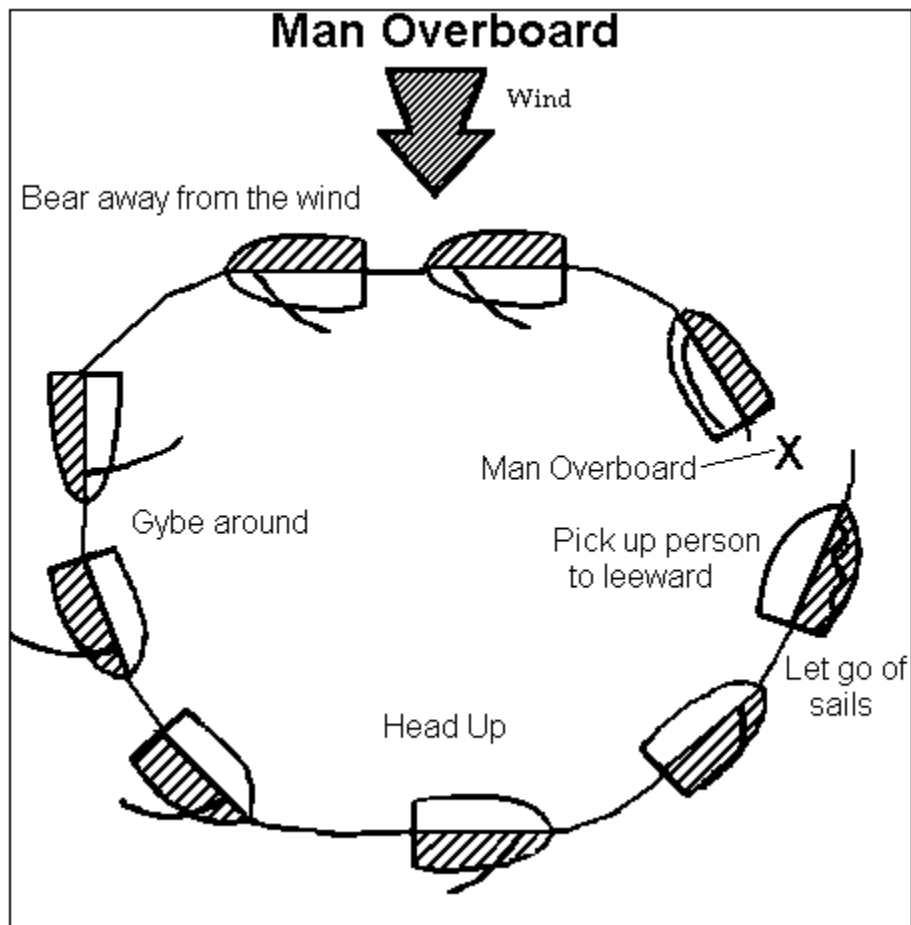


Man Overboard

This term is fairly self-explanatory. The man overboard procedure can be applied to a number of situations, including: the rescue of an individual or the recovery of dropped equipment. Figure below shows the proper path to follow when performing a man overboard procedure.

The steps to perform a proper man overboard procedure are as follows:

- If the person does not have a life jacket, immediately throw one to him/her.
- As the skipper or crew will be sailing alone, sail with only the mainsail.
- Bear away from the wind.
- Gybe around.
- Head up towards the person in the water.
- Release the sails and coast to leeward of the person overboard.
- Pull the person into the boat with the sails luffing.



This is a very important procedure. It is a good idea to practice this procedure to get the feel of handling a sailboat alone.