

SS&S Chapter 10 Instructor Guide

Sailing Safety

Side 1: Sailing Safety

No comment



Slide 2: Lesson Objective

No comment

- Causes of small boat accidents
- How to rescue people
- Dangers of cold water
- Small boat risks
- Carbon Monoxide risks
- Weather considerations
- Storm warnings

Slide 3: Small Boat Risks

No comment

- Brief crew on emergency actions
- Boat balance & stability problems
- Three point contact- good habit
- Stay with boat
- Life jacket - Life jacket - Life jacket

Slide 4: Man Overboard

No comment

- Point & shout “man overboard”
- Establish location (GPS)
- Easy to lose sight of victim

Slide 5: Return to Victim

- What can go wrong when returning to the victim?

Drive over victim
Lose victim

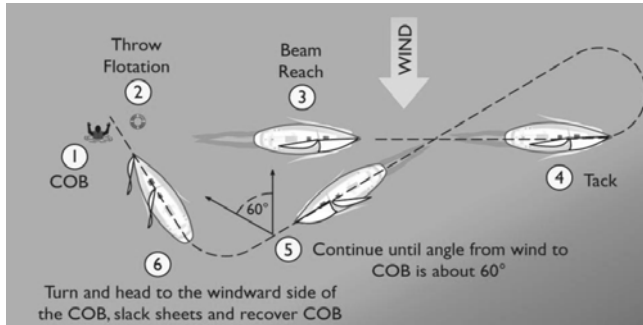
Slide 6: How to Return to Victim

No comment

- Stop/turn boat immediately
- Approach victim from down wind
- Throw buoyancy aid to victim
- Notify the Coast Guard if not found quickly

Slide 7: Recovering Victim

Use to support next slide



Slide 8: Recovering a Victim

- Have a recovery ladder
- Victim put on life jacket
- Stop auxiliary engine propeller
- Retrieve at stern
- Consider using winch or downhaul
- Victim facing boat
- If all recovery fails--tie victim to boat

Recovery w/o ladder very difficult
Jury rig a ladder
Ask why the stern is the best place
Ask why victim should face boat
Suggestion: Dunk victim which allows momentum while jerking victim aboard

Slide 9: Cold Water Immersion

- New term for "cold shock"
- Most body damage caused by sudden immersion
- Immediate life threat
- Death is possible - even with healthy people
- What can be done to minimize risks?

Risk avoidance: life jacket for warmth, warm clothing, choose warmth retaining material
Don't give warm drink immediately after

Slide 10: Hypothermia

Supports slide 11

Water Temperature (°F)	Time (hours)		
	Floating with PFD	Treading Water	Swimming
35	1.75	1.25	0.75
45	2.50	1.75	1.00
55	3.50	3.00	2.00
65	7.75	5.75	4.50
70	18.00	13.00	10.00

Slide 11: Hypothermia

- Body damage caused by gradual cold exposure
- Wrap body for warmth – even if no symptoms present
- Don't waste body heat by swimming

Emphasize risk of dropping dead after immersion – even when there are no symptoms

Slide 12: Symptoms

No comment

- Hypothermia
 - Goose bumps
 - Shivers
 - Slurred voice
 - Unconsciousness
- Cold water immersion
 - Same as above--sometimes no symptoms
 - Heart failure

Slide 13: Exposure Prevention

- Keep dry
- Keep warm
- Good meals

No comment

Slide 14: Exposure in the Water

- Avoid exertion
- Stay still
- Assume HELP position

Stay near boat
Cling together

Slide 15: Helping Victim

No comment

- Dry clothes/blankets
- Keep still
- Get assistance
- Adverse reaction can occur much later

Slide 16: Personal Watercraft

No steering when coasting!

- Often used by younger sailors
- Often fatiguing – can cause carelessness

Slide 17: Fueling Your Boat

No comment

- Gasoline fumes heavier than air
- Turn off open flames
- Sniff test is reliable
- Trapped fumes in bilge is common danger

Slide 18: Built in Fuel Tanks

No comment

- Discharge static charge on hose nozzle
- Keep nozzle in contact with fuel filler pipe
- Avoid polluting from fuel overflowing

Slide 19: Carbon Monoxide (CO)

Explain how eddy currents cause reverse air flow

- Aux. power exhaust typically at stern
- Exhaust often flows towards bow
- CO poisoning while boat is at anchor

Slide 20: CO Symptoms

No comments

- Drowsiness, headache, dizziness, weakness, nausea, fainting, coma
- Symptoms often subtle - not attributed to CO

Slide 21: CO Precautions

- Good ventilation
- CO detector
- Sensitivity to symptoms
- Avoid CO from other boats

No comments

Slide 22: Weather Safety Precautions

- Know before you go
- Update while you are out
- Sensitive to changing local conditions

NOAA radio good source
Squalls cone very fast – no
radio warning