

SSRC - MOB Recovery – Guidance Notes

Although this is an unlikely situation to have to deal with, it is important that all club members have an understanding of how to recover a Man Overboard (MOB). It is essential to try and recover the MOB as soon as possible to reduce the risk of hypothermia and/or drowning and injury.

- Assess the situation & consider putting out a 'MAYDAY' call on **VHF Channel 16**
- Anyone witnessing a MOB should shout 'Man Overboard' and keep the person in sight
- Try and remain calm
- The Cox (or stroke / other rower if it is the Cox who has fallen overboard) should take control
- Manoeuvre the boat as quickly as possible to the MOB and stop the gig
- Give clear commands to the crew
- Grab hold of / throw a rope to the MOB
- Encourage / help the MOB toward the Cox / stroke thwart (oars may need to be tossed)
- REPEAT STEP: Assess the conditions and the ability to safely recover the MOB. If in doubt, call the Coastguard for assistance on **VHF Channel 16** ensuring you give your position and number of persons involved
- Consider releasing emergency flares if deemed appropriate to do so or if instructed to by the Coastguard or Lifeboat
- If safe to do so, with all the other oars in the water to help maintain stability, the Cox (or number 5 rower) and stroke rower should assist the MOB by 'bouncing' them 3 times before bringing inboard over the gunwhale (other rowers may need to slide across their thwarts to help balance the gig)
 - Once the person has been recovered, they should be assessed and given first aid as necessary. Request medical attention via **VHF Channel 16** if necessary
 - Return to usual launch site e.g. Stone Quay/beach as soon as possible whilst continuing to monitor the condition of the recovered person
- If it is not safe to recover the MOB:
 - Remain in direct contact with the person by rope or by holding on to them. Keep them calm and talking
 - If safe to do so, consider rowing with 1 to 4 rowers slowly towards shallow water
 - Call the Coastguard on **VHF Channel 16**
 - If safe to do so, consider raising a single oar vertically (recognised emergency signal) to help identify your position
 - Keep a look out for the Lifeboat / Rescue Services (if you have called them)

**IF THE MOB CANNOT BE LOCATED IMMEDIATELY AFTER FALLING OVERBOARD,
IT IS NOT SAFE TO RECOVER THE MOB
OR IF THERE ARE ANY MEDICAL CONCERNS THEN
A 'MAYDAY' CALL SHOULD BE MADE ON VHF CHANNEL 16**



SSRC MOB Training Exercise