

Intercollegiate Offshore Regatta: Safety Notes

Thanks to the organizing efforts of Larchmont Yacht Club and the Storm Trysail Club, and the generosity of our sponsors and the boat owners, you have the opportunity to race in this country's biggest Intercollegiate regatta.

It is paramount that you compete safely and have a positive experience racing big boats. Please review this notice, and never hesitate to communicate with either your on-board Owner Representative or the Race Committee.

1) **Personal Safety:** all crew shall wear a dinghy-style or inflatable PFD at all times. If an inflatable, know where the manual release is located in case the automatic function fails. Sailing foot ware is also required. Crew should sit down when not performing a task. This reduces the chance of being hit by the boom, or falling overboard.

2) **Safety Briefing:** upon boarding your boat, ask the Owner Representative to describe the safety gear on board, especially Man Overboard (MOB) gear and how to start the engine (in case of MOB).

3) **Owner Rep** is available to offer safety, navigation, boat, sail handling, and equipment advice whenever asked, even while racing. This helps less experienced crew improve their skills and enhances the racing. The Owner Rep may not offer tactical advice or steer, except in emergency.

4) **Injury:** See Paragraph 8 of "IMPORTANT REMINDERS FROM THE PRO".

5) **Breakdown:** If there is a breakdown/damage that will interfere with your racing, contact the Race Committee but avoid stepping on Race Committee communications.

6) **Avoid All Boat-Boat Contact:** Big boat sailing is not a contact sport, and these are borrowed boats. Contact will be defined as half a boat length. Remember this in luffing, buoy room, and crossing situations.

7) **Maintain a Lookout:** When in the vicinity of the starting area, always post a bow lookout, especially when the jib is up. Most collisions occur before the start. During the race, maintain a lee lookout (looking behind the jib for crossing situations), and downwind under the foot of the asymmetric chutes (for boats on the wind).

8) **Crossing Situations:** Your tactician and lookout should see all approaching boats. You must plan in advance whether to cross, bear away, or tack. You must prepare your crew. Always have the mainsheet and jib sheet uncleated so they can be quickly eased to permit a bear away. Mainsheets in cam cleats are often difficult

to un-cleat, and in winds over 15 knots many boats cannot bear away without also easing the jib. Remember the “contact equals half a boat length” rule. Tactical hint: big boats lose very little distance when bearing off to duck a starboard tacker. Ease sheets and bear off early for speed, hike hard, then trim up as you pass the opponents stern and ride the lift off their mainsail leech.

9) Spinnaker Handling: In moderate/heavy breeze, a slightly delayed hoist and an early takedown will cost nothing, avoid the risk of a disaster, and produce big gains. Dousing early, clearing the foredeck and getting crew on the rail before the turn is especially effective: you come out of the rounding going high, fast and in a clear lane.

10) Back at the Mooring: Please cleanup the boat, take your garbage, and report any damages. Thank your Owner Rep!

Man Overboard Recovery

If there is an MOB, provided the crew is wearing a PFD, the biggest risk may be the MOB getting run down by another boat, or injured by your hull in a recovery attempt.

In case of an MOB, immediately stop your boat (without causing a collision), throw more flotation, assign a crew to point to the MOB, and warn other boats. VHF the Race Committee who will send a Rescue Boat to assist.

Drop/roll up your headsail. Check for lines in the water and start your engine. Motor back to the MOB and stop with the MOB about ten feet away from the side of the boat. NEVER AIM THE BOW AT THE MOB! Throw a line to the MOB and pull alongside. Depending on the equipment available on your boat, use a Lifesling to lift the MOB on a spinnaker halyard, or use a swimming ladder, the stern platform, or muscle power to bring the MOB aboard.

If it is very rough and you are concerned about injuring the MOB, stand closely by and wait for the Rescue inflatable to arrive. Provide additional flotation if the MOB needs it.

If you see an MOB off another boat, immediately stop racing, drop your headsail, turn on your engine, and standby to assist. If you are in a better position to make the recovery of the MOB, then do so. Failure to standby will result in disqualification from the regatta.