

ON WATER EMERGENCY REFERENCE



Code Flag Y
Competitors shall wear a
Personal Flotation 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]"