

MOB Clinic

“Practice on your own boat”

**THIS NEW STC CLINIC IS BEING OFFERED TO
IMMERSE OFFSHORE SAILBOAT SKIPPERS AND
CREWS IN MOB PREVENTION AND RESCUE
METHODS IN EXTREME CONDITIONS.**





Schedule

September 26th (*Saturday*)

12:15 PM to 12:30 PM – Box Lunch (pre-order \$15 per person)

12:30 PM to 1:30 PM - Classroom session

1:30 PM to 2:30 PM - Dockside by boat type session / inspection by coaches

2:30 PM to 6:00 PM- On-the-water MOB practice/coaching on your own boat

6:30 PM to 8:00 PM – Brats & Fixins, BYOB (*Hosted by Galveston Yacht Club at LYC*)

7:00 PM to 8:00 PM – Informal Review /lessons learned (*LYC “on the point” pavilion*)

September 27th (*Sunday*)

9:00 AM to 10:00 AM – Additional Review and discussion with Coaches

10:00 AM to 12:30 PM – Additional On-The Water Drills/Practice with coaches (*if needed*)

MOB Perceptions and Myths

- I've been told so many things about MOB, I don't know what to believe?
- I've been sailing for 20+ yrs without lifejacket...
- Only need to practice minimum / easiest method
- Rescue methods are same in light and extreme conditions
- Rescue methods are same on all boats
- Cockpit is safe!
- You don't know, what you don't know!
- My Skipper knows what to do, so I don't need to worry...



Click on pic for video

MOB Rescue Key concepts

- 1) Mark and keep track of MOB, to include flotation
- 2) Stay close to MOB / Stop the boat!
- 3) Return to MOB!
- 4) Connect MOB to boat with Lifesling!
- 5) Rescue MOB with Lifesling! *(using optimal recovery position for your specific boat)*

MOB in Extreme Conditions

Overall Key Objectives

- 1) **Stay on the Boat!**
- 2) *Life Jacket! Life Jacket! Life Jacket!*
- 3) Boat Specific MOB Crew Readiness & Training
- 4) Effective, Timely, Organized and Controlled Rescue (Stop, Think, Act)
- 5) Rescue MOB keeping safely away from rolling/bouncing boat (especially bow and stern)
- 6) Rescue MOB safely on 1st attempt

MOB Safety Equipment

Crew

- ☐ Life Jackets / PFDs (*w/ built-in harness*)
- ☐ Crotch straps
- ☐ Whistle / light
- ☐ Tethers
- ☐ Single handed knife
- ☐ AIS / DSC Beacons (*Boat MMSI programed*)
- ☐ Satellite transponders (*i.e. EPIRB's, PLB's, Spots, InReach...*)



Satellite w/tracking



**Satellite
(PLB)**



**Satellite
(PLB) &
AIS / DSC**



AIS / DSC

MOB Safety Equipment

Boat

- ☐ GPS plotter with MOB button
- ☐ Dan Buoy / Jon Buoy or MOM-8
- ☐ Throw bags
- ☐ Type IV Throw cushions
- ☐ VHF / handheld (*DSC, MMSI programed?*)
- ☐ Jacklines / Lifelines
- ☐ Lifesling (*w/ upgrades & night-time config*)



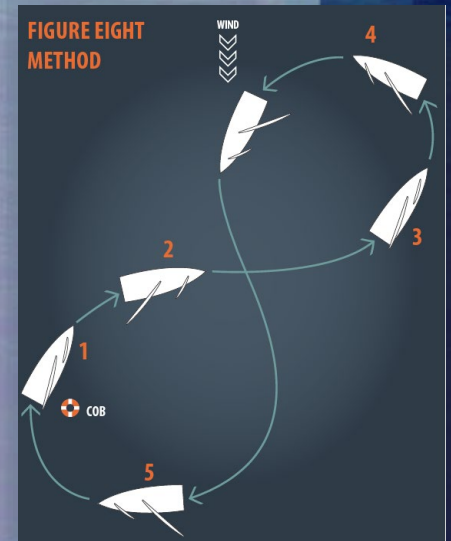
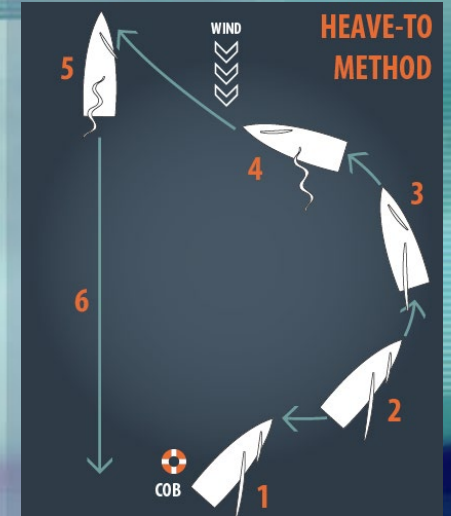
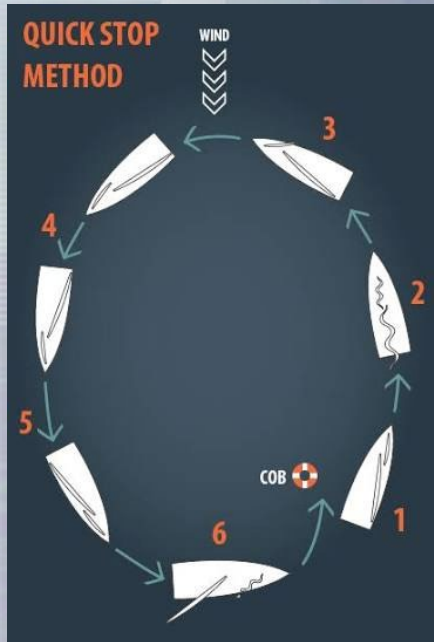
Dan



Jon

MOB Rescue Skills / Training

- ☐ MOB Button location (*Chart plotter & or remote*)
- ☐ Dan Buoy / MOM (*Man Overboard Module*) deployment
- ☐ GPS plotter
 - ✓ Lat/Lon location
 - ✓ AIS MOB alerts
- ☐ VHF Radio Communications
 - ✓ DSC emergency/distress button
 - ✓ Emergency “May Day” Script posted
- ☐ Methods of Stopping the Boat quickly and effectively
- ☐ Boat Motoring Capabilities in extreme conditions
- ☐ Emergency Sail Takedown Procedures
- ☐ Use of Lifesling (day/night) and halyard options



VHF Radio Script



EMERGENCY RADIO PROCEDURES

A VHF equipped with DSC “DISTRESS” and will broadcast automatically the MMSI and position until an acknowledgement is received

- 1) Ensure VHF is turned ON
- 2) Open cover over “DISTRESS” button
- 3) **Short press** to start a distress call, where the nature of distress can be selected from a list.
- 4) **Long press** the distress button to initiate an ‘undesigned’ distress call.

This call is broadcast to all DSC equipped radios, so will create an alarm on every DSC radio within range. If position information is available it will be included in the transmission.

----- IF NO RESPONSE -----

Speaking SLOWLY, CLEARLY, & CALMLY

- 1) Select VHF Channel **16**
- 2) Press microphone button and calmly say,
“MAYDAY - MAYDAY – MAYDAY,
This is Sailing Vessel <boat name> ... <boat name>... <boat name>.. Over.”
- 3) Release the microphone button briefly, and wait for an acknowledgement. If no answer, repeat Step 2.
- 4) If still no answer, or if the Coast Guard or another vessel responds, say,
“MAYDAY, This is Sailing Vessel <boat name>”
- 5) State Your Location Twice (latitude & longitude, use GPS plotter or Navonics (Boating) APP on cell phone)
- 6) State the Nature of Your Distress
- 7) State the Number of People On Board and the Number of Injuries, if any
- 8) State Condition of Vessel
- 9) Describe vessel. Length: ft. Hull Material: Color:
- 10) Describe lifesaving equipment. (e.g. **Immersion Suits, Individual SPOTs and EPIRB**)
- 11) Say, **“I will be listening on VHF Channel 16.”**, **“I can also be called at phone # ”**
- 12) End by saying, **“Sailing Vessel <boat name>”**
- 13) If the situation permits, stand by the radio for further communication with the Coast Guard or another vessel. If no one answers, repeat the above, then try on another channel.
- 14) **If all else fails**, trigger EPIRB and/or SPOT SOS button to send **SOS** via satellite

MOB Key concept - Details

- 1) **Mark and keep track of MOB, to include flotation**
 - ☐ Yell "Man Overboard" "Man Overboard" "Man Overboard"
 - ☐ Deploy Dan or Jon Buoy / MOM-8 even if lifejacket inflates, especially under spin
 - ☐ Throw Type IV cushions / debris field
 - ☐ MOB pointer designated and confirm any handoff
 - ☐ Push MOB button
 - ☐ Assess MOB responsiveness or distress?
- 2) **Stay close to MOB / Stop the boat**
 - ☐ Stopping or returning to MOB under sail & motor if needed
 - ☐ Motor down and running in neutral
 - ☐ Prepare to take down sails
 - ☐ VHF Radio DSC emergency button or Ch 16 "Mayday", "Mayday", "Mayday"
"Man Overboard" read pre-set script
- 3) **Return to MOB**
 - ☐ Get organized, Crew on deck
 - ☐ Take down sails
 - ☐ Deploy Lifesling when 150 yards from MOB (3-4kts)
- 4) **Connect MOB to boat w/ Lifesling**
 - ☐ Tight circle/ J-hook MOB with Lifesling
 - ☐ Tight turns will slow boat to 1-2 kts
 - ☐ As MOB reaches line, STOP the BOAT, turn sideways to MOB!
 - ☐ Keep MOB away from boat, until hoisting
- 5) **Recover MOB with Lifesling** *(using optimal position for your specific boat)*



Click on pic for video

On the Water Practice

- Boat Pre-Rigged for Offshore passage *(per chklist)*
 - ✓ Lifejackets on all crew
- MOB markers provided
 - ✓ Smallboy, simulates MOB
 - ✓ Tallboy, simulates DAN Buoy/JON Buoy /MOM 8
- Rescue Dummies “Butch”
 - ✓ Simulates 185 lbs MOB for Lifesling Rescue drill
 - ✓ 6 Butches to be shared
- Radio Channel to Monitor “72”
- Dock-side Session by boat type with Coaches *(1:30 PM to 2:30 PM)*
 - ✓ MOB Prevention Best Practices
 - ✓ Boat and gear assessment
 - ✓ Rescue methods & drill walk-thru (Boat type specific)
- On the water Session “Adapt & Practice” *(2:30PM – 6:00 PM)*
 - ☐ (A) Return to MOB Drill (smallboy), w/ Lifesling
 - ☐ (B) MOB Dummy Rescue drill w/ Lifesling and halyard
 - ☐ (C) AIS Beacon navigation drill
- Dinner & Review *(6:30 PM to 8:00 PM)*

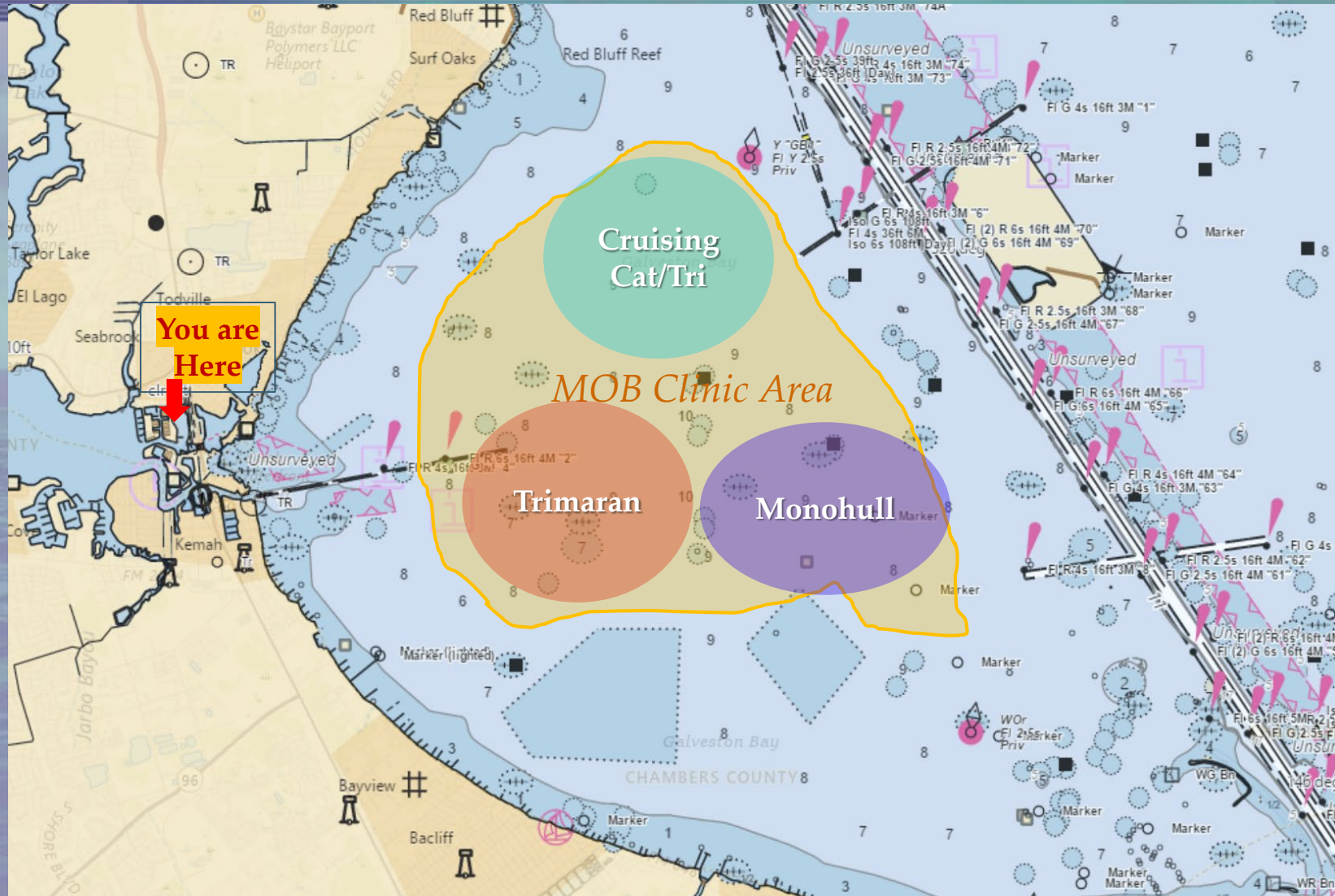


Smallboy



Tallboy

On the Water Practice





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MOB Examples and Video's

- ⦿ STC Crew Overboard and Recovery ([click here](#))
- ⦿ Chicago “Race to Mackinac” 2024 ([click here](#))
- ⦿ STC Monohull ([click here](#))
- ⦿ STC Multihull ([click here](#)) short ([click here](#)) long
- ⦿ Stories (Farr 40, TP52, Bayview)