

7.16.2018 Person Over Board Event

**Monday-5:30 pm. at the La Crosse Sailing Club Shelter  
Part 1: Methods and equipment demonstration**

Heave-to(Stop your sailboat): If person just fell off.

**\*\*12 foot loop of nylon webbing:**

Throw the loop over a cleat or winch and use it as a step to get back in a boat.

Attach a line to a cleat and a winch:

The POB steps on the line. As the line is winched in, the person is lifted and can be assisted getting into the boat.

**\*\*POB Pole:**

A floating tall pole that is to be deployed as soon as a person is discovered missing. A person in the water is hard to see. The flag marks their position and is easier to see. The pole should have a line attached so that the person can swim to the pole and attach the line to themselves.

**\*\*Life Sling:**

Remove the cover and throw the life sling over board. Attach the line to the boat.

Circle the POB. The POB puts on the life sling.

Pull the POB up to the boat.

Tie them off along side the boat.

Raise them with the block and tackle.

**\*\*5 to 1 Pulley system with 50 feet of line:**

Sailboat: The top pulley is connected to the main halyard(the line that lifts the main sail) and the main halyard is raised and tied off so the top block is about 6-8 feet above the cabin. It is not necessary to use the sailboat boom. This system can be adapted to any boat with a tall structure to attach the pulley system to.

**\*GPS:**

POB may have moved because of current. The person is still difficult to see.

If the person is not responsive:

Sailboat under sail- Put the boat on a beam reach(side ways to the wind) and return on a beam reach. Head up into the wind(to stop the forward motion of the boat) and stop along side the POB. Put on the Life Sling, tie the person to the boat until the pulley system can be installed.

Motorized boat- Motor directly to the person, put on the Life Sling, tie the person to the boat until the pulley system can be installed.

**6:00 pm. Part 2: On the water demonstration, (conscious person)-After the equipment demonstration and discussion, we will move to the sailboat slip for the demonstration and group discussion.**

2016 Lee Peterson and I and other club members practiced on the water. We were able, under sail only, to put the boat on a beam reach and return on a beam reach and head up into the wind right next to the POB flag.

2017 Lee Peterson, Fritz Funk and I, used my 19 ft. Compac sailboat and the Life Sling and pulley system to do the simulated rescues. We now feel we could get someone out of the water, and get them on board by our self.

2018 Fritz Funk and I used my 19 ft. Compac sailboat in the slip to do the simulated rescue. Everyone was able to see and hear the demonstration and interact. Changes: Clips will replace rope to attach the pulley system. The pulley system will be 5:1.

After trying many methods, these method work best for us. \*Recommended equipment  
Greg Martin 608.792.1304, Lee Peterson, Fritz Funk. Thank you other contributors!

**On Lake Onalaska for emergency help, call 911 and ask for Brice Prairie First Responders.**