

Dalgety Bay Sailing Club

Man Over Board (MOB) Checklist

1. Immediately throw a lifebuoy and attachment overboard
2. Raise the alarm by shouting "MAN OVERBOARD" (even if you are the only one left aboard. Shouting "man over board" may provide reassurance to the person in the water, and make people on other vessels close to you aware.
3. Instruct crew member to watch person in the water and point to continually.
4. If you are the only person remaining on board, do not leave the helm until you are stopped close by as you may become disorientated and lose sight of them
5. If possible, note your position – most GPS have a MOB function – it may prove vital if contact is lost with the person in the water. REMEMBER, the MOB function records where the person fell over board – he / she will drift away from the position due to wind, tide and waves.
6. If you cannot see the person in the water, or have any doubt about your ability to recover him/her, send a mayday call on your VHF radio.
7. During the hours of darkness, a white parachute flare, which will pick up the reflector take on clothing / lifejacket, can be used to illuminate the area.
8. Start your recovery manoeuvre. You may have to lower your sails and start your engine – beware of loose sheets fouling the propeller. If continuing to sail, if available assign 1 or 2 crew to sail board while others deal with MOB.
9. If you are in a race and there are other boats following you, consider sending a warning man in water message via channel M or M1 / 37.
10. Position the boat near the MOB and throw a heaving line.
11. Retrieve the MOB using a suitable method you have practiced as a crew before, for example
 - a. Recover sling/pulley/rope attached to a halyard
 - b. Ladder over mid-ships or over transom
 - c. Pulled onboard by crew amidships or over transom
 - d. Horizontally inside sail/recovery sling with two strops (necessary if MOB likely to be suffering from hyperthermia)
 - e. Rope/pulley slung over / from the boom

5:1 pulley will greatly enhance your ability to recover a MOB (a child should be able to use such a pulley with practice to bring even the heaviest adult onboard)