

**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**  
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, pros and cons 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**  
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**  
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 vessels

**15:45 Medical Concerns: Hypothermia, Sunburn and Seasickness – Ken Fabert**  
Active deterrents, know the symptoms and treatments of each, dos and don'ts of hypothermia therapy

**16:30 SAR Organization – USCG SAR Coordinator Andrew Walter**

## **SUNDAY**

*Meet at South Lake Union Park*

**08:00 Visual Distress Signals, Fire Practical and USCG Helo Rescue Demo – Bob, Shane Hughes**

*Return to YMCA*

**9:15 Using Weather Info for Faster Passages - Stan Honey**

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

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| – Weather basics and where to access     | Matt Thompson   |
| – HF access to weather and Email         | Martin Dunsmuir |
| – Satellite access to weather and Email  | Jeff Thomassen  |
| – Sailors' health and wellness           | Ken Fabert      |
| – Life raft and lifejackets pool session | Bob Schoonmaker |
| – Fire theory and control                | Shane Hughes    |
| – Sail repair and maintenance            | Carol Hasse     |