



**THE STORM TRYSAIL FOUNDATION AND
LAKEWOOD YACHT CLUB'S 2018
HANDS-ON SAFETY-AT-SEA SEMINAR
SANCTIONED BY US SAILING**



Overview

The purpose of this seminar is to teach you as much as we can about safety-at-sea in as short a period of time as possible. Some of what you'll learn will be taught in a classroom, some will be taught aboard a boat or in a swimming pool, some will be taught by actually doing what needs to be done (putting out a fire for instance). Finally, some will be taught at home by watching special teaching videos produced by long-time Storm Trysail Club member Gary Jobson.



LEARNING VIDEOS AND MATERIALS

Let's start with the video part of the program. Soon after you register, you will receive a confirmation email that will provide you with a user name, password, and link to the Seminar's website. That website provides a broad range of instructional material, both written and videos. You are expected to review all the documents and watch the videos **BEFORE** coming to the Seminar. These videos vary from a few minutes in length to over twenty minutes and cover a variety of subjects from weather to storm sails to man overboard procedures. They will each have a series of questions at their conclusion and our goal is for you to be able to answer those questions demonstrating you have a good understanding of subject matter.

We expect you to view all the videos at least once but we hope you'll use them more than that. They will also be available to you for two weeks after the seminar date.



WHAT TO BRING TO THE SEMINAR

The seminar will be an all-day affair, much of which will take place outdoors and for the World Sailing Track, on a boat. Let's start by saying you will want your cold weather sailing gear. Even though the sun may be shining, the pool water in April is still cold. **World Sailing Track: Bring your inflatable PFD, spare CO2 cartridge (or a 2nd offshore/dinghy style lifejacket) and tether. This is required equipment for the seminar.**



Next, **World Sailing track, you will need a change of clothes and a bath towel** because you will be going swimming. If you have a **second set of old foul weather gear**, we recommend bringing that to wear when swimming in the pool. The purpose here is to weigh you down and make the training more realistic.

You will be asked to take a brief shower with your foul weather gear on before going into the pool to minimize the effect on the pool water chemistry. We will provide you with a plastic bag for your wet clothing but bring a duffle bag, too.

REGISTRATION



The registration desk will be open from 0700 - 0745. There will be coffee, hot tea and breakfast pastries available. Come early and avoid the rush.

WHERE IS LAKEWOOD YACHT CLUB?

2425 NASA Parkway, Seabrook, TX 77586

SEMINAR SCHEDULE:

0700-0745	Registration
0745-0900	Opening Session
0900-1000	SAR and Comms
1015-1200	Storm sails/MOB
1200-1230	Lunch
1230-1330	Firefighting/flares*
1330-1500	Pool: PFDs/liferafts*
1500-1700	USCG Rescue Diver Demonstration (tentative) and Hands-on damage control and MOB drills**
1730-1800	Hands-on wrap-up



* US Sailing participants observe while World Sailing participants' drills.

** World Sailing track participants only.

CERTIFICATION:

This seminar is a US Sailing sanctioned event. All attendees will qualify for a US Sailing Safety at Sea Offshore Certificate. This is the first track.

However, for those planning to race internationally, you may want full World Sailing Offshore Certification. To qualify for this advanced World Sailing certificate, sign up for the second track, the World Sailing (Hands On) seminar and you are then required to take US Sailing's Offshore Online program for this certification.

The Hands-on Safety-at-Sea Seminar is an excellent way to learn important sailing skills that can save your boat...or your life. If you have a steady racing crew, it makes sense for the entire group to come as a unit so you can learn skills that you can practice when on the water in your own boat.

We look forward to your joining us for the SASS,

Sincerely,

Chris Lewis, Lakewood Yacht Club
Seminar Chairman

Rich du Moulin, Storm Trysail Club
Seminar Moderator

WORLD SAILING TRACK: WHAT WILL I BE DOING DURING THE SEMINAR?

The major topics to be covered during the seminar are:

Man Overboard/Storm Sails

This session will take place on a boat and will include storm sail techniques and man overboard prevention and recovery techniques. Weather permitting; you can expect four to five MOB rescues in Galveston Bay utilizing a MOB Pole.



Damage Control

The session will be taught on board yachts by experienced sailors. Techniques presented will range from various emergency fixes and procedures such as cutting away your rig, patching a hole in your hull or repairing your steering gear.



Lifejackets, Life Rafts, Hypothermia and in-the-water Survival

This session takes place in the pool. You will experience what it's like to be in the water when your PFD is your only friend. You'll swim fully clothed wearing foul weather gear and then climb into a life raft. You will learn the best ways to stay afloat, work as a team in the life raft, and fight hypothermia.



Firefighting and Pyrotechnics

This session will start with a classroom lecture on fire prevention, firefighting and the various emergency pyrotechnics and their usage. It will be followed by an outdoor session where you will actually extinguish a diesel oil fire and then ignite and fire different emergency pyrotechnics.

