

Handouts

Power boat

Lifesling® Crew Overboard Recovery
Links to video, articles, etc at:



<https://seattleonthewater.com/lifesling%2Fcrew-overboard>

Returning to CoB:

1. Yell, point, throw, push, call
2. Throttle back, swing stern away quickly
3. Return to CoB, turning boat to side Lifesling is mounted to keep circle small
4. Deploy Lifesling, don't run over,
5. Drag to CoB, Direct CoB how to put on
6. Pull them to boat

Re-boarding CoB:

1. Pre-rig hoisting mechanism 5:1 block and tackle, rigged to use body weight to pull downwards, or
2. Other mechanism??
3. Test for: clearance of legs and body over rail, dynamic weight lifting capacity, ability to secure CoB out of water/ to boat ie cam cleat
4. Label retrieval equipment storage location, laminate procedures,
5. Include both rescuer and CoB roles in pre-departure briefings
6. Practice!

Sailboat

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Returning to CoB:

1. Yell, point, throw, push, call
2. Head up to wind to stop progress from CoB
3. Deploy Lifesling when able
4. Turn thru wind, leaving jib sheets cleated, pull main in to close-hauled position
5. Sail "Quickstop" maneuver; Sail past COB, gybing as necessary.
6. Circle the COB – no need to tack jib
7. Watch the Lifesling® line – don't run over it!
8. Watch the COB – don't run over them!
9. Circle until the COB has contact w/Lifesling®
10. Drop/furl sails
11. Direct CoB to put on, Pull CoB to boat, secure

Re-boarding CoB:

1. Get hoisting tackle
2. Rig tackle to halyard, raise 10' to 12'
3. Lead to winch, attached to CoB
4. Hoist on board