

# Learning Objectives



At the end of this session, you will be able to:

- Describe the MOB recovery technique recommended by Australian Sailing
- Explain the value in having a written MOB procedure for your boat
  - 2IC
  - Roles
- Describe various approaches to recovering a MOB
- Review which ones work best on your boat for different scenarios
  - Conscious MOB
  - Unconscious MOB
- Practice the MOB recovery techniques on your boat & submit video to HBYC!

# Risks

- Panic
- Shock
  - Involuntary gasp for breath on first impact with the (cold) water
  - Thrashing for ~30 sec
- Body temperature
  - Hyperthermia  $<35.3^{\circ}\text{C}$
  - Cold water robs body heat 32 times faster than cold air
  - Physical exercise (e.g. swimming) loses body heat quicker than staying still in the water
  - Swimming or treading water can shorten survival time by  $>50\%$
- Temperature of water
  - $14\text{-}20^{\circ}\text{C}$
  - Numb the extremities
- Waves
  - Swallow sea water
  - Spray hood on PFD
- Clothes
  - Air trapped -> buoyancy

# Hyperthermia Chart

| If the water temp (°C) is... | Exhaustion or Unconsciousness | Expected Time of Survival is... |
|------------------------------|-------------------------------|---------------------------------|
| 0                            | <15 mins                      | < 15 – 45 mins                  |
| 0 - 5                        | 15 - 30 mins                  | 30 – 90 mins                    |
| 5 - 10                       | 30 - 60 mins                  | 1 -3 hours                      |
| 10 - 15                      | 1 -2 hours                    | 1 – 6 hours                     |
| 15 - 20                      | 2 - 7 hours                   | 2 – 40 hours                    |
| 20 - 25                      | 3 - 12 hours                  | 3 hours - Indefinitely          |
| >25                          | Indefinitely                  | Indefinitely                    |

# PFD

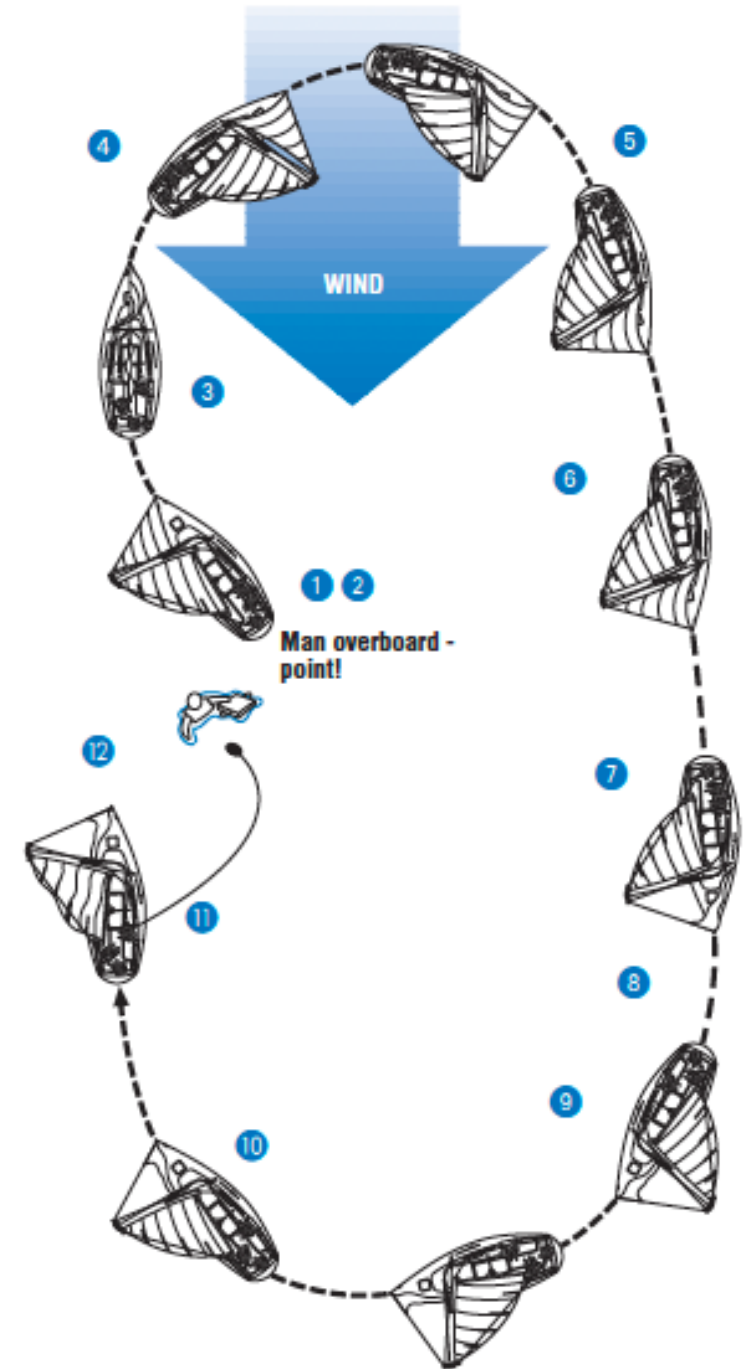
- HBYC strongly encourages crew to wear a PFD at *all* times
  - Compact so easy to wear
  - Crotch strap
  - Tether point
- All solo sailors in HBYC races must...
  - Fly Flag 'x'
  - Wear a PFD
  - Tether on
  - ????



# MOB

- When a crew member goes over the side, recovery time is of the essence.
- All sailors must know how to react quickly to a crew overboard situation.
- Losing sight of the victim correlates very highly with loss of life.

[Video](#)



# MOB recovery

- Planning & practice
- Out of water ASAP
- Lower the lowest life lines along the side of the boat to ease recovery

Crew dealing with MOB recovery should ensure that they are attached to the boat with a tether. **One MOB is enough!**

# Unconscious MOB

- We must be prepared....
- ...develop and practice a variety of different techniques that are appropriate for our boat, crew and circumstances.

# Summary



- Ensure crew are familiar with MOB procedure
  - Practice it!
  - Specific to each boat
- Call for help
  - Press MOB on chartplotter
  - MayDay/Pan Pan over VHF radio
- 2IC pre-determined
- How to get MOB back on the boat
  - Practice it!
  - Specific to each boat

# Minimising risk

- **3 points of contact** when moving around the boat
- Clip on using a **tether & jackstay**
  - Do not clip onto a fixed point, e.g. pad eye



*Image credit - Wichard Marine*

# Summary



- **Avoid falling in!**
- Tell the helm that you're **going on deck** / going forward
- Regularly **check safety lines** –tethers, jackstays etc.
- Use **shortest tether** where possible
- **Clip on** 'intelligently'