

# Latitudes & Attitudes

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**TRIBUTE**

Freediving in  
**TAHITI**

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Healing Through Sailing

APRIL 2024



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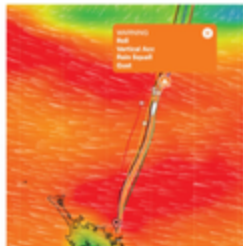
**2023**  
**PHOTO OF THE YEAR**

LIPSTICK

## Parameters for a Safe Weather Window

The history of weather forecasting, with its roots in early indications, holds particular resonance for the first sailors who embarked on geriatric voyages across the world's oceans. These ancient mariners lacked modern technology but relied on their observational skills to read nature's signs. Early seafarers keenly observed cloud formations, changes in wind direction and strength, the behavior of animals, and the color of the sky. Such insights allowed them to anticipate impending weather changes and potential adverse conditions while navigating vast seas. Their ability to interpret these natural indicators was crucial for safe passage and successful exploration.

Tahiti's advanced weather forecasting methods, including instruments, satellites, and global networks, have evolved from these ancient practices, providing sailors with more precise and timely weather information to ensure safer and more productive maritime journeys.



Weather	12	13	14	15	16	17	18	19	20	21	22
Temperature	68	70	72	74	76	78	80	82	84	86	88
Humidity	65%	68%	70%	72%	75%	78%	80%	82%	85%	88%	90%
Wind Speed	10	12	15	18	20	22	25	28	30	32	35
Cloud Cover	10%	15%	20%	25%	30%	35%	40%	45%	50%	55%	60%
Lightning Index	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1

With this in mind, we have spoken to ten Brigs of PredictWind, known as the "modern-day lightning savior" of the world's sea-enthusiast PredictWind over a decade ago to fill the void for sailors looking for accurate and dependable, high-resolution weather forecasting - suitable to everyone, everywhere, all of the time.

Jim explains, "While monitoring and observing changes in barometric pressure, cloud formations, and wind shifts will have an important part of safely understanding weather forecasting and how forecasted weather can affect your passage is imperative for the comfort and safety of you and your crew."

"At PredictWind, we have used the latest technology, to seamlessly integrate weather warnings, into the platform to ensure you're fully aware of any anticipated conditions along your route when planning your passage." However, it is still important to advance yourself about how various weather conditions can impact your trip. Together with Jim, we have delved into the parameters used to help identify a safe passage and outlined why monitoring these is so important, since this information is readily available across a variety of different platforms and web tools. PredictWind has combined all of these parameters into its forecasting software.

**Lightning Index:** The lightning index is a meteorological parameter that quantifies the potential for lightning activity within a specific geographic area or timeframe. It assigns a numerical value to indicate the likelihood of lightning

Wakes, with higher values denoting a greater risk of lightning occurrence. This index is a vital tool for weather forecasting and safety planning, helping sailors assess the potential hazards associated with thunderstorms and lightning. When the lightning index indicates an elevated risk, it can prompt precautionary measures, such as the postponement of a passage. A direct or indirect lightning strike can knock out all onboard electronics, so it's important to avoid lightning whenever possible.

**CAPE Index (Convective Available Potential Energy)** The CAPE index is a meteorological term used to measure the atmosphere's instability that can lead to the development of thunderstorms. It is a critical parameter in weather forecasting, especially for assessing the potential for severe weather events. CAPE is expressed in terms of energy per unit mass, typically in joules per kilogram (J/kg). It quantifies the amount of energy that a parcel of air would release if it were lifted through the atmosphere and then cooled to the same temperature as its surroundings. The greater the CAPE value, the more potential energy is available for convection. CAPE is calculated on a sliding scale according to temperature. CAPE should be mindful of thunderstorm when:

- The temperature is below 20 degrees Celsius with a CAPE of 3000.
- The temperature is between 20 and 28 degrees Celsius with a CAPE of 3000.
- The temperature is above 30 degrees Celsius with a CAPE of 3000.

**Rain Squalls:** Rain squalls are localized and sudden bursts of heavy rain accompanied by dynamic wind shifts, often causing rapid and unpredictable changes in weather conditions. These squalls can reduce visibility, creating navigation challenges. Squalls can impact the sea state, with rougher seas affecting the vessel's pitch and motion. Squalls with rain squalls will require quick adjustments to sail plans to maintain control and stability of the vessel. Squalls, rain combined with winds of 25 knots or more can be a sign of volatile weather conditions.

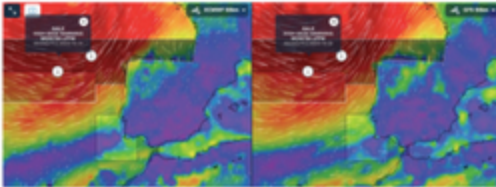
Pay attention to these conditions, especially if they coincide.

**Extreme Gales:** Extreme gales, defined as gusts that are 10% (or more) greater than the 10-meter wind speed, can pose significant risks to a vessel's stability and safety. Knowing the limits for and avoid excessive gusts along your passage can ensure the comfort of the crew, limiting dangerous pitch and roll and potential seaweaks.

**Wind Against Current:** Wind against current refers to the situation where the direction of the wind opposes that of ocean currents. It is typically defined by wind and current directions that are less than 90 degrees apart (wind and current direction combination are opposite) and the wind speed is more than 12 knots, while the current speed is more than 5 knot. This scenario can result in challenging and potentially dangerous conditions, including rough and choppy seas, reduced speed and maneuverability, increased stress on sails and rigging, and the need for strategic tacking to ease heave-to.

**Wind Chill:** Wind chill, the combined effect of wind and temperature significantly influences how the human body feels cold. Wind chill below 4 degrees Celsius can lead to discomfort and potentially hypothermia, so properly understanding and addressing wind chill is essential to ensure that crew members are adequately dressed and protected against cold-related health risks. Adequate clothing not only enhances crew effectiveness during watchkeeping and navigation but also minimizes the risk of accidents and operational issues. By accounting for wind chill, sailors can optimize crew readiness, promote safety, and maintain the vessel's performance, even in challenging offshore conditions.

**Fog and Fog & Mists:** Fog occurs when air cools to its dew point, and moisture in the air condenses into visible or fine airborne particles, known as condensation nuclei. Near the water's surface, the resulting cloud is termed fog or mist. Depending on the prevailing visibility conditions, in the context of sea navigation, fog is officially defined as visibility reaching 1000 meters or less, while mist refers to visibility



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	24.1	24.1	118	P88	208	11.7
20-Oct-17:37						
20-Oct-18:00	24.9	24.9	117	P91	208	12.3
20-Oct-20:49	25.1	25.1	112	P82	194	10.5
20-Oct-22:29	24.9	25.2	99	P68	187	10.9
20-Oct-00:05	25.6	32.7	92	P103	194	11.6
20-Oct-01:41	26.6	313	91	P130	201	
20-Oct-02:24	29.1	38.4	98	P108	206	13.8
20-Oct-06:03	29.4	48.5	94	P100	194	14.2
20-Oct-07:18	28.5	49.6	91	P90	181	13.2
20-Oct-08:13	29.1	49.4	92	P102	194	14.6
20-Oct-09:24	29.8	46.5	89	—	0	—

within the range of 1000 to 2000 meters. Fog can reduce visibility and pose navigation challenges. To monitor whether you are likely to encounter fog, you will need to review the forecast or observe the sea state. In this air, condensation nuclei for fog formation. In freezing conditions, supercooled water droplets can freeze upon contact with surfaces, leading to ice formation, which adds a heave-to, up to the fog.

**Waves:** The primary driver of sea state is the wind. Stronger winds blowing over a larger distance (known as the 'Fetch') and for an extended duration result in larger waves, up to a certain limit depending on wind strength. Wave patterns are fairly regular and are typically a combination of multiple wave trains with varying heights and periods, giving rise to groups of waves. These groups often consist of one or two larger waves followed by smaller ones, in areas with a cross-wave pattern, approximately one in 10 waves will be roughly twice the average height, and over an extended period of sea, encountering waves three or four times the average height is highly likely. While such waves are sometimes underestimated as 'ripples' or 'bumps', these occurrences are relatively common in inland sea water patterns. Sea state is further influenced by factors like wind-over-sea conditions, water depth, underwater reefs, and the presence of a continental shelf. Waves can significantly impact a vessel's roll and vertical acceleration. As waves interact with a hull, they can induce rolling motion, causing the vessel to pitch and roll in an otherwise regular, allowing more heights and periods, with a common rule being a period at least twice the length of the wave height to avoid seasickness, slamming and potential damage to the vessel.

**OMG5:** The Global Maritime Distress and Safety System (GMDSS) is an internationally recognized system that enhances communication and safety at sea. OMG5 warnings are essential components of this system and are used to alert vessels to various maritime safety-related information. These warnings are broadcast via radio, satellite, and other means to ensure that ships are informed about potential dangers or emergencies while at sea. OMG5 warnings can include information about severe weather conditions, navigational hazards, distress calls from other vessels, and other critical safety information. Mariners are required to monitor these warnings to stay informed about potential hazards, adverse weather conditions, and emergency situations in their operating area, ensuring safe navigation and prompt response to any distress situations. Compliance with GMDSS warnings is fundamental to maritime safety, enabling vessels to make informed decisions and take necessary actions to protect lives, vessels, and the marine environment.

When checking a weather forecast, it's key to overlook old weather warnings that may have expired of impending routine weather alerts. It's important to look at the collective conditions to build a picture of your route and passage, prior to setting out.

For more detailed explanations and guides, you can find various websites on the full features of ProCrested and how you can utilize them in your route planning at [www.procrested.com](http://www.procrested.com). This includes how to download weather forecasts at sea and how to utilize your boat's radar for more accurate weather routing.

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TIPZIN



As energy storage dynamics evolve, the introduction of lithium batteries has sparked a revolution, offering an array of advantages that combine conventional battery technologies, their remarkable high-voltage, high-current energy density to power high-speed and remarkable power-to-weight ratios—have cast a spotlight on their suitability for integration into both sailing yachts and motor vessels.

This shift has catalyzed a noteworthy trend, with a growing number of sailors and full-time boaters gravitating towards lithium batteries, drawn by the allure of these benefits. However, the journey from conventional lead-acid batteries to lithium involves more than a simple swap-out. Lithium batteries necessitate an advanced technology that demands a comprehensive understanding and careful handling.

In this context, Ryan Eason of Ryan and Sophie Sailing, a founding member of Sailing Lithium and an accomplished sailor, outlines a series of crucial safety considerations that should underpin any lithium battery installation endeavor.

**Navigating Insurance:** Before delving into a lithium battery installation, it's imperative to engage in dialogue with your insurance provider. Some insurance companies may stipulate the need for professional installation and adherence to industry best practices to maintain coverage.

## Navigating Safe LITHIUM BATTERY INSTALLATIONS for Sailing Vessels

Planning and installation. Collaborating on a lithium battery installation is anything but a cookie-cutter exercise. While shortcuts may be appealing, it is essential to thoroughly assess your specific electrical framework to ensure a seamless integration of lithium batteries. To guarantee safety, the services of a licensed marine electrician, versed in lithium battery configurations, are indispensable. This expert will oversee essential facets like precise wiring, optimal cable sizing, and strategic component placement such as fuses, breakers, and switches. Carefully documenting each phase of the installation process, noting device component specifications, and creating a bespoke wiring diagram all contribute to a seamless and secure installation journey.

**Decoding the Battery Chemistry Conundrum** Lithium batteries are built from cells that can take the form of prismatic, cylindrical, or those that are contained in a pack. These cells rely on an anode, cathode, and electrolyte for electron flow and energy release. Differences in these materials translate into distinct lithium-ion chemistries, each tailored to specific applications. Notably, Lithium Iron Phosphate (LiFePO4) takes center stage in marine applications due to its low internal resistance, extended life cycles, and heightened resilience against thermal runaway incidents.

**Central Role of Battery Management Systems (BMS)** Core lithium battery configuration mandates the presence of a Battery Management System (BMS) to prevent potential pitfalls such as overcharging, excessive discharging, and thermal runaway. Functioning as a miniature computer, the BMS can be seamlessly integrated within a battery rack or linked externally to multiple packs. BMS units

can be situated either inside or outside the battery. Their core function is to shield the cells and prevent thermal runaway scenarios. Monitoring parameters like charge and discharge currents, system voltage, temperature, and cell balancing, the BMS maintains uniform charge levels. Any breach of these parameters prompts the BMS to halt current flow, thus safeguarding the cells and battery pack.

**Mastering the Art of Charging Infrastructure** Safe charging practices are of any importance when dealing with lithium batteries. The charging system encompassing elements such as alternators, solar panels, and charge controllers, must align precisely with the recommended charging specifications of the lithium battery. Each battery comes with a prescribed charge current rating, often pegged around 0.3 times the battery capacity (C/3) or higher. In practical terms, a 50 amp-hour battery can comfortably accommodate a charging rate of 80 amps or more. When multiple batteries are interconnected in parallel, the collective charging capacity amplifies. However, even in scenarios of redundant battery failure, the remaining capacity must harmonize with the charging device's capabilities.

**Navigating Alternator Regulation Management** of alternator output is crucial in a lithium installation. Alternators, designed to supply power without feedback in battery banks, pose challenges when they operate at high outputs for extended periods. The resultant heat is usually dissipated by an engine-driven fan. Low engine RPMs, however, hinder effective cooling in a circulation, potentially leading to alternator damage or fire hazards. Smart strategies can mitigate this concern, with a prudent approach involving the use of



alternator regulators. Alternatively, the alternator's power can be rerouted to charge a lead acid starter battery, followed by a battery-to-battery charger to recharge the lithium bank.

**Addressing Shunt Load Vulnerabilities** The integration of high-ampere charging devices, such as robust alternators or shore chargers, brings forth the issue of shunt loads. Excessive current of battery access or BMS-induced charging regulation triggers voltage surges. In a 12-volt configuration, these surges can surge to 16 to 18 volts, taking around 100 milliseconds to dissipate. Such voltage spikes pose risks to voltage-sensitive electronics, alternators, and chargers, akin to the aftermath of a lightning strike. Prudent installation practices are pivotal to mitigating this risk. Attention must be paid to ensure cable connections are secure and amenable to enduring robust vibrations or changing marine conditions.

**Unleashing Component Excellence** Sourcing lithium batteries and associated components from reputable suppliers ensures stringent technical soundness in a commitment to ensuring reliability and safety.

**Embracing Redundancy** Redundant installation: Upon successful completion of the lithium battery installation, adhere to rigorous inspection. Redundant components of battery performance, temperature, and charging status are imperative to detect any malfunctioning or aging cells quickly. A key practice

involves inspection of connections to ensure none have worked loose, given that such issues can escalate in heat generation.

**Education as an Imperative** With a lithium system being more technologically complex, it is important all crew members know how to operate within a lithium system. This encompasses everything from safe handling, optimal storage practices, and protocols to be enacted in case of emergencies.

By embracing these pivotal considerations and drawing upon expert guidance, you can be sure of a successful journey to a secure lithium battery installation on your yacht. This installation holds the promise of not only enhancing your vessel's performance but also fortifying its safety parameters.

**Bankia Lithium** has established itself as the leading lithium battery company in the United States and Canada with a remarkable 100% growth in revenue over the last four years. Bankia, a renowned name within both the sailing and lithium technology domains, has personally tested Bankia lithium batteries aboard its Pacific Power Sea, clocking an impressive 25,000 nautical miles and spanning three Atlantic crossings. Demonstrating unwavering confidence in their products, Bankia Lithium offers an 11-year warranty coupled with lifetime technical support for their customers. To explore their battery

