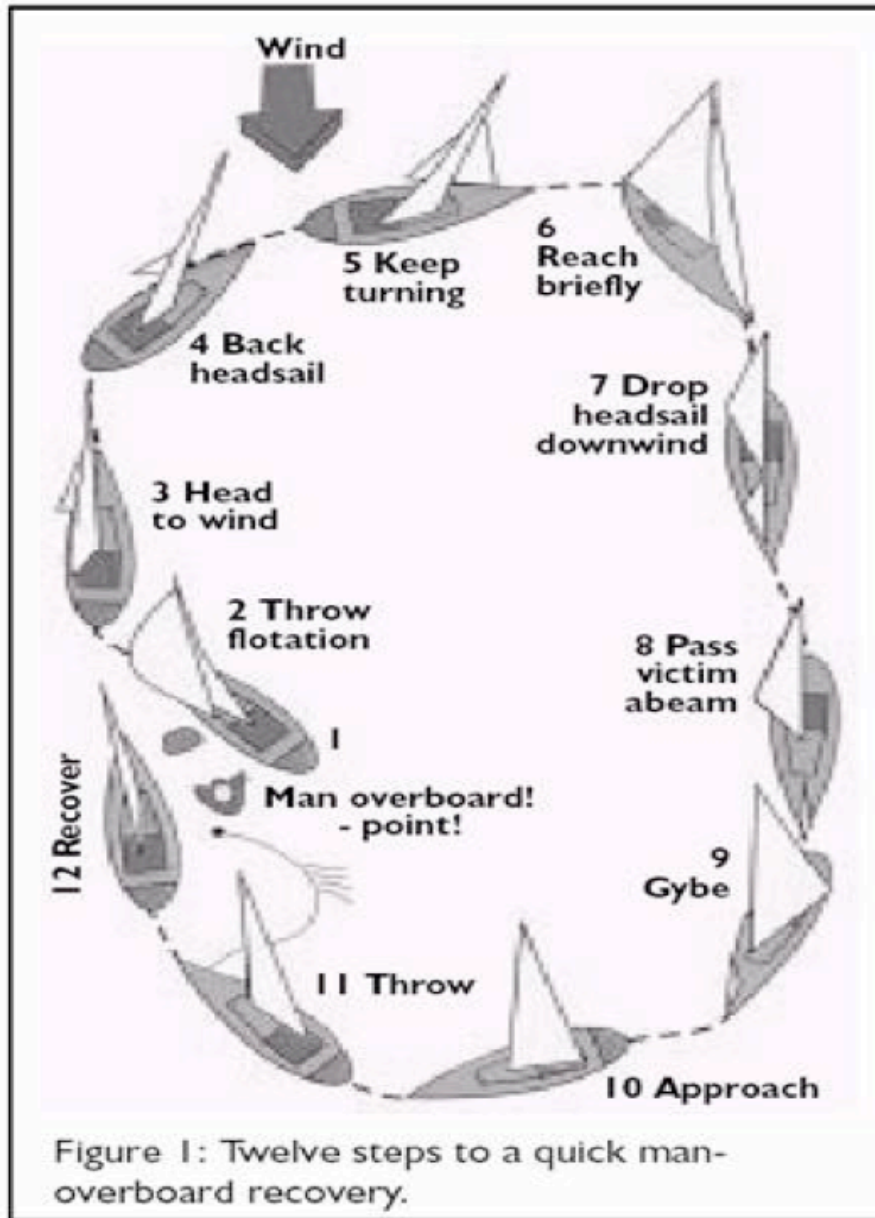


Quickstop! for Crew Overboard



Additional Resources

Courses to Attend

US Sailing Safety-at-Sea Seminars

<http://offshore.ussailing.org/SAS/>

Junior Safety at Sea, 7/16/2010

<http://www.stormtrysailfoundation.org/>

First Aid Course / CPR / Wilderness Medicine

<http://www.westchestercounty.redcross.org/>

Websites with Safety Info

General and Junior Safety-at-Sea

www.yacht-safety.info

UK Halsey Safety Videos

www.ukhalsey.com/LearningCenter

Cruising Club of America

www.cruisingclub.org

USCG Marine Communications Center

www.navcen.uscg.gov/MARCOMMS/

Books

US Sailing: *Safety Recommendations for Cruising Sailboats*

Eldridge Tide and Pilot Book (current year)

John Rousmaniere: *Annapolis Book of Seamanship*

Adlard Coles: *Heavy Weather Sailing*

AYC "Safety Sheet"

Most sailing deaths are from drowning --> wear flotation and know how to Quickstop

Near Club / Inshore LIS

AYC	914-967-4800 / VHF 71
USCG / Nearby boats	VHF 16 / 13 commercial traffic
USCG LIS Command	800-774-8724
"	203-468-4401
Ambulance if near shore	911 / Rye Police 914-967-1234
Sea Tow	VHF 16 / 800-4SEATOW

Offshore (Atlantic)

USCG / Nearby vessels	VHF 16 / 13 commercial traffic
USCG Atlantic Comm	001-757-398-6231 (satphone prefix)
Bermuda Rescue	001-441-297-1010 (satphone prefix)
EPIRB (registered)	Activate and tell USCG by voice
DSC (connected GPS)	Distress button for 5 sec, wait for response on VHF 70 then go VHF 16
SSB <150 NM offshore	2182 distress frequency
SSB >150 NM offshore	4125 / 6215 / 8291 / 12290

Weather

on VHF	weather channel dial/button
Dial-A-Buoy	888-701-8992
	Station 44060 - Eastern LIS
	Station 44039 - Central LIS
	Station 44040 - Western LIS
Weather/Radar (squalls)	www.accuweather.com
Weather/Radar (squalls)	www.intellicast.com
NOAA NY weather	www.erh.noaa.gov/okx/
Detailed wind info	www.sailflow.com

This information was prepared by George Petrides for AYC members. Neither Petrides nor AYC guarantee that it remains current, accurate or operable and accept no responsibility for its use. Users are advised to verify the information before boating. April 9, 2010.