

MOB,COB, Man Overboard, Crew Overboard - Heave-to, Sail-to, Heave-to method



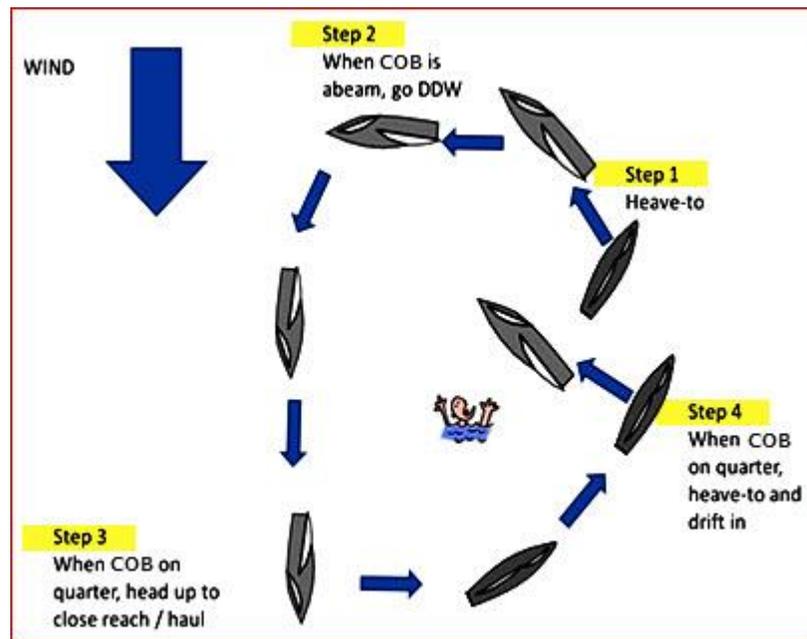
Today, veteran offshore sailor Captain Jack Dale (jackdale@telus.net) shows you a new technique to use if your sailing partner falls overboard--and you are all alone! Captain Jack holds certifications as a Canadian Yachting Association (CYA) Advanced Cruising Instructor, and an International Sail and Power Association (ISPA) Yachtmaster Offshore Instructor Evaluator.

Virtually all of the Crew Overboard (COB) methods require more than one crew member. The figure 8 or triangle method requires coming about which is possible, but difficult. The quick stop involves dropping or furling the foresail.

However many couples sail together without additional crew. If one goes over, how does the one person execute a Crew Overboard maneuver? I will suggest the Heave-to, Sail-to, Heave-to method as a viable option.

Follow These Steps:

1. Heave-to immediately -- you might just drift right back to the COB in some cases. Do not adjust the sails. With the foresail backwinded, sail on a beam reach until the COB is abeam of the helm.
2. Bear away until you are dead downwind with the sails sheeted in
3. Continue dead downwind until the COB is off the quarter. Head up until you are on a close reach / close haul



staying 2, 3, 4 boats lengths away. This is a function of how much wind is present; more wind, further away.

4. When the COB is off the quarter, heave-to. Using a shroud or stanchion as a guide drift into the COB and pick them up on the leeward side.

What are the Advantages?

- a) It can be done easily by one person.
- b) There is usually no need to adjust sails.
- c) The sails are always under control. There are no flying clews or sheets.
- d) The COB is always on the same side of the vessel and kept in sight.
- e) If unsuccessful, just come around again.