

THREE CREW-WATCH SCHEDULE

Base 4 hours on / 8 hours off, with two 2-hour dog watches (1600-1800 and 1800-2000)

Vessel: _____

Voyage: _____

Cycle starts: _____

Crew A: _____

Crew B: _____

Crew C: _____

WATCH	TYPE	DAY 1	DAY 2	DAY 3
0000 - 0400	MIDDLE WATCH	CREW A	CREW B	CREW C
0400 - 0800	MORNING WATCH	CREW B	CREW C	CREW A
0800 - 1200	FORENOON WATCH	CREW C	CREW A	CREW B
1200 - 1600	AFTERNOON WATCH	CREW A	CREW B	CREW C
1600 - 1800	DOG WATCH 1	CREW B	CREW C	CREW A
1800 - 2000	DOG WATCH 2	CREW C	CREW A	CREW B
2000 - 2400	FIRST WATCH	CREW A	CREW B	CREW C

Rotation: After Day 3, repeat Day 1. The dog watches advance the overnight assignment by one crew member each day, so no one is permanently stuck with the same night watch.

Suggested handover: Oncoming watch on deck about 10 minutes early. Brief course/ waypoint, traffic, weather, sail trim, hazards, alarms and anything requiring attention.

