



Dockland Sailing School

Man Overboard Drill

1. Analysis: key is reacting quickly & not panicking

- Beforehand, develop analysis:
- How strong is wind & how high waves?
- How cold is water in terms of hypothermia?
- At outset, inquire if crew can swim & experience
Importance of practicing man overboard drill –
Importance of PFD (Personal Floation Device)

2. Inside the boat commands

- Yell "man overboard"
- Throw flotation devices immediately
- Spot man overboard & assign spotter
- Put tiller to leeward immediately

3. Plan recovery

- Head up into wind, come about, backwind jib
- Approach target; throw lifesling, horseshoe, line tied to seat cushion, or line
- Heave to (slow a stop facing into the wind)
- Approach from windward so victim can be brought aboard from leeward quarter(opposite side from wind direction)
- In heavy seas, approach from leeward if danger of boat coming down off wave onto victim
- Avoid jibing in rough sea or wind as may be dangerous in a panic situation
- Instead of circling victim, come from "inside"
- Elegance of quick stop: after tacking, by pushing tiller "hard alee" second time, have quick heave to "on top of" victim

4. Hauling aboard-may be most difficult part

- Haul aboard off cockpit since bow & stern see- saw more so as to come down on top of victim
- Swim ladder-may be best & easiest way
- Hand over hand along gunwale to stern if swim ladder there & if victim & conditions permit
- Life sling or rope using block & tackle
- Foot or knee loop (bowline)
- Use of jib if victim unconscious