

## Support Boat - Rescues

1. **ALWAYS CUT THE ENGINE IF YOU ARE PICKING SOMEONE OUT OF THE WATER. OR IN CLOSE PROXIMITY TO A BOAT**
2. **Get to a capsized vessel as quickly as possible.**

They may not be in any risk, but you can only tell that if you are close enough to see what is happening. Do not stay on the other side of the course waiting for them to wave for help!!
3. Don't 'rescue' a capsized boat unless they ask for help.
  - If you do 'rescue' a boat then they are out of the race.
  - Most sailors will be capable of righting their dinghy/catamaran unaided.
  - Do stay in the vicinity, preferably a bit upwind so as to give the dinghy/catamaran space to sail away once they're upright.
4. If you do have to do a rescue ALWAYS GO FOR THE PERSON FIRST and worry about the boat after. If you have to leave a boat to get extra help, then attach the "crew safe" buoy to it before leaving.
5. If helping to right a capsized boat, then first pick up any helm or crew that are separated from the boat and get them back to it.
6. Next try to get the boat head to wind. If it's a dinghy probably the best help is to hold the bow steady while the helm/crew right the boat and climb back in. Continue to steady the bow until the helm and/or crew have sorted themselves out and are ready to sail away.
7. With a cat' rescue, again try and get it head to wind by reaching the mast head and slowly manoeuvring it round. The crew can help by standing on the bow and lifting the stern up (the trampoline then becomes a sail and will help bring the cat' bow to wind). Then with the engine stopped try to work your way along the mast and shroud, lifting the mast as you go. Don't throw the mast up until the helm/crew are ready and if possible hang onto the shroud so that the cat goes slowly back upright (this is quite difficult in practise). Assist anyone in the water to get back aboard and stay in the vicinity until they have sorted themselves out and sailed away.
8. You are primarily on the water to assist with setting out course buoys and aiding any club boats that are racing, but you are obliged to help **anyone** in distress whether they are club member's just out for a jaunt or any other person who needs help. Don't bother going after beach balls or sun beds that have blown out to sea but keep an ear open for the radio and an eye open for anyone calling for help.