

## 2 Watch System (rotational with dog watch)

Date	Day of the week	Time of the day							Cooking
		0000-0400	0400-0800	0800-1200	1200-1400	1400-1600	1600-2000	2000-2400	
		I	II	I	II	I	II	I	*II/I
		II	I	II	I	II	I	II	I/II
		I	II	I	II	I	II	I	II/I
		II	I	II	I	II	I	II	I/II
		I	II	I	II	I	II	I	II/I
		II	I	II	I	II	I	II	I/II
		I	II	I	II	I	II	I	II/I
		II	I	II	I	II	I	II	I/II
		I	II	I	II	I	II	I	II/I
		II	I	II	I	II	I	II	I/II
		I	II	I	II	I	II	I	II/I
		II	I	II	I	II	I	II	I/II
		I	II	I	II	I	II	I	II/I
		II	I	II	I	II	I	II	I/II

### Watch I:

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**On watch:** "Deck walk" after sunrise and before sunset

**Cooking** (timing flexible):

0730 Breakfast, after sunrise

1330 Lunch, at local noon

1930 Dinner, before sunset

\*e.g. II watch (breakfast, lunch) / I watch (dinner)

WL – Watch Leader

**Boat cleaning:** every third day (deck, floors, toilets)

### Watch II:

..... (WL)

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### General watch rules:

1. Wake on coming watch 20 minutes before start of the watch
2. Be on deck 5 minutes before start of the shift
3. Make a navigational and deck watch handover
4. Leave the galley spotless at the end of every shift
5. Make a log entry every hour and plot on chart every 2 hours
6. Always look around for ships and lights, make radar/ais check every 15 min, and deck visual check every 30 min
7. Inform the skipper as per the standing orders



### 3 Watch System (rotational with dog watch)

Date	Day of the week	Time of the day							Cooking
		0000-0400	0400-0800	0800-1200	1200-1400	1400-1600	1600-2000	2000-2400	
		I	II	III	I	II	III	I	*II/III
		II	III	I	II	III	I	II	III/I
		III	I	II	III	I	II	III	I/II
		I	II	III	I	II	III	I	II/III
		II	III	I	II	III	I	II	III/I
		III	I	II	III	I	II	III	I/II
		I	II	III	I	II	III	I	II/III
		II	III	I	II	III	I	II	III/I
		III	I	II	III	I	II	III	I/II
		I	II	III	I	II	III	I	II/III
		II	III	I	II	III	I	II	III/I
		III	I	II	III	I	II	III	I/II
		I	II	III	I	II	III	I	II/III
		II	III	I	II	III	I	II	III/I
		III	I	II	III	I	II	III	I/II
		I	II	III	I	II	III	I	II/III
		II	III	I	II	III	I	II	III/I
		III	I	II	III	I	II	III	I/II

**Watch I:**

..... (WL)

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**Watch II:**

..... (WL)

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**Watch III:**

..... (WL)

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**On watch:** "Deck walk" after sunrise and before sunset

**Cooking** (timing flexible):

0730 Breakfast, after sunrise

1330 Lunch, at local noon

1930 Dinner, before sunset

\*e.g. II watch (breakfast, lunch) / III watch (dinner)

WL – Watch Leader

**Boat cleaning:** every third day (deck, floors, toilets)

**General watch rules:**

1. Wake on coming watch 20 minutes before start of the watch
2. Be on deck 5 minutes before start of the shift
3. Make a navigational and deck watch handover
4. Leave the galley spotless at the end of every shift
5. Make a log entry every hour and plot on chart every 2 hours
6. Always look around for ships and lights, make radar/ais check every 15 min, and deck visual check every 30 min
7. Inform the skipper as per the standing orders



## 4 Watch System (rotational with dog watch)

Date	Day of the week	Time of the day							Cooking
		0000-0400	0400-0800	0800-1200	1200-1400	1400-1600	1600-2000	2000-2400	
		I	II	III	IV	I	II	III	*II/III
		IV	I	II	III	IV	I	II	I/II
		III	IV	I	II	III	IV	I	IV/I
		II	III	IV	I	II	III	IV	III/IV
		I	II	III	IV	I	II	III	II/III
		IV	I	II	III	IV	I	II	I/II
		III	IV	I	II	III	IV	I	IV/I
		II	III	IV	I	II	III	IV	III/IV
		I	II	III	IV	I	II	III	II/III
		IV	I	II	III	IV	I	II	I/II
		III	IV	I	II	III	IV	I	IV/I
		II	III	IV	I	II	III	IV	III/IV
		I	II	III	IV	I	II	III	II/III
		IV	I	II	III	IV	I	II	I/II
		III	IV	I	II	III	IV	I	IV/I
		II	III	IV	I	II	III	IV	III/IV
		I	II	III	IV	I	II	III	II/III
		IV	I	II	III	IV	I	II	I/II
		III	IV	I	II	III	IV	I	IV/I
		II	III	IV	I	II	III	IV	III/IV
		I	II	III	IV	I	II	III	II/III
		IV	I	II	III	IV	I	II	I/II
		III	IV	I	II	III	IV	I	IV/I
		II	III	IV	I	II	III	IV	III/IV

**Watch I:**

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**Watch II:**

..... (WL)

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**Watch III:**

..... (WL)

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**Watch IV:**

..... (WL)

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**On watch:** "Deck walk" after sunrise and before sunset

**Cooking** (timing flexible):

0830 Breakfast, after sunrise

1230 Lunch, at local noon

1830 Dinner, before sunset

\*e.g. III watch (breakfast, lunch) / II watch (dinner)

WL – Watch Leader

**Boat cleaning:** every third day (deck, floors, toilets)

**General watch rules:**

1. Wake on coming watch 20 minutes before start of the watch
2. Be on deck 5 minutes before start of the shift
3. Make a navigational and deck watch handover
4. Leave the galley spotless at the end of every shift
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## 2 Watch System on 24-hour cycle (long passages & delivery)

Date	Day of the week	Time of the day						Cooking
		0000-0400	0400-0800	0800-1200	1200-1600	1600-2000	2000-2400	
		I	II	I	II	I	II	*II/I
		I	II	I	II	I	II	I/II
		I	II	I	II	I	II	II/I
		I	II	I	II	I	II	I/II
		I	II	I	II	I	II	II/I
		I	II	I	II	I	II	I/II
		I	II	I	II	I	II	II/I
		I	II	I	II	I	II	I/II
		I	II	I	II	I	II	II/I
		I	II	I	II	I	II	I/II
		I	II	I	II	I	II	II/I
		I	II	I	II	I	II	I/II
		I	II	I	II	I	II	II/I
		I	II	I	II	I	II	I/II
		I	II	I	II	I	II	II/I
		I	II	I	II	I	II	I/II
		I	II	I	II	I	II	II/I

**Watch I:**

..... (WL)

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**Watch II:**

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**On watch:** "Deck walk" after sunrise and before sunset

**Cooking** (timing flexible):

0830 Breakfast, after sunrise

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1830 Dinner, before sunset

\*e.g. II watch (breakfast, lunch) / I watch (dinner)

WL – Watch Leader

**Boat cleaning:** every third day (deck, floors, toilets)

**General watch rules:**

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### 3 Watch System on 24-hour cycle (long passages & delivery)

Date	Day of the week	Time of the day						Cooking
		0000-0400	0400-0800	0800-1200	1200-1600	1600-2000	2000-2400	
		I	II	III	I	II	III	*II/III
		I	II	III	I	II	III	III/I
		I	II	III	I	II	III	I/II
		I	II	III	I	II	III	II/III
		I	II	III	I	II	III	III/I
		I	II	III	I	II	III	I/II
		I	II	III	I	II	III	II/III
		I	II	III	I	II	III	III/I
		I	II	III	I	II	III	I/II
		I	II	III	I	II	III	II/III
		I	II	III	I	II	III	III/I
		I	II	III	I	II	III	I/II
		I	II	III	I	II	III	II/III
		I	II	III	I	II	III	III/I
		I	II	III	I	II	III	I/II

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## 4 Watch System on 24-hour cycle (long passages & delivery)

Date	Day of the week	Time of the day								Cooking
		0000-0300	0300-0600	0600-0900	0900-1200	1200-1500	1500-1800	1800-2100	2100-0000	
		I	II	III	IV	I	II	III	IV	*III/II
		I	II	III	IV	I	II	III	IV	II/I
		I	II	III	IV	I	II	III	IV	I/IV
		I	II	III	IV	I	II	III	IV	IV/III
		I	II	III	IV	I	II	III	IV	III/II
		I	II	III	IV	I	II	III	IV	II/I
		I	II	III	IV	I	II	III	IV	I/IV
		I	II	III	IV	I	II	III	IV	IV/III
		I	II	III	IV	I	II	III	IV	III/II
		I	II	III	IV	I	II	III	IV	II/I
		I	II	III	IV	I	II	III	IV	I/IV
		I	II	III	IV	I	II	III	IV	IV/III
		I	II	III	IV	I	II	III	IV	III/II
		I	II	III	IV	I	II	III	IV	II/I
		I	II	III	IV	I	II	III	IV	I/IV
		I	II	III	IV	I	II	III	IV	IV/III
		I	II	III	IV	I	II	III	IV	III/II
		I	II	III	IV	I	II	III	IV	II/I
		I	II	III	IV	I	II	III	IV	I/IV
		I	II	III	IV	I	II	III	IV	IV/III

**Watch I:**

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**Watch II:**

..... (WL)

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**Watch III:**

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..... (WL)

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