

Quick-Turn Overboard Recovery

WIND

No Go Zone

“Safe Zone”

“Safe Zone”

Sail on a **beam reach** for about four boat lengths.

(about four boatlengths)

Assign spotter. Throw floatation to “litter” the water around victim.

“Crew Overboard!”

Approach victim on close reach to windward. *Stop* with victim to leeward of cockpit area. Assist victim aboard.

Come about & “spin” the boat all the way around to a broad reach/run. Leave jib backed to pull bow down, but ease main.

3

2

1

7

Sail downwind with jib backed but main all the way out. As soon as you are fully downwind, head up & test your course.

4

Trim main as needed to reach victim. Pull on traveler sheets for quick trim/ease.

6

Head up to close reach & luff both sails. TEST your course! Can you fully luff without “pointing & praying”?* Sail on a close reach to windward of victim for pick-up on leeward side.

5

*Can't luff? Dip down & head up again quickly! **Too high?** Don't waste time – go around again.

