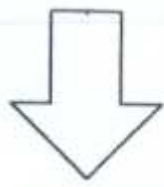
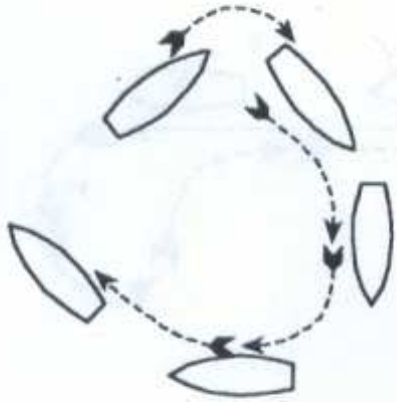
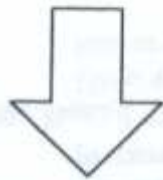
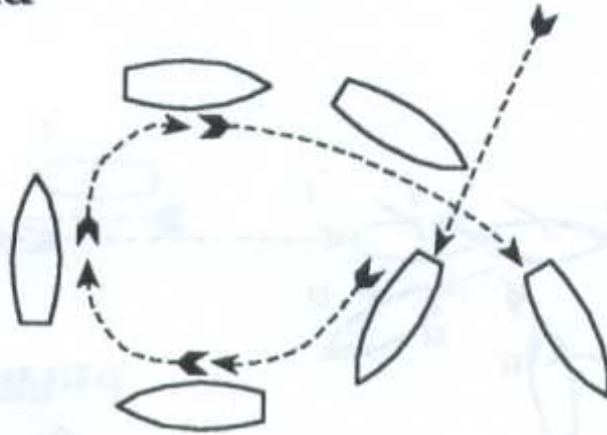


**Wearing Ship
(Traditional)**



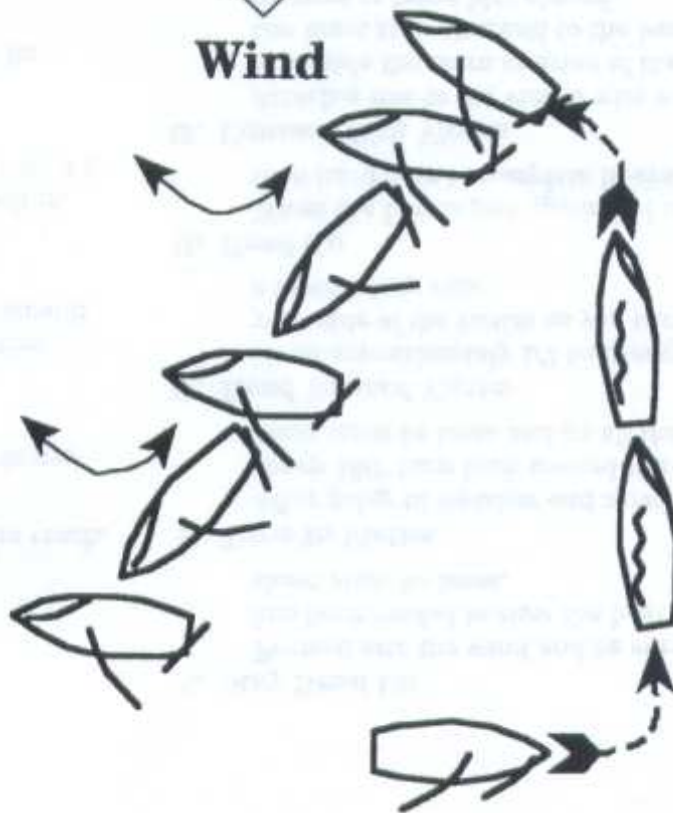
Wind

**Wearing Ship
(Chicken Gybe)**



Wind

Heaving To



Man Overboard Rescue

- 1. Shout "Man Overboard"**
Appoint A Lookout and Throw Floatation device.
- 2. Beam Reach**
Immediately go to a "TRUE" beam reach.
- 3. Prepare To Tack**
Go out only as far as necessary to prepare to tack.
- 4. Verify Wind Direction**
When tacking verify wind direction (When head to wind, the victim should be abeam), correct as necessary.
- 5. Return Course**
Return on reciprocal course. (Back in your own wake.) Approach and pass 5 to 10 feet downwind of victim.
- 6. Sheet Jib In**
Sheet the jib in tight to prepare for heave to.
- 7. Head Up**
Go 2 boat lengths past the victim and turn sharply and directly into the wind.
- 8. Stay Head Up**
Proceed into the wind and be sure the jib has backwinded to slow the boat. Main sheet must be loose.
- 9. Turn To Victim**
After going to weather and slowing, make a sharp 180° turn back toward the victim. Main must be loose and go all the way out.
- 10. Head Toward Victim**
Head approximately 1/2 boatlength toward your side of the victim as you turn almost to a momentary run.
- 11. Head Up**
When the bow is just upwind of the victim, turn hard over to complete heave to.
- 12. Contact With Victim**
Attach a line to the victim who will be alongside the stern quarter of the boat. Victim must stay attached to the boat as you prepare to bring him aboard.
- 13. Board The Victim**
Hoist victim aboard and treat for hypothermia or other first aid if and as required.

