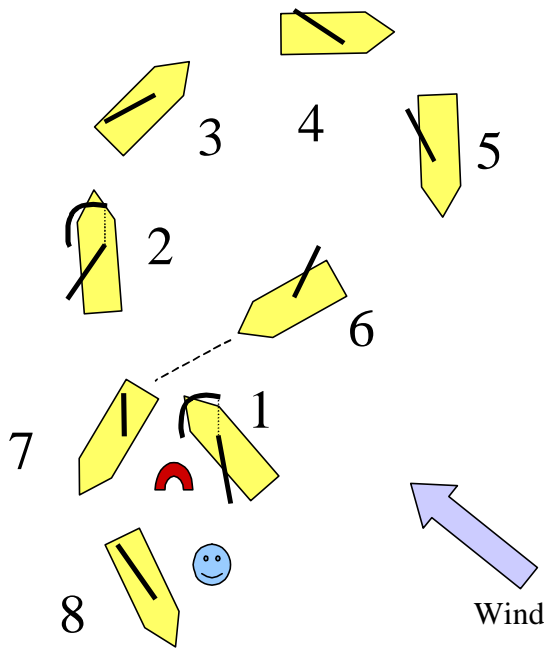


# Man Overboard Procedures

These three slides are available as a training aid for personal use and in particular for those taking part in the SYC Rules and Safety nights. They are for training purposes only and should not be used as a substitute for the Man Overboard procedures as detailed in the appendix to the Special Regulations included in the Yachting Australia Racing Rules of Sailing.

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## Man Overboard - Quick stop (figure 8) - Running

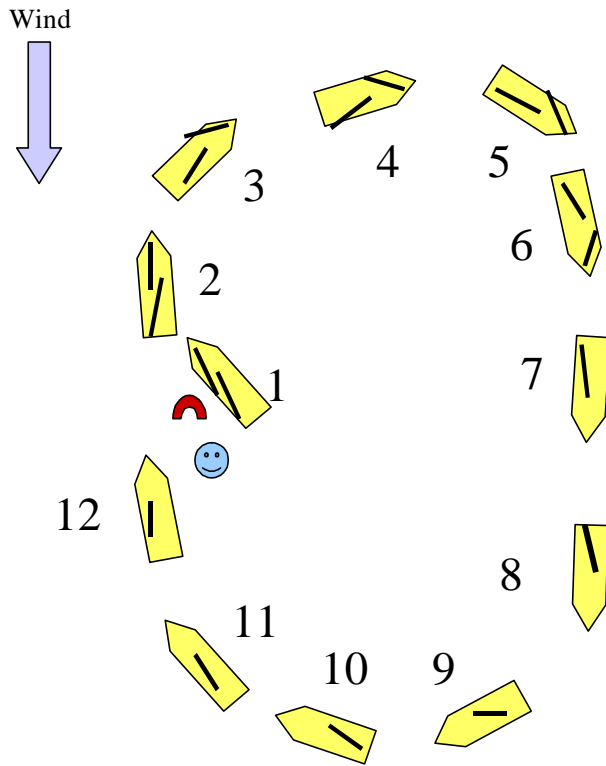


1. "Man overboard", torch + Spotter
2. Lifering, Litter, GPS, danbuoy? Pole to forestay.
3. Drop spinnaker.
4. Sheet on & start turn to windward
5. Turn to windward, lines inboard.
6. Tack the boat, Run engine in neutral
7. Free the sheets.
8. Sheet on and approach to leeward.
9. Throwing sock, danbuoy?
10. Recover from windward side

**Question: How will you recover the MOB on your boat?**

(Refer to the YA Racing Rules of Sailing Addendum)

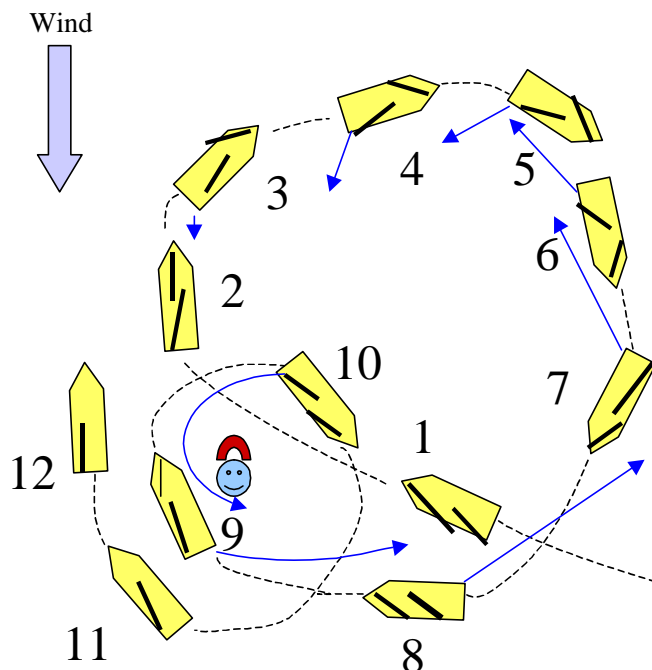
## Man Overboard - Quick stop Beating



1. "Man overboard", torch + Spotter
2. Lifering, Litter, GPS, danbouy?
3. Head to wind & tack main only
4. Headsail back slows boat
5. Turn to broad reach
6. Run downwind
7. Drop headsail, centre main, tight jibsheets. Check lines & start engine in neutral.
8. Abeam the MOB
9. Gybe the boat
10. Approach @ 60 - 45°
11. Throwing sock, danbouy?
12. Recover from windward side

**Question: How will you recover the MOB on your boat?** (Refer to the YA Racing Rules of Sailing Addendum)

## Man Overboard - Lifesling



1. "Man overboard", torch + Spotter
2. Lifering, Litter, GPS, danbouy?
3. Head to wind then tack main only
4. Leave headsail to back slows boat
5. Turn to broad reach. Lines in.
6. Run downwind, Engine in neutral
7. Abeam the MOB. Gybe the boat
8. Approach @ 60 - 45°
9. Circling motion draws in Lifesling
10. Contact - over head, under arms
11. Head to wind, drop jib
12. Recover from windward side