



Rescue Procedure

Asses the Sailors condition.

Should they be moved to shore as a priority?

be propeller aware at all times.

General Principals:

- Approaching from upwind has many benefits. Downwind approach may be used in some conditions.
- When more than one boat has capsized, assist those in most need first. Call for assistance.
- Check each one for injured or missing crew before attempting any rescues.
- Right unattended boats only from the rescue boat. It is advised not to jump into the water to help.
- Distressed sailors should be removed from their boat and moved to shore.
- If leaving a boat unattended with the crew removed, attach red bottle / float to it as an indicator that the sailor(s) have been removed. Attach a spare anchor if possible.
- Instruct crew on righting boat or rescue procedures.
- If many boats are down, rescue crews and return to boats later.

Righting a dinghy:

- Ensure sail is not cleated and is free to move, release boom vang.
- Swim front of boat into wind, if crew present, have them hold bow.
- If completely upside down:
 - Skipper to stand on side of boat, holding centreboard, leaning back
 - Boat should come ½ way up
- If mast horizontal on water:
 - Stand on centreboard, holding gunwale and leaning back
 - Wind should blow under mast and sail, to help right boat
- Once righted skipper climbs on board while crew continues to hold bow, then assists crew on board.

Righting a catamaran:

- Ensure sail is not cleated and is free to move. Release boom vang if present.
- Swim front of boat into wind, if crew present, have them hold bow.
- If **mast horizontal** on water:
 - Stand on centreboard / lower hull, holding righting rope and leaning back.
 - Adjust foot position fore / aft to have boat swing around until it is pointing into the wind.
 - Wind should blow under sail and help right boat.
- If I **completely upside** down, cat turtled, mast vertical under cat, or nearly so.
 - Skipper to stand on side of boat, holding righting rope, leaning back.
 - Boat should come ½ way up.
 - If this does not work and it does not have centreboards; stand on rear corner to sink transom and lift bow and mast out of water. Boat should corkscrew up.
- Once righted skipper climbs on board while crew continues to hold bow, then assists crew on board.
- **Powerboat assistance:**
 - check if mast is fouled on lakebed. If fouled attach towline to bow and pull boat to windward, to clear mast from mud. (usually fouled after drifting downwind) Right cat as above, as mast becomes horizontal.
 - Rope is to be tied to front beam, cross over the cat, then go to powerboat. It depends on the cat where it can be tied. It may go all the way over both hulls and tie to the side stay.
 - Powerboat reverses away from side of cat.
 - Steer powerboat to maintain position at right angles to cat.
 - continue reversing until hull lifts out and mast is at water level.
 - pause and allow sailor to position themselves and the ropes.
 - continue reversing until cat comes upright.

Towing a boat back to shore


- Right boat.
- Sail must be down, lash to boat using mainsheet
- Use the rudder to steer if possible
- Have centreboard down if possible
- Leave to attend others if necessary, as crew prepare boat for towing
- Tow rope must be passed through towing eye and held by crew or looped around mast once and held by crew; if they let go it should run freely and end towing.
- Constantly review towing speed. Crew to steer the boat being rescued.
- Approach beach from downwind, slowly come to stop as towed boat is near shallows and beach. Crew to raise centreboard, rudder, disembark and wade boat to shore.

Emergency Procedure



Basic Life Support

D	Dangers?
R	Responsive?
S	Send for help
A	Open Airway
B	Normal Breathing?
C	Start CPR 30 compressions : 2 breaths
D	Attach Defibrillator (AED) as soon as available, follow prompts

Continue CPR until responsiveness or normal breathing return



April 2021

Afterwards:

- Report incident to Committee
- Complete an Incident Report Form, and if appropriate, a Witness Statement
- Contact Details: Police, Ambulance - 000