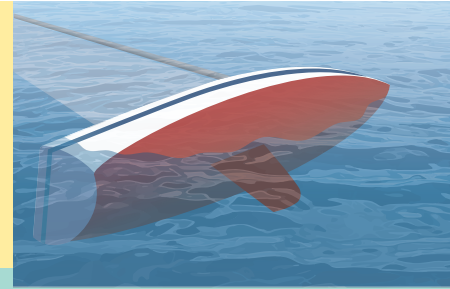




SAILING SAFETY BRIEFING

What to do if you capsize

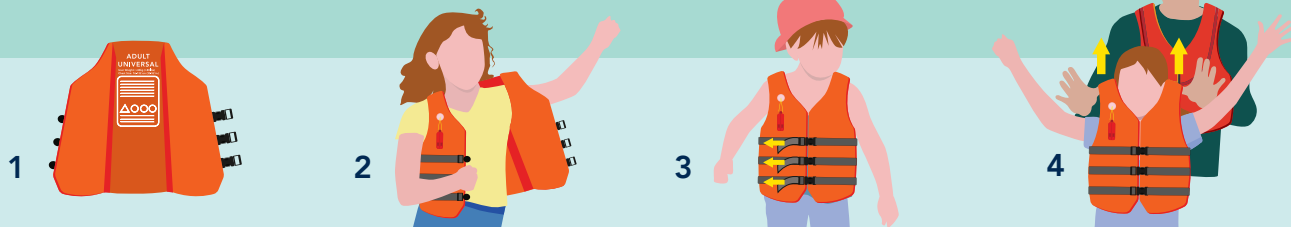
- Step 1** Refrain from panicking.
- Step 2** Ensure your lifejacket is securely fastened.
- Step 3** Even though you have a life jacket on, grab onto something buoyant.
- Step 4** In cold water, float in lieu of treading water to prevent hypothermia.
- Step 5** Stay with shipmates and wait for help.
- Step 6** Swim to shore only as a last resort.



Lifejacket wear

Adults & kids - how to ensure it fits, and how to put it on.

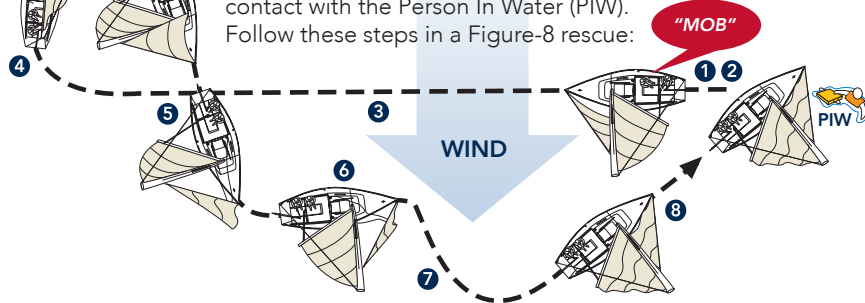
- Step 1** Check life jacket label for the appropriate weight or chest size. The life jacket label will indicate the size and weight of the intended user. Make sure the wearer is within these ranges. Verify that the life jacket label states it is "Coast Guard approved."
- Step 2** Put the life jacket on. Inspect the life jacket for wear and tear. Warning signs include rips and missing or broken buckles or straps.
- Step 3** Buckle all straps and tighten or zip up all zippers. Make sure all straps can be buckled and zippers zipped. Don't forget the crotch strap if there is one.
- Step 4** Have the wearer lift their arms over head and gently lift them by the top of the life jacket arm openings. If the jacket rides up above their ears, it's too big. If the straps or zippers don't close, the jacket is too small.



Man Overboard

FIGURE-8 RESCUE:

The *Figure-8* rescue method avoids jibing for better control in *heavy weather* during a recovery; however, it's crucial to maintain constant visual contact with the Person In Water (PIW). Follow these steps in a *Figure-8* rescue:



- NOTES:**
 - Most generic method; can be used from any point of sail, light or heavy winds, full crew or shorthanded, big or small boat.
 - Good method for new sailors, because it does not involve jibing.
- 1** Yell "**CREW OVERBOARD**" or "**MAN OVERBOARD**", appoint a spotter, throw floatation.
- 2** Immediately get on a beam reach. Trim the mainsail and leave the jib as is.
- 3** Sail 3-4 boat lengths away on the beam reach.
- 4** Tack from the beam reach to a deep broad reach (~240°). Allow the jib to backwind.
- 5** Once on a deep broad reach, furl or release the jib.
- 6** Test your relationship to the wind and PIW by pointing the sailboat directly at the PIW. If you headed up too early and the mainsail is not luffing completely, immediately bear away to a deep broad reach again.
- 7** Sail downwind a short distance and test again.
- 8** Sail back to the PIW when the course back is a close reach, using the mainsail for power as needed. Recover the PIW on the leeward side.



Alcohol use, don't drink & boat

Driving with an open container/drunken driving in a boat is just as illegal – and can be even more hazardous than drunk driving in a car.

Alcohol use is the leading known contributing factor in fatal boating accidents; where the primary cause was known, it was listed as the leading factor in 21% of deaths. Safe boating means never boating under the influence (BUI). If you are driving, and have an open container nearby, you can get charged with a BUI.

US Sailing members gain access to best-in-class training, education, safety and racing opportunities. Read more about our membership types and benefits by visiting ussailing.org/membership

