

3. **Boat Control.** When a cutter boat is underway at sea, know where it is, where it is going, and when it is due back. Whenever visual contact is not maintained, obtain an "ops normal" check every 15 minutes. Inform me if you lose communications with the boat.
- O. Proper Waste Disposal.** As a Coast Guard unit, we must not only observe laws and regulations but also set an example for responsible waste management at sea and inport. **No one shall throw anything overboard without permission of the OOD.** Refer to the Vessel Environmental Manual, COMDTINST M16455.1(series). Tables 3-1, 5-1 and 7-1.
1. **Trash and Garbage.** In general, trash and garbage will be discharged overboard only on an exception basis. If dumping of trash is permitted, HEALY must be at least 25 nm from shore. If deployed on **Operation Deep Freeze**, HEALY will not dump any trash south of 60 degrees South Latitude.
 2. **Food Wastes.** Carefully segregated food wastes will normally be disposed of via the *Red Goat* disposal in the galley.
 3. **Bilge Water.** Untreated bilge water may be pumped overboard only when an emergency situation dictates, and with the explicit permission of the CO. This permission and action shall be recorded in the smooth log. Bilge wastes must be retained onboard until processed through the oily water separator (OWS) or discharged to a proper shore facility. The OWS may discharge overboard if less than 15 parts per million (ppm) of oil is contained in the discharged water.
 4. **Sewage and Gray Water.** Although some areas allowed discharge as close as 3 nm, HEALY will observe a further distance of 12 nm to avoid confusion in various regions. Both may be pumped overboard when the ship is at least 12 nm from shore, except in a marine sanctuary or other sensitive area. Pumping is never allowed in Puget Sound. If in doubt, check with the Operations Officer.
 5. **Incinerator.** May use when operating beyond 12 nm from land for the disposal of non-plastic and non-hazardous garbage only. Incinerator ash may be discharged overboard beyond 12 nm, except in a marine sanctuary and south of 60 degrees South Latitude.
 6. **Plastic and Hazardous Material.** NEVER allow any plastic materials or any toxic, noxious or harmful substances to be discharged or thrown overboard.
 7. **Guidance for Science Stations:** Secure overboard discharge of sewage, processed bilge water, food, trash and garbage well in advance (at least 30 minutes) prior to arriving on any science station. Determine whether "hove-to mode" for the auxiliary generator will be required at an upcoming science station and notify main control at least 30 minutes or 1 NM prior to arriving on station, whichever is longer.
- P. Restricted Maneuvering Doctrine.** Many shipboard evolutions require a high degree of confidence in the reliability of propulsion and steering. Examples of these evolutions: getting underway and mooring, towing, escorting a vessel in the ice, transiting in restricted waters, and other evolutions as circumstances allow. During these times you shall set the Restricted Maneuvering Doctrine (RMD). Direct the EOW to set the RMD, receive their acknowledgement, announce the same on the bridge, and ensure the entry is made in the smooth log. Be aware that some engineering casualties will result in severe damage if not handled immediately. The Engineer Officer's Standing Orders and the Casualty Control Manual direct immediate shutdown of propulsion machinery in response to certain casualties. MPCMS may similarly change the plant status without warning or bridge approval. As OOD, you need to be constantly prepared for such an occurrence. If you find yourself in a situation where loss of an engine will hazard the ship, notify me immediately and take appropriate action in accordance with reference (j).
- Q. Emergencies.** Responses to various emergency situations require thorough familiarity with emergency procedures. Emergency bills and procedures cannot cover all possible conditions and necessary actions. Be familiar with HEALY's safety equipment, capabilities of personnel, and emergency checklists. Use the following principles in your approach to emergencies:
1. Prevent emergencies before they occur by taking the initiative to be forehanded and stand a safe and vigilant watch, complying with safety precautions. Require watch standers to do the same.