

MAN OVERBOARD (MOB) PROCEDURE

NB: This is an example ONLY, you must update it for your boat

Boat Name *Drill done* *Yes (Date* *) No*

Skippers Name

Crew Names

1. Immediate Actions (First Responder)

- **Shout “MAN OVERBOARD!”** loudly and repeatedly.
 - **Maintain visual contact** with the person in the water., continuously pointing and not losing sight.
 - **Throw flotation devices** (lifebuoy, horseshoe buoy, dan buoy, light, etc.).
 - **Activate MOB button** on GPS/Chartplotter to mark position.
-

2. Skipper / Helm Actions

- **Press MOB button** (if not already done).
 - **Decide manoeuvre:**
 - Under sail: use *Quick Stop*, *Figure-8*, or *Heave-to* method depending on conditions.
 - Under power: reduce speed, keep clear of casualty, return carefully.
 - **Keep yacht upwind** of casualty where possible to drift toward them safely.
-

3. Crew Actions

- **Spotter:** maintain continuous visual contact and pointing.
 - **Rescue Crew:** prepare recovery equipment (lifesling, recovery line, boarding ladder, halyard for hoisting, etc.).
 - **Communicator:** prepare to raise external assistance (VHF Channel 16 “Mayday” or “Pan Pan” as appropriate).
 - **First Aid Crew:** ready first aid kit, blankets, and treatment for hypothermia or injury.
-

4. Recovery

- Approach casualty slowly from **downwind or leeward side**.
 - Stop yacht with casualty alongside, clear of propellers.
 - Use recovery method suited to conditions and crew capability:
 - Lifesling retrieval.
 - Throw line and tow to stern ladder.
 - Halyard and winch hoist.
 - Bring person onboard with care, supporting head and neck if injured.
-

5. Post-Recovery Actions

- Check casualty for **consciousness, breathing, circulation, injury, hypothermia**.
 - Administer first aid as needed.
 - Reassure and warm casualty (remove wet clothing, provide blankets).
 - Notify Race Committee / Coast Guard / Marine Rescue.
 - Record details in the MOB Declaration Log.
-

6. Key Reminders

- **Practice MOB drills regularly** under sail and power.
- **Assign roles before departure** so each crew member knows their duty.
- **Wear personal flotation devices (PFDs) at all times.**
- Prevention is best: always use harnesses and jackstays when conditions demand.