

MAN OVERBOARD (MOB)

1) Yell 'Man Overboard!' 2) Cox: 'HOLD WATER'. 3) Bow points at victim. 4) Throw life ring with painter. 5) Tell victim to inflate PFD. 6) Shift weight. 7) Recover at seats 3-4. 8) Call 911. 9) Give vessel, location, nature, condition.

CAPSIZE / SWAMPING

1) Account for crew. 2) Stay with gig. 3) Board hull if possible. 4) Distribute weight. 5) Go-to site. 6) Call 911. 7) Re-enter at seats 3-4.

TOW / ESCORT

1) Use rescue vessel tow line. 2) Attach at bow or stern chocks. 3) Keep line clear. 4) Communicate. 5) Short tow. 6) Treat cold. 7) Notify Sail MV.

COLD WATER RESPONSE

1) Expect cold shock. 2) Float, Breathe, Think. 3) Stay with gig. 4) Get victim out of water. 5) Thermal blanket. 6) Avoid fast warming. 7) Call 911.