction time decline.

Alcohol effects:

- Cognitive abilities and judgment deteriorates.
- Physical performance is impaired.
- Vision is affected.
- Balance and inner ear disturbances.
- Alcohol can create a feeling of well-being when nothing can be further from the truth.

This sums up my conversation with the Coast Guard. Just thought I'd share with all of you. Now go out sailing, have fun and have a cold beer if you like, just be responsible.

REAL NEWS

The Port Police are now issuing citations to recreational boaters who enter the Controlled Navigation Areas. These areas, within the harbor, are closed to all but commercial vessels. Within the channels you must stay 100' from commercial vessels (ships) or docks. A map of closed areas can be found in the display case outside the marina office. Come by and familiarize yourself with the areas.

Until next time,
Jerry, HHW Marina Manager