

If the boat won't come upright with sails on no matter what you do, you'll have to get the sails off. Let the mainsail *outhaul* go, free the tack from the boom, cast off the halyards, and then work the sails down the mast, also along the boom and jibstay. When the sails are free of the boat, bundle them up and lash them to cleats or the mast. Secure the halyards, then stand on the centerboard and heave the boat upright.

When it's up, bail out the water and bend on the sails again. Congratulate yourself on doing it the hard way.

Special caution: Don't try to swim ashore for help unless the beach is very close. Even if you're a good swimmer you might not make it—especially if the water is cold or rough. Exceptions: If the boat is on fire, or if it's drifting toward a dam spillway or dangerous surf, you won't have a choice. Get to shore. Keep your PFD on!

Man Overboard

When someone goes overboard, throw the person a PFD or buoyant cushion. (The person should already be wearing a PFD, of course.) If he or she is not too far away, heave a line a little beyond the person, then draw it slowly past him or her so that it can be grabbed as it goes by. If the person is a good swimmer, luff into the wind and hold the boat steady until he or she swims back to you.

If the person is not a good swimmer but is wearing a PFD, jibe the boat, ease sheets, and run back to a position below him or her. Then luff up just leeward of the person so that you won't run him or her down. Bring the person aboard over the transom (stern area).

If there's a strong breeze and you're alone in the boat (with your crew in the water), you can drop the jib, bear off to a position from which you can jibe, then sail carefully up to the victim.

Priority one: Throughout the rescue, don't ever take your eyes off the person in the water, who might be counting on you to save his or her life. Once you have completed the rescue, provide any necessary first aid and watch closely for signs of hypothermia (see page 65).

Picking Up a Towline

When your boat is disabled and awaiting a tow, do what you can to square things away. Take the sails down and clear the foredeck. When the towline arrives, pass it through the bow chock, then take two turns around the mast, first wrapping a piece of canvas around it to protect its finish. Then make a bowline in the towline. If a strong cleat is available, the towline can be fastened there. If no chocks or cleats are available, then use the mast as indicated above.

Personal Flotation Devices

Personal flotation devices (PFDs) are classified by type. The number and type required on a recreational boat depends on the length of the boat.

All recreational boats less than 16 feet in length, and all canoes and kayaks, must have one Type I, II, III, or IV device aboard for each person.

All recreational boats 16 feet in length and longer must have one Type I, II, or III device aboard for each person and in addition, one throwable Type IV device.

Here are the four types of PFDs:

Offshore Life Jacket (Type I PFD)—an approved device designed to turn an *unconscious* person in the water from a face-down position to a vertical or slightly backward position, provided there is movement of water. Type I devices must have a minimum of 22 pounds of buoyancy in the adult size. Recommended for offshore cruising. Acceptable for all size boats. Must be in good and serviceable condition and readily accessible.

Nearshore Buoyant Vest (Type II PFD)—an approved device designed to turn an *unconscious* person in the water from a face-down position to a vertical or slightly backward position, provided there is some movement of water. These must have a minimum of 15½ pounds of buoyancy. They are recommended for closer, inshore cruising, are acceptable for all size boats, and must be in good and serviceable condition and readily accessible.

