



## Attachment #2

### Single and Double Handed Equipment Standards & Procedures

#### 1 REQUIRED EQUIPMENT

##### 1.1 Throwables

- A. LifeSling or comparable device with a self-igniting light and whistle within reach of the helmsman and ready for instant use. (MOM8, Danbuoy)
- B. A heaving line, no less than (1/4") diameter, (50 - 75') long, readily accessible to cockpit

##### 1.2 Knives

- A. Cockpit Knife – a strong, sharp knife, sheathed, securely restrained and readily accessible from the deck or cockpit.
- B. Personal Knife capable of being opened with one hand, attached to each crew member at all times.

##### 1.3 Radios & Communication

- A. VHF radio accessible from the helm station, or a handheld VHF shall be stored to be accessible from the helm station.
- B. Single Handed sailors must have a waterproof VHF radio attached to them at all times.
- C. Communication with Race Committee. Upon leaving the harbor and returning to the harbor it is required to hail the Signal Boat with Vessel name and number of crew onboard. **Ensure you receive a response from the Race Committee to your communication.**

##### *Alternate Check-in Procedure:*

Check-in: Sail past the stern of the Signal Boat on Starboard tack and hail the vessel name and number of crew aboard.

##### 1.4 Navigation

A GPS with the ability to enter a MOB coordinate.

##### 1.5 Flotation & Tethering

- A. Crew members shall wear a lifejacket from leaving the dock to returning to dock. Lifejackets must have a whistle and strobe light attached.
- B. Safety Harness is to be worn and securely tethered to the jacklines or clipping point at all times when out of the cabin. Tethers shall be no longer than 6'6". It is recommended to have a clipping point in the cockpit available to each crew.
- C. **Single-Handed sailors** A safety harness is required to be worn and securely tethered to the jacklines or vessel at all times. The tether shall be used as soon as practical after casting off the dock until the vessel docks. Tethers shall be no longer than 6'6".

#### 2 PROCEDURES

##### 2.1 CHECK-IN / CHECK-OUT

Before starting, competitors must check in with, and receive a response from, the Race Committee. After finishing, or before exiting the course for retiring vessels, competitors must check out with, and receive a response from, the Race Committee.

##### 2.2 Man Overboard Drill

It is required for all double handed crews to perform a Man Overboard recovery drill. All crew onboard should understand procedures and equipment used in the event of a MOB. These procedures include:

###### 2.2.1 Recovery Procedures

- A. Quick-stop recovery
- B. Recovery to windward
- C. Recovery to leeward
- D. Recovery under power
- E. Use of Hoisting system to retrieve MOB from water

###### 2.2.2 Use of Throwables

- A. Deployment of LifeSling or equivalent
- B. Use of Heaving Line
- C. Water marking die available in the event of a MOB event.

###### 2.2.3 Use of Radios & Communication

- A. Use of VHF radio to broadcast location and alert Race Committee, competitors, and USCG of MOB event.

*Recommended optional safety equipment:* It is highly recommended that a DSC capable VHF radio is in use with proper GPS connection and MMSI registration to contact the Coast Guard in case of emergency.