



Practice on Your Own Boat

MOB Rescue Training for Short Handed Boats

Overview for Potential Participants¹

10/24/2022

Summary: This Safety & Seamanship Committee program, designed by GMP Safety Officer Galen Todd with Ernie Godshalk and Brian Guck, is intended to assist boaters, especially cruising couples or shorthanded sailors, in practicing - on their own boats - Man Overboard (MOB) techniques.

- Not just another “techniques” session, this program will demonstrate what a messy, fraught, and boat-specific process MOB recovery is, and enable participants to develop the “muscle memory” necessary when the MOB is a loved one or your crewmate.
- You will see this in the 5-minute introductory video, and experience it when you do it yourself.

See: [MOB: Practice on Your Own Boat. By CCA](#)

- Designed for CCA members, and led by CCA member-volunteers

Course delivery

On dock group discussion:

- Basic Principles: don’t fall off the boat - How do you prevent crew falling overboard? What are your on-board rules?
- Tethers – types of tethers, locations of jacklines and clipping points. What works for your boat?
- Wear flotation, buy time. PFD maintenance, alternate inflation methods, whistle, strobe, personal AIS, crotch straps.
- First 10 seconds – A moment to breathe, think, plan...then act.
- Discuss strategies: Minimize separation and maintain MOB location. Suggested steps: Throw/Bark/Mark/Park. Know how to operate your equipment!
- Review Quick Stop and Heave-To maneuvering techniques.
- Safe recovery is the goal, not speed. Bring the MOB to the boat, not the boat to the MOB.
- Use engine, but practice also with sails. What works for your boat?

Overview of *Capture process* (process from MOB event to bringing MOB alongside) **at the dock.** The 10 steps align with US Sailing’s phases of: Initial reaction (steps 1-4), and safely turn the boat around, return and approach, and rescue (Steps 5-10):

1. **Throw:** Throw lots of floating objects, cushions, etc. Throw your MOB rescue gear now (MOM, John Bouy/Dan Bouy, Pole and Horseshoe) , particularly if you are moving fast downwind, or for any other reason will be making distance from the MOB, Short-handed crews are often in this category. If conditions will allow you to stop

¹ See the course curriculum at <https://sas.cruisingclub.org/poyob>

progress, keep eyes on MOB, and turn vessel around and back to MOB immediately, possibly wait to deploy your MOB rescue gear until first return to MOB

2. **Bark:** Shout “Man Overboard” as you throw the floating gear.
3. **Mark:** Hit MOB button and establish lookout (if available).
4. **Park:** Imperative to maneuver the boat to keep close to the MOB. Begin maneuvers with a Quick Stop as first choice if jibe can be managed safely; or if conditions or vessel characteristics necessitate, consider heaving-to, or going head-to-wind to bring headsail down before return. Take time to think and plan, and get the boat under control. If you are certain there are no lines in the water, use the engine to assist in maneuvering.
5. Return to MOB and throw MOB gear if you did not in step 1. Deploy the LifeSling.
6. Circle MOB with LifeSling, and engage MOB.
7. Stop vessel.
8. Pull MOB toward vessel.
9. Secure MOB to vessel.
10. Onboard MOB.
11. Perform quick medical assessment

On-the-water Capture training:

- Each boat executes MOB capture with their normal crew, capturing a dropped dummy. Simulate short-handed MOB recovery: one crew goes below and does not participate.
- Time how long it takes from MOB to capture

Dockside Onboarding training:

- Crews individually assemble the simplest but effective onboarding system that works for their vessel and bring the OSCAR dummy onto their vessel. There will likely be different methods picked by each crew (A good reason to practice and discuss!).

Debrief:

- Each boat presents their results with their Onboarding and Capture techniques.
- Summarize key learnings: What led a boat to pick one method over another? What would change?
- Develop a boat-specific MOB checklist or Station Bill posted for crew reference.

How to Request a Course Near You:

- Speak to your Station Safety Officer or Rear Commodore, or Post Captain, about planning a POYOB session in your region.
- Contact Galen Todd, Brian Guck, or Ernie Godshalk for more information.