



# SAFETY BEACH SAILING CLUB

## MAN OVERBOARD PRACTICE ANNUAL DECLARATION



Sail No: _____	Boat Name: _____
Owner/s: _____	Mobile: _____

**Please emailed completed form to: [keelboat@sbsc.net.au](mailto:keelboat@sbsc.net.au) before 31 October**

All yachts wishing to compete in racing at SBSC must carry out a Man Overboard (MOB) exercise, at a minimum, once prior to the start of each sailing season.

The MOB recovery exercise can be practiced using either: a volunteer, a floatation object (such as a fender) or the Coast Guard’s water rescue dummy ‘Leo’. Before the exercise commences, **the yacht must be sailing with motor off.**

Please contact [keelboat@sbsc.net.au](mailto:keelboat@sbsc.net.au) if you would like to book the Coast Guard’s water rescue dummy (housed at SBSC).

To further assist you and your crew with your Man Overboard training, some very useful resources are available on the SBSC website: <https://sbsc.net.au/index.php/on-water/keelboats/keelboat-documents/99-mob-drills-procedures-and-information/file>

The aim of this exercise is to develop skills and familiarity specific for your boat and your crew.

List below the names of all the crew members who completed this MOB exercise. Any new crew members should be taken through the vessels’ MOB procedures and/or additional MOB exercises undertaken.

NAME OF CREW	DATE OF MOB EXERCISE	AS NO.	CONTACT MOBILE NO.
<b>Skipper:</b>			

**METHOD OF MOB CONDUCTED ON BOAT**

Floatation Object Used \_\_\_\_\_

or Water Rescue Dummy

**Please share additional comments or feedback from your MOB training experience and attach any photos.**

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**DECLARATION BY OWNER / SKIPPER**

I declare that the crew and I (as listed above), have performed a Man Overboard (MOB) exercise on the dates noted. I also understand that this exercise must be annually practiced and improved.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_