

## Modern MOB Seminar Outline – John Neal & Margaret Pommert

### Scope

- Focus: Cruising sailing couples/shorthanded.
- Also: Overview of MOB rescue for power cruisers (most elements are the same).

### Prevention and Preparation

- Attend an Offshore hands-on Safety at Sea training.
- GEAR UP and understand how to use: PFD's, tethers, Lifesling w/ lifting tackle, SOS Dan Buoy, high lifelines, jacklines, swim ladder, Icom M510 with RAM.
- Ensure MMSI number entered and GPS functionality in VHF.
- Standing orders regarding: moving safely on deck, using head below, alert helm or off watch when leaving cockpit or making sail changes, when to use tether.
- Crew briefing: fitting and use of PFDs and tethers, turning off autopilot, turning engine on and off, use of VHF, finding lat/long on GPS, overboard procedures.
- Learn how to be a good victim: pull inflation cord on PFD, turn around in Lifesling, use of whistle, practicing pulling quick release of tether.
- Annually maintaining safety equipment: lifelines, Lifesling, inflating devices, etc.
- PFD enhancements: crotch straps, lights, auto AIS/DSC transmitter, whistles.
- PRACTICE WITH YOUR LIFESLING in a variety of conditions and points of sail.

### Alarming

- Shout MAN (or name) OVERBOARD loudly twice to alert all crew. Crew repeats.

### Marking

- Designate a spotter and hit MOB button on MFD.
- Throw SOS Danbuoy, Type IV, seat cushions, etc.

### Maneuvering:

- Objective is to get and maintain control of the boat, get back to MOB, slow and stabilize the boat.
- IF UNDER SAIL: turn wheel 180 degrees to windward or push tiller to leeward, actively steering after passing eye of the wind to pass 6' downwind of MOB. This "Fishtail" maneuver brings Lifesling closer and prevents line in prop or rudder.
- Sail handling: if going downwind, release preventer and quickly sheet main in
- Speed control – partially furl headsail depending on windspeed and boat.
- Optionally, start engine after checking for lines in the water, leaving in neutral.
- IF UNDER POWER: Turn boat to return to MOB, throttling down.
- Deploy Lifesling as returning to MOB.

## Communicating

- IF/WHEN time: Ch 16 distress call, DSC distress button, possibly cell phone.

## Connecting MOB to the boat

- Aim to pass 6' downwind of MOB.
- Once the stern passes MOB, turn boat quickly away from MOB, bringing the Lifesling closer to them until they can grab it.
- Boat under sail should end up hove-to or depowered. Dropping sails is optional.
- Pull the MOB in the Lifesling in slowly until they reach the boat keeping them attached so they don't drift away.

## Reboarding MOB

- If the seas aren't too large, utilize swim step or swim ladder. Helper tethers in.
- In larger seas or with weak MOB: reboard using Lifesling and spinnaker halyard led to largest winch possible. Use block and tackle for extra mechanical advantage, and fairlead if required.

## Post Rescue Support/Treatment

- Assess and treat for shock, hypothermia, injury.
- Efficiently get victim to professional assessment, establishing comms first.

## How to be a good victim

- Pull auto-inflate cord on PFD. Don't swim after the boat.
- Tighten PFD and crotch straps.
- Find and utilize safety equipment in your PFD; whistle, light, etc.
- If being pulled too fast in Lifesling, turn onto your back.
- Practice pulling quick release of tether if being drug too fast.

## Man Overboard Quickstop-Fishtail Maneuver

**Prevention: wear auto-inflate PFD/harness at all times when on deck. Move forward cautiously on the windward side. Use the head below.**

1. **SHOUT “MAN OVERBOARD” twice to alert everyone.**
2. **One person POINTS TO MOB, never taking eyes off them.**
3. **WHEEL ½ TURN TO WINDWARD, sheet in main, don’t touch jib sheets.**
4. **Walk carefully to DEPLOY SOS DAN BUOY.**
5. **PRESS MOB button ON GPS/MFD.**
6. **Boat passes through eye of the wind, backwinding the jib.**
7. **DEPLOY LIFESLING & ACTIVELY STEER BOAT to pass 6' downwind of MOB.**
8. **AS LIFESLING REACHES MOB turn helm hard over away from MOB.**
9. **DROP ALL SAILS as needed.**
10. **PULL MOB SLOWLY TO SWIM STEP & ASSIST ABOARD.**

## DISTRESS CALL

Post MAYDAY script near VHF radio, including vessel name, description, MMSI number.

If imminent danger to life or vessel: MAYDAY. Other assistance: PAN-PAN.

1. Lift cover and push red DISTRESS button 5 seconds and release (optional).
2. Confirm on Ch 16. Push PTT button. Say MAYDAY, MAYDAY, MAYDAY.
3. State vessel name, description (type, color, length).
4. State your latitude & longitude & geographic position (example: off West Point).
5. Give your MMSI number.
6. State nature of distress and/or help required.
7. Number of adults/children aboard.
8. Release PTT, listen for response for 30 seconds (check volume). If none, repeat

Print, laminate and post by VHF at chart table and also keep with logbook

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