

**Hobsons Bay Yacht Club**  
**MOB Training - 24 August 2011**  
**Robert Bradley - Sail Escapade**

**Introduction - Why must we take this seriously?**

*Afloat* article.

MOB clipper race video

Position most likely to be lost from?

(Examples – *Afloat*, Adams Den, Derwent Sailing Squadron, plus two from ORCV Winter Series, Murray and Boxing Day Dash.)

**Positioning/maneuvering**

S.T.O.P. On whiteboard – STOP, TOSS, OBSERVE, PREPARE

Figure 8 / Reach and Return

Quickstop

Modified Quickstop - Can you bear away without easing the main?

Videos x 4, ohp x 3

Lee-side, weather-side or stern for the pick up?

**Sails/engine**

discuss ...

furl/drop

start engine, but wait for all-clear to engage

**Pickup**

Unconscious retrieval – various methods

parbuckle, elevator, strop, double strop, harness and strop (Escapade method)

3 x video

My video

**Two-handed**

Requires the use of a Seattle Sling or similar device

Is not that much harder - just requires more planning and preparation

Show video and diagram (In fact the diagram is in the video)

Look at the aspect of dropping sails and retrieving the person on the end of the line

Also a good idea when sailing shorthanded is to make sure you are wearing your PFD with harness and to remind all crew members that even when IN the cockpit you should remain tethered at all times.

VHF handheld radio, Personal Locator Beacon, strobe light, self igniting light ready to go, bum bag, Automatic MOB notification device

**Revival**

Can you call for assistance? NOT with a phone!

Hand held VHF is sufficient

First aid training x 2, you'll need an AED in less than 10 minutes

**SOP, muster stations**

Our muster station card on OHP

**Practice & Training**

All aspects - not just the sailing - lifting as well

Every time something falls overboard, treat it as MOB – Embrace it as an opportunity for practice.

Why must we practice? - Quotes from coroner's findings.

**Practical Sessions Available**

- 4-hour practical sessions aboard Escapade
- Maneuvering
- Retrieval –Dummy andCrew member
- Discounted price of \$95 per person
- [Robert@42businessconsulting.com.au](mailto:Robert@42businessconsulting.com.au) or 0418 574 360

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- Own boat tuition also available by arrangement

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**Props**

3-point tether, AED, danbouy, Seattle Sling, MOB block and tackle,

SOS docs & brochures

(Adams Den MSV report, Cubit Tasmanian Coroner's report)

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Videos x 4, ohp x 3 (Positioning & Maneuvering)