



# FOCUS



A publication of THE SAILING FOUNDATION  
The Premier 501c(3) organization serving Pacific Northwest Sailors since 1971

2006, Issue #1

January, 2006

## Crew Overboard! Update on Lifesling tests!

### *In this issue:*

- Lifesling scores high marks in SF tests.
- Safety at Sea Seminar, February 25, 2006

### *Coming in future issues:*

- PNW High School Sailing
- 2006 Wind Clink: Cascade Locks, July 19-21
- Grants to Sailors make the Difference

The Sailing Foundation, inventor of the Lifesling in the early 1980's, assisted with grant money for the Crew Overboard Tests conducted in San Francisco Bay last summer. The August 2005 Crew Overboard Retrieval Symposium used 15 boats and more than 100 volunteers to test 40 items of safety gear and various maneuvers for recovering a crewmember lost overboard.

The official results of the tests are still being compiled, but several publications including Practical Sailor and Yachting Magazine have telegraphed many of the key findings, including:

- Maintain visual contact
- Practice, practice, practice
- Charterboats may not be prepared for rescue at sea

In the choppy seas, even skilled sailing instructors found it difficult to get back to a person in the water. A revised maneuver—the deep beam reach (head off and tack quickly back to the victim) proved easy to learn and practice.



John Rousmaniere in Practical Sailor says: “The Lifesling, paired with a 5:1 lifting tackle, proved the most versatile recovery device during the trials on San Francisco Bay.” We’re proud of the key role played by the Sailing Foundation in developing the Lifesling and we’ll publish the summary of all the findings when they’re available.



# One Day Safety-at-Sea Seminar, Saturday, February 25 at SYC

Continuing the tradition of Safety at Sea Seminars for PNW boaters, the Sailing Foundation will again host a Safety at Sea Seminar, in conjunction with US Sailing, on Saturday, February 25 at Seattle Yacht Club. This seminar will be valuable to offshore racers and cruisers, covering:

- Boat Preparation
- Medical Techniques
- Weather at Sea
- Lifesaving devices: PFD's, MOB, and the Lifesling
- Heavy Weather: Storm sail and Power Readiness
- Search and Rescue Methods and Recovery
- Assistance to Others

Moderated by Chuck Hawley, West Marine Director for Technical Information, speakers will include Michael Jacobs MD on medical techniques, Jim Corenman on Weather, Damage Control and Repair, Doug Christie on Storm Sails and Heavy Weather and Paul Russell on various technical issues including Personal Safety Gear and SAR Techniques. There will be a complete handout of the materials covered so you will be able to review them at home and on board your own boat after the seminar.

Attendees who complete this seminar are awarded a certificate by US Sailing that satisfies some of the training requirements for many offshore races. In particular, the Transpac, Pacific Cup, and Vic Maui all require crew training in this area.

Registration starts at 8:00am; the seminar begins at 8:30am and ends at 4:30pm; lunch is included in the registration cost. Attendance is limited, so please respond early. To ensure a place at the seminar, please complete the form below and mail it together with your check to The Sailing Foundation..

Following the seminar from 4:30 pm to 6:30 pm, there will be a gathering at SYC for all seminar participants and Pacific Cup entrants, with a no-host bar and snacks hosted by the Pacific Cup Yacht Club. This will be a great opportunity to mingle with other racers and cruisers, to share questions and stories with the speakers, and to just relax following an intensive training session.



Please register me and my crew for the Safety at Sea Seminar to be held at SYC on Saturday, February 25 I've enclosed my check for \$125 for each registrant listed below. (Use additional sheets if needed).

Mail to: The Sailing Foundation, PO Box 4213, Tumwater, WA 98501.

On the web at [www.TheSailingFoundation.com](http://www.TheSailingFoundation.com)

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

A publication of THE SAILING  
FOUNDATION

Board of Directors:

Scott Boye  
Jim Corenman  
Doug Fryer  
Phil Johnson  
Tad Lhamon  
Matt Mikkelborg  
Matt Pedersen  
Dick Rose  
Jan Visser  
Mike Visser  
Wright Wataoka

PO Box 4213  
Tumwater, WA 98501  
888.892.7245



*The Sailing Foundation, is a non-profit 501 c (3) organization that provides organizational and financial assistance to youth sailing programs and regattas and which develops and tests products and services which promote safety at sea. Since 1971 when local sailors campaigned an America's Cup boat and donated the sale proceeds to The Sailing Foundation, we have developed several fleets of youth sailors and many local and national champions. On the Safety at Sea side, The Sailing Foundation designed, developed and patented the now-familiar Lifesling, approved by the US Coast Guard for rescue at sea and seen on sailing craft worldwide.*

**On the Web at [www.TheSailingFoundation.org](http://www.TheSailingFoundation.org)**

### Message from the President

In recent years the Sailing Foundation has operated in relative obscurity to promote its goals in the local area. Assisted by a dedicated core of board members and volunteers, we awarded grants for travel stipends for out of area regattas and held Safety at Sea seminars.

In 2005, with renewed energy and an expanded board, we explored new areas to help keep the Pacific Northwest on the map for developing youth sailors and useful ideas for promoting safety at sea. Our WIND clinic in the Gorge attracted keen sailors, eager to perfect their skills in windy conditions, and our Safety at Sea Seminar scheduled for February, 2006 will continue the tradition of a strong emphasis on marine safety in local waters. The Sailing Foundation participated in the Crew Overboard testing conducted in San Francisco this summer where the Lifesling, developed 25 years ago by the Sailing Foundation, continued to earn high marks.

For 2006 we've begun an expanded campaign for members and programs. While we have a great group of dedicated coaches and sailors, the Northwest is at some risk of losing its position in the Interscholastic Sailing Association (High School Sailing) due to low levels of participation and achievement. With new members in the Sailing Foundation, we'll increase our exposure in the community and we can offer new programs with sufficient funding to develop more High School Sailing teams, provide transportation grants for individual and team competitors to participate in far-off regattas, and expand our coaching skills.

For those of you who are already members of the Sailing Foundation, we thank you for your participation. If you are not already a member, take a moment to fill out the form at the bottom of this publication and send it back to us with your membership check.

Tad Lhamon

To join us, please complete the following form and mail with your check to The Sailing Foundation, PO Box 4213, Tumwater WA 98501. Your contributions are tax deductible.

### Membership Category

Life Benefactor	\$1000_____	Name	_____
Benefactor	500_____	Address	_____
Sponsor	250_____		_____
Sustaining	125_____		_____
Contributing	50_____		_____
Supporting	25_____	Phone	_____
Student	5_____	Email	_____