



**advantage**  
**boating** 

## Section 8: Crew Overboard

# Lesson Outline



- Lesson Objectives
- Introduction
- Effective Techniques
  - Triangle Method
  - Using the Engine
- Recovery from the Water
- Summary
- Quiz

# Lesson Objectives



- In this lesson you will learn the roles and responsibilities of skipper and crew members during COB
- You will be introduced to techniques and proper tools for a successful recovery.
- Finally two methods of approach and recovery will be covered to get your crew back in safely!

Please note: Image not proper technique



# Introduction



## Crew Overboard (COB)

- COB can happen to both experienced and inexperienced sailors!
- It is important to practice COB manoeuvres when on a new or unfamiliar boat to know how it responds BEFORE someone falls over.
- The competency of the crew (still left on the boat), the circumstances, and the maneuverability of the boat will influence which COB method is used.

# Effective Techniques



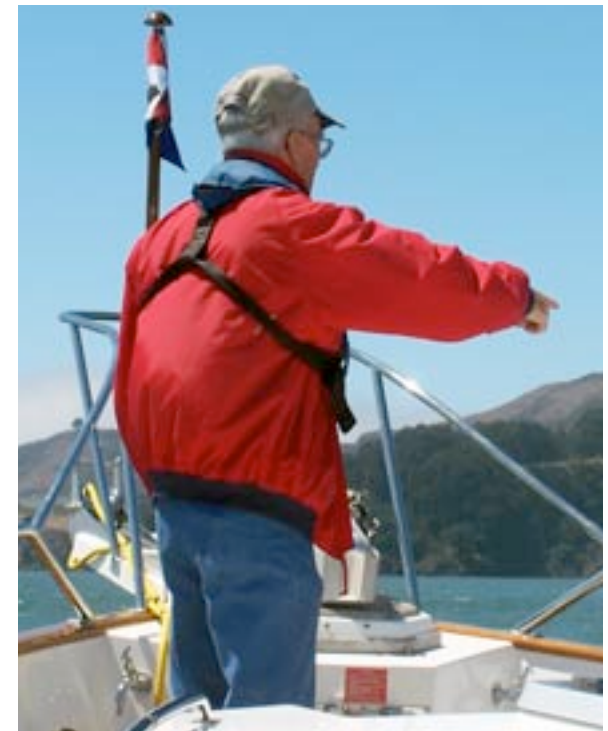
- ☐ Raise an immediate alert & keep talking
- ☐ Throw BUOYANT object(s)!
- ☐ Stay in close proximity to COB when manoeuvring for the return
- ☐ When manoeuvring, stay in control. Tack rather than gybe.
- ☐ Keep COB to windward. Approach from downwind and make sure the boat is almost stopped as you arrive to COB.

# Effective Techniques



## Raise an immediate alert & keep talking

- As soon as someone spots a COB that person should shout “CREW OVERBOARD”. This person is now termed the spotter
- The spotter has 2 primary duties
  1. Keep eyes on COB and arm continuously pointed at COB until they are back to the boat
  2. help the help return to location of COB by keeping them informed of the whereabouts WITHOUT obstructing the helm’s view.
- Keep the spotter the same until the COB is retrieved. If there are extra crew members without other duties may be additional spotters.





# Effective Techniques

## ☒ Throw BUOYANT object(s)!

- Immediately after the spotter yells “CREW OVERBOARD”, throw a buoyant object at the person in the water. This could be a PDF, lifebuoy, buoyant cushion or another buoyant object

## ☒ Stay in close proximity to COB when manoeuvring for the return

- Not losing sight and returning the COB safely in a timely fashion is extremely important. Cold water increases the chances of shock, hypothermia and other cold related issues. When this happens the COB is less able to help in their own recovery



# Effective Techniques



- ☑ When manoeuvring, stay in control. Tack rather than gybe.
  - Because of everything that is going on crew members may be standing or in a position they are not comfortable with. Tacking allows for more control especially in rough weather.
- ☑ Keep COB to windward. Approach from downwind and make sure the boat is almost stopped as you arrive to COB.
  - Approaching COB on a close reach course allows for the most control over the boat's speed.
  - If the boat is going over 1 knot, the COB may have trouble grasp a heaving line.
  - Keeping the COB to windward serves many purposes. It minimizes the danger of the COB being harmed by being under the boat. The approach can be closer, and the helm usually has better judgement of the approach.



# Triangle Method



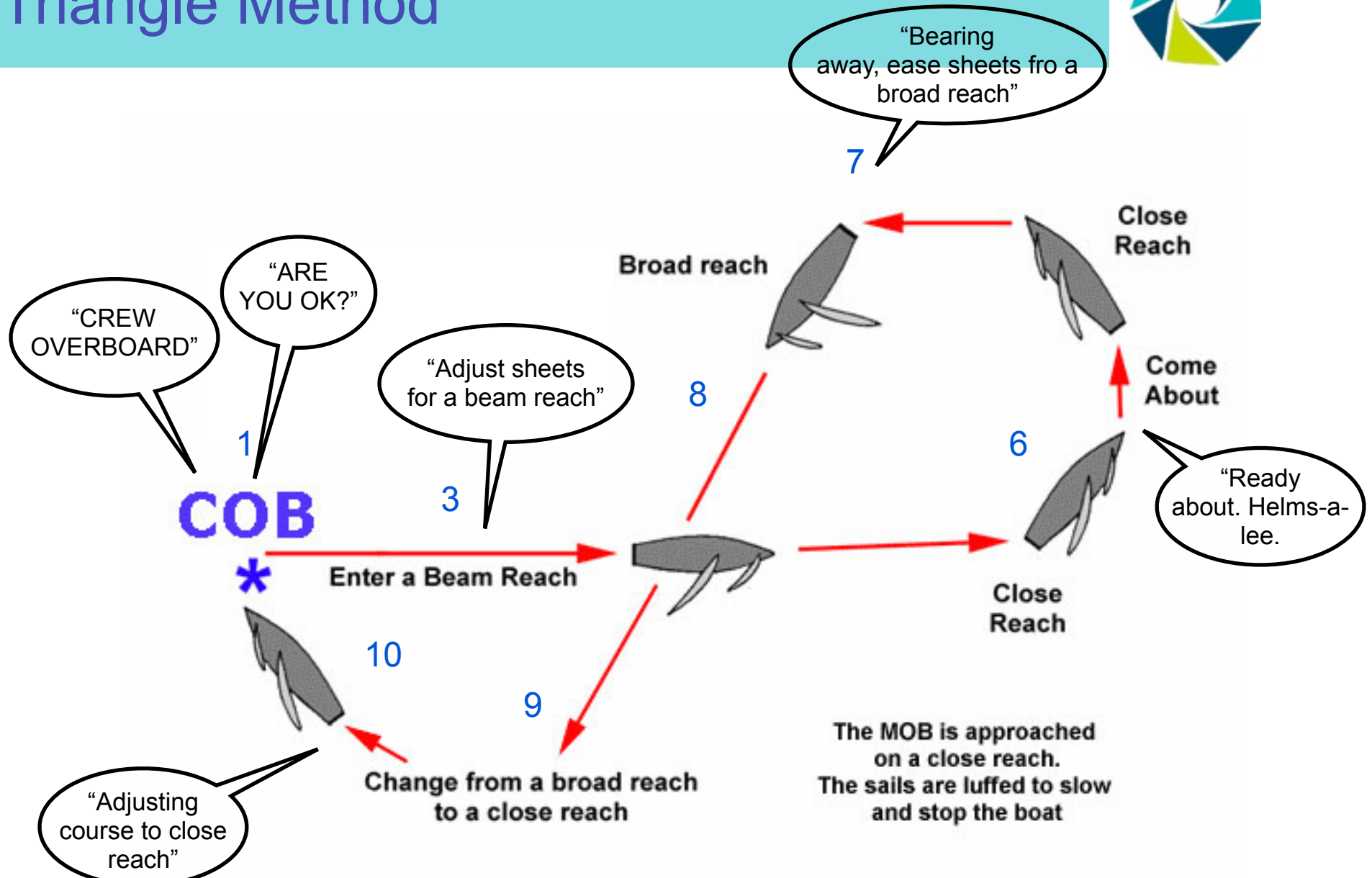
1. Spotter yells “CREW OVERBOARD”
2. Spotter or other crew member throw buoyant object(s) to COB and shouts “ARE YOU OK?”
3. Helm immediately changes course to a beam reach (on same tack) and notifies crew to adjust sails accordingly. The helm does not wait for crew to adjust before changing course.
4. Check COB’s condition
5. Helm allows for enough room to perform manoeuvre without losing sight of COB
6. Helm commands “READY ABOUT. HARDEN SHEETS. HELMS-A-LEE”. The crew will then harden sheets so speed is maintained through tack.

# Triangle Method



7. After bow passes through wind helm commands  
“BEARING AWAY, EASE SHEETS FOR BROAD REACH”
8. The boat is sailed on a broad reach (with speed controlled by luffing or hardening the sail) until the boat is in a position where it can head up to approach the COB on a close reach. (~ a right angle)
9. Crew readies heaving line on windward side.
10. Boat heads up to close reach. Jib sheet is release (luffing) and speed controled by the mainsheet.
11. Heaving line thrown to COB.
12. COB pulled onto the boat and secured to side of boat

# Triangle Method



# Using the Engine



There isn't a rule about using a motor but there is key points that should be remembered when using one.

- ★ Make sure there are **NO LINES** trailing in the water when you are starting the engine.
- ★ The engine **MUST** be in **NEUTRAL** when you coast up to COB. When you reach the COB turn off the engine so that it doesn't accidentally get put into gear.

# Recovery from the Water



Getting to the COB is half of the battle, getting them into the boat can be even more difficult. There are various methods to recover the COB from the water. Ensure that some form of re-boarding device is onboard.

Some examples of methods of recovery are

1. A boarding ladder
2. A line draped over the hull for COB to stand on
3. Partially inflated dinghy
4. Using jib as a sling

# Summary



- In this lesson, you learned the roles and responsibilities of skipper and crew members during COB (ex: spotter)
- You were introduced to techniques and proper tools for a successful recovery.
- Finally the triangle approach and motor approach were introduced and water recovery covered for crews to get back in the boat safely!



# Let's practice our knowledge!



- Complete the following quiz to test your knowledge of boat parts and terms.

# Quiz



## TRUE/FALSE

1. You should approach COB on a close hauled course.
2. COB should be picked up on the WINDWARD side.
3. A spotter should change at least once during the COB protocol.
4. The helm shouldn't wait for crew to adjust sails to bear away to a beam reach.

# Quiz



## TRUE/FALSE

1. You should approach COB on a close hauled course.
  - FALSE: Should be on a CLOSE REACH
2. COB should be picked up on the WINDWARD side.
  - TRUE
3. A spotter should change at least once during the COB protocol.
  - FALSE: Spotter should remain constant throughout protocol unless necessary to change
4. The helm shouldn't wait for crew to adjust sails to bear away to a beam reach.
  - TRUE: Helm should immediately bear away to a beam reach upon hearing "CREW OVERBOARD"