



Crew Safety Drill Certification

Note to Invited Competitor: Each Invited Competitor is to indicate via their Entry Menu the date by which these drills were completed and the participating crew members from the boat's crew list. The Invited Competitor, Person-in-Charge and all Watch Captains must have practiced these safety drills alongside the boat's crew such that at least two-thirds of the total crew has completed these drills.

The following are **REQUIRED** drills:

- Mark a position electronically on the water and then return to it while under sail. Practice a Quick Stop when sailing upwind by tacking without releasing the jib.
- Mark a position electronically on the water and then return to it while under power.
- Practice deployment of the heaving line.
- Practice deployment of the Life Sling and then circling to reconnect with a person (or an object) in the water.
- Practice use of boat hook to simulate reconnecting with an unconscious person.
- Practice use of searchlights.
- Practice method of hoisting an overboard crew member back on deck while on the water. If water temperature or conditions preclude immersion, practice from dock.
- Demonstrate/practice an alternative method of safe and reliable means of reboarding an unconscious crew member.

IT IS RECOMMENDED THAT EVERY PERSON IN THE CREW BE PROFICIENT IN THE FOLLOWING:

- Duties of the SPOTTER/POINTER who sees or calls "Man Overboard" alert to continuously fixate on person in the water (or spot last seen) and determine if their life jacket is inflated, light activated, and movement detected.
- Use of MOB function on GPS, VHF radios (25 watt and handheld) and all installed chart plotters. Discuss and simulate using this equipment.
- Use of VHF radios to initiate MAYDAY distress call. Simulate actual use, including depressing mic button and providing critical information. See sample below of the USCG suggested script.
- Manual inflation of their life jacket with eyes closed (find and blow into the oral inflation tube—but first disconnect any auto-inflation personal MOB device with AIS prior to drill).
- Simulate manual activation of personal MOB device with AIS with eyes closed, especially if it isn't installed inside an automatic inflating PFD. Check battery expiration date and confirm the boat's MMSI number programmed into this personal MOB device.



Place this placard next to your radio. Available from participating yacht clubs.

Recreational Vessels

Rev. 07/08

EMERGENCY RADIO CALL PROCEDURES


1. MAKE SURE RADIO IS ON
2. ON DSC RADIOS, LIFT COVER AND PRESS DISTRESS BUTTON FOR 5 SECONDS AND RELEASE
3. VERIFY RADIO HAS SWITCHED TO CHANNEL 16 AND GO TO STEP 5
4. ON NON-DSC RADIOS, CHANGE TO CHANNEL 16
5. PRESS AND HOLD TRANSMIT BUTTON
6. CLEARLY SAY: "**MAYDAY MAYDAY MAYDAY**"
7. ALSO GIVE: ☐ VESSEL NAME AND/OR DESCRIPTION
☐ POSITION AND/OR LOCATION
☐ NATURE OF EMERGENCY
☐ NUMBER OF PEOPLE ON BOARD
8. RELEASE TRANSMIT BUTTON
9. WAIT 30 SECONDS — IF NO RESPONSE, REPEAT "**MAYDAY**" CALL.

HAVE ALL PERSONS PUT ON LIFE JACKETS

* Intentional hoax calls are an offense and subject to prosecution.

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VHF-FM



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At least two practices are recommended—one in daylight under adverse conditions and a second at night when visibility is limited. Waves, high winds and restricted visibility introduce parameters that adversely impact a crew's ability to communicate and execute maneuvers, and they magnify the dangers involved in a crew overboard situation. Reconnecting an overboard crew member with the boat is essential. Locating and then reboarding the person in the water requires quick thinking and coordination among crew.

Practices should be undertaken so that multiple individuals are proficient in each skill—keeping in mind that at least one crew member will NOT be present in an actual emergency. Discuss how the rescue procedure will be modified if the person in water is unable or severely limited in their ability to assist.

Also discuss what is expected of a crew member in the water. Concepts include: don't panic, get into a floating position, inflate jacket, get breathing under control, get to the MOM or Dan Buoy—but expend very minimal effort in the attempt, check that your light and your personal MOB device have deployed and are functioning, locate your whistle for use in signaling). Each crew member should review the "The First Minute" podcast that can be found at:

<https://www.youtube.com/watch?v=YehulydmJ3s>

IMPORTANT: The Invited Competitor, Person-in-Charge, and all Watch Captains **MUST** participate in these safety drills per CMSR 5.13.