



'Man' Overboard Recovery Routine for TSC Bursledon Gigs

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Important: It should be noted that every club may have slightly different protocols, but it is imperative that when gig rowing with TSC every crew member follows the protocols and procedures listed below. If you have any questions or wish an amendment to be discussed, please contact the Rowing Captain in the first instance.

Regular practice drills will be available throughout the year and listed on the TSC activity calendar.

The circumstances in which a 'man overboard' may occur are varied. It is most likely when crew are moving into/out or around the boat. The sea and wind conditions will determine the actual method of approach and recovery, but notes are included below to assist you in your decision making.

- Alert the whole crew with the shout 'man overboard'.
- Boat Captain takes charge.
- One crew member assigned to continually watch the person in the water and provide arm signals and shouted distance.
- Radio other boats in your party 'This is (boat name). Have man overboard. Standby. Over'
- Get back to the person in the water as quickly as possible. (Inflate their life jacket if not already inflated)
- The Bursledons are stable enough to enable a dead weight body to be recovered over the Starboard Gunwale between the Cox and stroke seat positions with the advantage that this is generally an area free of oar gates and low to the water. Therefore, in a MOB situation effort should be made to bring the rescuee to this area of the boat.
- If the rescuee is conscious and able then the boat can be brought to them bow on, in such a manner that they can grasp the blade of the bow oar, they can then be literally assisted "aft and in" by the arc of the oar which brings them relatively neatly to the climb aboard position.
- However, if the victim is unable to assist themselves then great care is needed to ensure that they are not injured further by the Starboard oars and it may be that the boat will need to be brought to them stern first.
- A major physical effort is required to pull a dead weight body onboard and, if possible, the strongest person on board should take that role, if necessary it may take the strength of two but beware the possibility of another crew member ending up over the side. Either: lower the leeward gunnel using crew weight to balance the

boat and roll the rescuee aboard or bring their legs over the gunnel and pull their arms to bring them aboard (do not let their head go underwater). Or: Using the buoyancy of the lifejacket, 'bounce' them onto the gunnel.

DO NOT ACT TOO HASTILY.....IT IS BEST IF ONE PERSON TAKES CONTROL.....MAKE GOOD COMMUNICATION BETWEEN ON BOARD AND OVERBOARD CREW MEMBERS.

- If it is not possible or not safe to recover the person in the water, make sure they are secured to the boat. Radio for assistance.
- Rescuee should be assessed for injury, degree of shock, or hypothermia and kept warm and out of the wind.
- Decide on the quickest way to get the rescuee ashore and if an ambulance is required.

End.