

# ON WATER EMERGENCY REFERENCE



## Code Flag Y

Competitors shall wear a Personal Floatation Device

## Preservation of Life

### Danger

Ensure the area is safe for yourself, others and the patient.

### Response

Check for response - ask name - squeeze shoulders.

#### No response

Send for help

#### Response

Make comfortable, check for injuries, monitor response.

### Send for help

Call Triple Zero (000) for an ambulance *or*

VHF CH16 Emergency *then;*

Inform SYC Race Management VHF 77 during SYC events.

If no response call SYC Reception 9599 0999

### Airway

**Open mouth** If foreign material is present, place in the recovery position and clear airway with fingers.

**Open airway** by tilting head with chin lift.

### Breathing

**Check for breathing** - look, listen and feel.

#### Not normal breathing

Start CPR

#### Normal breathing

Place in recovery position, monitor breathing, manage injuries, treat for shock.

### CPR

**30 chest compressions : 2 breaths**

Continue CPR until help arrives or patient recovers.

### Defibrillation

**Apply defibrillator** when available and follow voice prompts.

## Person Overboard

The person who witnessed the person overboard must;

### Shout 'Person Overboard'

Then continuously;

Keep visual contact with person overboard and;

Point to the person in the water.

Another crew member to activate the GPS MOB Button (on the GPS).

### Stop vessel immediately

#### Up Wind

Luff the boat

Ease sheets

#### Down Wind

Luff the boat into forced broach (approx. 60° true)

### Throw buoyancy

Life ring, sling, cushion, or anything that floats.

### Prepare the boat

Lower headsail and/or spinnaker.

Make sure that there are no lines overboard before starting the engine.

Assemble items ready for retrieval; heaving line, life ring, sling, boat hook.

### Approach

Slowly approach the person from leeward.

Throw heaving line to the person allowing for the wind.

### Retrieval

Bring the person aboard over the windward side or over the stern.

## Radio Distress Messages VHF Channel 16

### Mayday Grave and imminent danger

"Mayday, Mayday, Mayday"

"This is [vessel name and/or call sign if you have one]" (spoken 3 times)

"Mayday [vessel name and/or call sign if you have one]"

"My position is ... [Details of the ship's position]"

"My vessel is ... [Nature of distress and assistance required is identified]"

"I have ... [Other information including number of persons on board]"

### Pan Pan Urgency call concerning safety

"Pan Pan, Pan Pan, Pan Pan"

"Hello all stations, Hello all stations, Hello all stations"

"This is ... [vessel name and/or call sign if you have one]" (spoken 3 times)

"My position is ... [Details of the vessel's position]"

"I require ... [Details of assistance required information]"