

**The Sailing Foundation Safety at Sea Seminar Feb 25/26 2012 YMCA Seattle
SATURDAY**

8:30 Welcome and Intro to The Sailing Foundation – Tad Lhamon, Bob Schoonmaker

8:40 Forehandedness: How Sailors Get Hurt, Formula for Disaster – John Rousmaniere

9:00 Safety Communications – Chuck Hawley
Lights, whistles, flares, VHF (DSC), GMDSS, EPIRBs

9:30 In-Water Safety Equipment – Chuck Hawley
Life Jackets, Immersion Suits, Life Rafts

10:00 Storm Sails –Carol Hasse
Variety and type of storm sails, how to stow and set, effects of the rig on storm sails, pro's and con's of roller furled sails, Trysail vs reefed full batten mains, Heaving To

10:50 Break

11:00 Damage Control and Repair – Paul Miller
Loss of mast, rudder or steering, dealing with flooding, running aground, damage due to weather, loss of keel and capsize, collision, environmental damage

11:45 Crew Organization and Routines – John Rousmaniere
Watch systems, communications, care and feeding, fatigue, Flinders Isle disaster

12:15 lunch

12:45 Lessons Learned from Recent Incidents – Chuck Hawley
Chicago-Mackinac and Annapolis fatal accidents, Rambler 100 capsize

13:15 Heavy Weather-Boat Handling – Paul Miller
Wind Strengths and Duration, Fetch, Wave Patterns, Wave Heights, Rogue Waves, Yacht Design Characteristics and Strategies for Heavy Weather, Drogues

14:00 Man Overboard Prevention and Rescue – John Rousmaniere
Safety harness/tether/jackline systems and use, MOB alarms, rescue methods, Lifesling

14:45 Break

15:00 Giving Assistance to Other Vessels –Paul Miller
SOLAS Obligations, Racing Rules, Log Keeping and Communication Obligations, Maneuvering to Avoid Stricken Vessel

15:45 Medical Concerns: Hypothermia, Sunburn and Seasickness – Ken Fabert
Active Deterrents, Know the Symptoms and Treatments of Each, Do's and Don't of Hypothermia Therapy

16:30 SAR Procedures –USCG SAR Coordinators Andrew Walter & Jesse Switzer
A Q & A session moderated by Bob Schoonmaker

SUNDAY

Sunday Meet at South Lake Union Park

08:45 Visual Distress Signals and USCG Helo Rescue Demo

Bob Schoonmaker

Return to YMCA

10:00 –17:00 Breakout Sessions (approximately 50 min ea, 20-25 students)

- A. Weather Basics and Where to Access
- B. HF Access to Weather and Email
- C. Satellite Access to Weather and Email
- D. Sailors Health and Wellness
- E. Liferaft and Lifejackets Pool Session
- F. Fire Theory and Control
- G. Sail Repair and Maintenance

Matt Thompson
Martin Dunsmuir
Jeff Thomassen
Ken Fabert
Bob Schoonmaker
Travis Welch
Carol Hasse