



THE CRUISING CLUB OF AMERICA
SAFETY & SEAMANSHIP COMMITTEE

Practice on Your Own Boat MOB
Self-Directed Course
Designed for offshore crews and Racing Boats

Please read this before you launch into the POYOB side deck and text.

The Practice on Your Own Boat (POYOB) program, a safety initiative by the Cruising Club of America (CCA) Safety & Seamanship Committee, was developed by CCA Gulf of Maine Post Safety Officer Galen Todd, along with Ernie Godshalk and Brian Guck. It is intended to assist you, a large crew or racing team, practice Man Overboard (MOB) techniques on your specific boat.

- This is **not** just another “techniques” session. This program will demonstrate what a messy, fraught, and boat-specific process MOB recovery is, and will enable you to develop the “muscle memory” necessary when the MOB is a loved one or your crewmate.
- You will learn what works and what does not work on your boat, with your gear, and your crew; undoubtedly, your intended rescue plan will be refined and improved after practicing with this program.
- You have seen this in the 5-minute introductory video, and you will experience it when you go through this program yourself.

Outcome: Success is achieved by systematically following the steps of the POYOB program. The goal is to test and develop methods that work best for you, your boat, and your crew. This comes from practicing MOB recovery maneuvers with your rigging and crew. With that in mind, please complete the prerequisite material then download or print the CREW POYOB slide deck and the CREW POYOB companion text and use both together.

Time: The prerequisites and onshore study portion should take about 2 hours. The on-the-water part may take 3 to 4 hours. Please plan accordingly. It cannot be stressed enough that the time and effort spent performing complete MOB rescue evolutions are essential for developing “muscle memory” in case you need to do it again in real-time.



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Prerequisites: It is very important that time is spent reviewing various rescue techniques and procedures prior to beginning the course. Details of rescue techniques are not presented in the course materials. You will be expected to use some of them in practice evolutions.

- Watch CCA POYOB video by Chan Reis: <https://youtu.be/NHDG5GT-UIU>
- Read 48 North article “Blakely Rock COB”
- Read Chuck Hawley Safety Moments: <https://sas.cruisingclub.org/node/205>
- Read Man Overboard Recovery For Shorthanded Crews by Dick York: <https://cruisingclub.org/article/man-overboard-recovery-shorthanded-crews>
- Crewed MOB rescue - Watch Storm Trysail Club video: https://www.youtube.com/watch?v=LjQtQmX_1VM

Equipment and maneuvers:

- You will need to find something weighing 175-200 lbs to simulate lifting a MOB out of the water. This will be performed dockside and could be an OSCAR dummy, as shown in the slides, or created using water jugs and a large sail bag. Many local fire departments have rescue dummies, and they might loan you one for training. Another option, after a thorough rig safety inspection and appropriate weather and sea conditions, could be a crew member.
- Your boat should be rigged in its normal sailing or racing configuration.
- On the water maneuvers should be performed with the typical crew for the circumstances

You and your team are now ready to begin the POYOB MOB self-directed training program. Take your time, follow the steps as outlined, and have fun. Now have at it!