

## **Medical & Safety Seminar**

Chuck Warren

How to manage your energy to maximize each day's run. How to gauge what you can do on very little sleep, how much sleep you need, creating your minimal sleep regime, and good hours vs when it's impossible to stay awake. Essential tips on what to eat and drink will be covered. The importance of forecasting the environment (wind and sea) and its impact on managing the inter-relationship between your body energy and boat speed. Self-steering vs hand-driving for uninterrupted rest vs sail changes, over periods of time. How to account for overall weather in each part of the course and decisions you need to make by the minute, hourly, and daily plus how it impacts your body, your boat, and your systems to gain miles. What to consider when the weather goes bad and you're exhausted and choosing boat speed vs body fatigue and recovery.