

Alnmouth Community Rowing

“Man Overboard” Procedure

This procedure gives details of how to recover a crew member who is in the water, it assumes that there are four other crew remaining in the skiff.

1. Cox brings the skiff alongside the casualty such that the casualty can be held at the side of the skiff
2. The four crew in the skiff take on the following roles for the recovery regardless of their original rowing position. Where possible the two middle crew should be the strongest:
 - Front crew member, nearest the bow (oars and balancing)
 - Middle crew member, on seat 2 or 3 (recovery)
 - Middle crew member, on seat 2 or 3 (recovery)
 - Back crew member, on stroke seat (in command of recovery and balancing)
3. Oars are brought inboard and passed over head to the bow of the skiff. Bow oar is moved first followed by the other three. The oars must be placed across the skiff forward of the Front crew.
4. Front crew is responsible for keeping the oars safely on the skiff until they are needed again, as well as balancing the boat
5. Back crew and Front crew start to keep the boat balanced by moving as needed. Back crew (in command) must coordinate the actions of all crew members.
6. Middle crew members reassure the casualty and explain the next steps.
7. Middle crew members help the casualty to get their feet into the skiff, knees over the gunwhale, floating on their back.
8. Middle crew take a firm hold of the casualty's arms and secure the casualty's feet with their own knees/feet
9. Middle crew pull firmly together to lift the casualty completely over the gunwhale into the boat, Front and Back crew keep the skiff balanced
10. Casualty is checked by the best qualified crew member to ensure that they are fit to continue
11. Cox decision about the need to call for help (Mayday or otherwise)
12. Oars passed back into position and rowing restarts

NOTES

- Any second boat in company will stand by during the recovery
- In general, and with all normal concerns for safety, the skiff will return immediately to shore so that the casualty can receive further assistance
- It is to be expected that the casualty will be checked for symptoms of drowning and hypothermia
- If conditions are severe, it may be necessary to adapt the recovery procedure such that the skiff can be kept head to the sea. In this case it will be necessary to keep two oars on their pins and available for use.