



# US Sailing Safety at Sea Course

# Role of US Sailing Safety at Sea Committee

- Training of coastal and offshore sailors in the U.S.
  - Lecture-type courses
  - Online courses
  - Hands-on courses
- Creation of the Safety Equipment Requirements for races and rallies
- Recognizing acts of heroism through the Arthur Hanson medal program



# Different types of courses

- Coastal SAS, ½ Day, 5-6 topics
- Offshore SAS, 1 Day, 10-11 topics
- Offshore SAS with Hands On, 2 Days, 15 topics
- Refresher courses for returning sailors
  
- On Line Courses Available
  - Online Coastal SAS Seminar – 5 Elements
  - Online Offshore SAS Seminar – 15 Elements
  
- Option to take the second day within a year



**You can now have your current SAS Course and expiration date attached to your US Sailing membership number.**

Either have your SAS host organizer note your US Sailing Membership number on the registration sheet prior to them submitting their paperwork to US Sailing for processing,

**OR**

Fill out the online request form, found on the SAS Attendance

**Look-up page:**

<https://www.ussailing.org/education/adult/safety-at-sea-courses/sas-attendance-lookup/>



## Attach My SAS Certification to my Membership

If your certificate is current, (within the last 5-years) and you would like it to show on your membership record, please fill out the request form. This may take up to several weeks to update.



### Attach My SAS Certification to my Membership

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**Name \***

First Name

Last Name

**Address \***

Street Address

Street Address Line 2

City

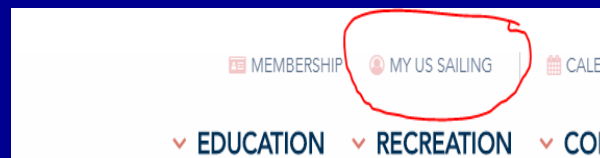
State / Province

Postal / Zip Code

**My US Sailing membership \***



To check that your SAS information has been attached to your membership ID, sign into your US Sailing account at <https://www.ussailing.org/> and then go to MY USSAILING:



A screenshot of the 'MY US SAILING' user dashboard. The top navigation bar includes the US Sailing logo and links for 'MEMBERSHIP', 'MYUSSAILING', 'CALENDAR', 'SHOP', 'DONATE', 'CONTACT', and 'SIG'. The left sidebar contains a list of links: 'My Home', 'My Account', 'My Sailor Profile', 'SailFlow Weather', 'My Races &amp; Results', 'My Certs &amp; Courses' (circled in red), 'My Committees', 'My Events', 'My PHRF Boats', 'My Membership Card', 'Member Coupons', 'SOARS 2.0', and 'Change My Password'. The main content area is titled 'MY US SAILING' and 'Welcome Betsy'. It displays the user's address (40 Elm St, Newport, RI 02840-2428 USA), email (BetsyAlison@gmail.com), and membership details (Member ID 186935A, Honorary Family membership, expires 3/31/2019, with a red link to renew). There is an 'Update My Info' button. Below this are three sections: 'WEATHER' with a weather map and links to local conditions; 'MY RESULTS' with a regatta illustration and a link to track regattas; and 'MY MEMBERSHIP CARD' (circled in red) with an image of a membership card and a link to view or print it online. A 'RESOURCES' section on the right lists various links like 'FAQ's', 'Member Lookup', and 'US Sailing Directory'.



If you click on "My Certifications and Courses", you will be able to see ALL of your current certifications/courses and expiration dates, including Safety at Sea:

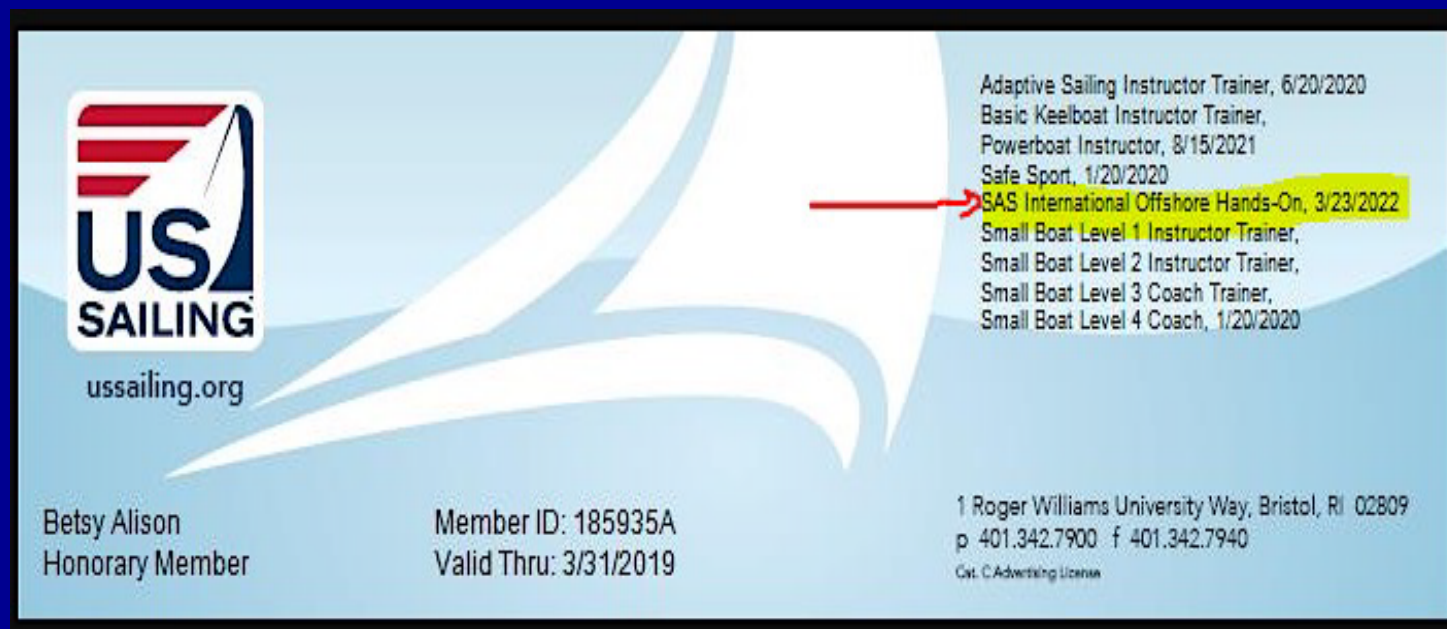
The screenshot shows the US Sailing website interface. On the left is a navigation menu with links: My Home, My Account, My Sailor Profile, SailFlow Weather, My Races & Results, My Certs & Courses, My Committees, My Events, My PHRF Boats, My Membership Card, Member Coupons, and SOARS 2.0. The main content area is titled "MY CERTIFICATIONS AND COURSES" and is for user "Betsy - Sailor Athlete Level B". There are four tabs: "Certifications" (selected), "Courses Enrolled", "Courses Passed", and "Recertify". Below the tabs is a table of certifications:

| Certification                                       | Issued     | Expiration |
|---|------------|------------|
| Adaptive Sailing Instructor Trainer Certification   | 7/1/2017   | 6/20/2020  |
| Basic Keelboat Instructor Trainer Certification     | 10/26/2016 |            |
| Powerboat Instructor Certification                  | 8/11/2015  | 8/15/2021  |
| Safe Sport Certification                            | 4/10/2017  | 1/20/2020  |
| SAS International Offshore Hands-On                 | 3/25/2017  | 3/23/2022  |
| Small Boat Level 1 Instructor Trainer Certification | 5/22/1994  |            |
| Small Boat Level 2 Instructor Trainer Certification | 1/1/2014   |            |
| Small Boat Level 3 Coach Trainer Certification      | 12/31/9999 |            |
| Small Boat Level 4 Coach Certification              | 1/6/2014   | 1/20/2020  |


Below the table, there is a note: "Please note that these certifications are only valid if all requirements are in place, including but not limited to Sailing membership, CPR and First Aid." Another note states: "The policy on collection has changed, so you are no longer required to submit copies of your CPR and First Aid certificates." At the bottom, there is a link: "Need a copy of your certification right now? Click [HERE](#) to print your membership card with your certification back. If you would like it email mailed to you, please contact our Education Department with your email address."



Once it is attached to your membership, current members will be able to use MY US Sailing to print out their membership card showing their Safety at Sea certification.



The image shows a US Sailing membership card for Betsy Alison. The card features the US Sailing logo on the left, which includes a stylized sailboat and the text "US SAILING" and "ussailing.org". The member's name and title, "Betsy Alison Honorary Member", are listed in the bottom left. The Member ID is "185935A" and the card is valid through "3/31/2019". On the right side, a list of certifications is provided, with a red arrow pointing to "SAS International Offshore Hands-On, 3/23/2022". Other certifications include Adaptive Sailing Instructor Trainer (6/20/2020), Basic Keelboat Instructor Trainer, Powerboat Instructor (8/15/2021), Safe Sport (1/20/2020), Small Boat Level 1 Instructor Trainer, Small Boat Level 2 Instructor Trainer, Small Boat Level 3 Coach Trainer, and Small Boat Level 4 Coach (1/20/2020). The bottom right corner contains the address "1 Roger Williams University Way, Bristol, RI 02809", phone number "401.342.7900", fax number "401.342.7940", and a note "Cat. C Advertising License".

  
ussailing.org

Betsy Alison  
Honorary Member

Member ID: 185935A  
Valid Thru: 3/31/2019

Adaptive Sailing Instructor Trainer, 6/20/2020  
Basic Keelboat Instructor Trainer,  
Powerboat Instructor, 8/15/2021  
Safe Sport, 1/20/2020  
→ SAS International Offshore Hands-On, 3/23/2022  
Small Boat Level 1 Instructor Trainer,  
Small Boat Level 2 Instructor Trainer,  
Small Boat Level 3 Coach Trainer,  
Small Boat Level 4 Coach, 1/20/2020

1 Roger Williams University Way, Bristol, RI 02809  
p 401.342.7900 f 401.342.7940  
Cat. C Advertising License





# Today's activities

- Lectures, punctuated by breaks and demonstrations
- Rest rooms
- Lunch will be served around noon
- Emergency exits
- In an emergency we would gather in the parking lot for further instructions



# Why are you here?

- Sail?
- Race?
- Power?
- Cruise
- All of these



# A Safety Mindset



# Responsibility

- **World Sailing SPECIAL REGULATIONS**
- **1.02.01 The safety of a yacht and her crew is the sole and inescapable responsibility of the person in charge who must do his best to ensure that the yacht is fully found, thoroughly seaworthy and manned by an experienced crew who have undergone appropriate training and are physically fit to face bad weather. He must be satisfied as to the soundness of hull, spars, rigging, sails and all gear. He must ensure that all safety equipment is properly maintained and stowed and that the crew know where it is kept and how it is to be used. He shall also nominate a person to take over the responsibilities of the Person in Charge in the event of his incapacitation.**

# Responsibility

- **Decision to race -The responsibility for a yacht's decision to participate in a race or to continue racing is hers alone**
  - **RRS Fundamental Rule 4.**



**SO – Be sure your skipper  
shares the same values that  
you have**



**IT'LL BE FUN THEY SAID**

JUST LIKE JACK SPARROW THEY SAID



# Sailing this year I guarantee there will be:

Steering Failures



Debris in the water





# Be sure the boat is well prepared





# Owner's Responsibility

World Sailing SPECIAL REGULATIONS

APPENDIX G

Supplement One 1

The Racing Rules of Sailing state:

1 SAFETY

1.1 Helping Those in Danger

A boat or competitor shall give all possible help to any person or vessel in danger”





# Safe Passages



# Eight common mistakes we make

- Depart according to a schedule rather than a weather window
- Inadequate crew training about the boat
- Lack of cross training with crew
- Fatigue
- Alcohol – Our best decisions got us into a bunch of trouble!
- Wearing life jackets
- Shoes vs. barefoot
- Over reliance on equipment



# #1 – Pick your departure schedule – if possible

*“Weather the storm you cannot avoid and avoid the storm you cannot weather.”*



# #2 – Train your crew

- Every time
  - Go over where the safety gear is located
  - Radio procedures
    - DSC
  - How the engine works
  - Where the fire extinguishers are located
  - COB procedures
- PRACTICE with your equipment



# Expect Top Level Performance Once The Crew is Trained





# #3 Cross training





# #4 Fatigue – who gets tired?



Balance your meals by increasing your intake of lean protein, fruits, vegetables, and complex carbohydrates.



## General Tips for Endurance:

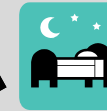
exercise increases overall endurance levels. Try for at least 20 minutes, 3 to 4 days a week.



Watch **CAFFEINE** and **MEDICATIONS**—certain foods, beverages, and medications cause us to be more alert, while others make us drowsy. Read labels and be aware of what you consume before watch and before bedtime.

Get your **REST**—though it's not possible to “store” sleep, you can prepare for long work hours by sleeping as much as possible on the days prior to departure. Schedule at least 7 hours of continuous sleep each day.

## On Watch



If you manage a vessel, establish a “crew endurance plan” that considers its nature and operations. Include a watch schedule that ensures the entire crew will be rested throughout a transit.

## Before Watch

*Take some time before watch to “rev up” and wake up your mind and body.*

- Get exposure to daylight or other bright light upon awakening.
- Eat your largest meal of the day now rather than before bed.
- Coffee or other sources of caffeine (in

*It's important to be fully rested and to stay alert so you can work safely.*

- Wear appropriate work clothes so you don't get too hot or cold.
- Keep well-hydrated.
- To keep your alertness high, talk to other crewmembers, turn on music, and/or keep moving or walking around.
- Consider two-person bridge watches whenever possible.
- Get exposure to bright light throughout your shift if possible.

*Once you're off watch, let your body wind down to relax and get ready for sleep.*

## Before Sleep

- Cut back or eliminate caffeine 3 to 4 hours before bed. Drink water, warm milk, or hot herbal tea instead.
- Heavy or spicy meals may interfere with deep sleep—have a light meal or snack instead.
- Relax—read or listen to music.

# USCG Considers Fatigue as a Contributing Element in Accidents

- Sailing has seen it's share of fatigue accidents
- Fastnet Race 1979
- Flinders Island 2008



# #5 What about the “Hold my Beer” comment?

- Alcohol and boating





# #6 Will we wear life jackets?





# #7 The Flip Flop Factor - Right or Wrong?



# #8 – Over reliance on equipment

- A short list of what you need:
  - Clear thinking
  - Creative solutions
  - Background knowledge
  - Calm presence
  - Leadership skills
  - Basic survival gear
    - Stay dry
    - Stay warm
    - Get found
    - Water
- Short list of what you don't need:
  - More gear or gadgets
  - More ideas
  - Panic
  - Criticism
  - Yelling



# Conclusions

- Boating is getting safer over time
- Sailing is pretty safe compared to other activities
- Drowning is the problem
- Head injuries are no picnic, either
- Wearing flotation is a big part of the solution





# Why do we go to sea?













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# Remember – Life is all about perspective



