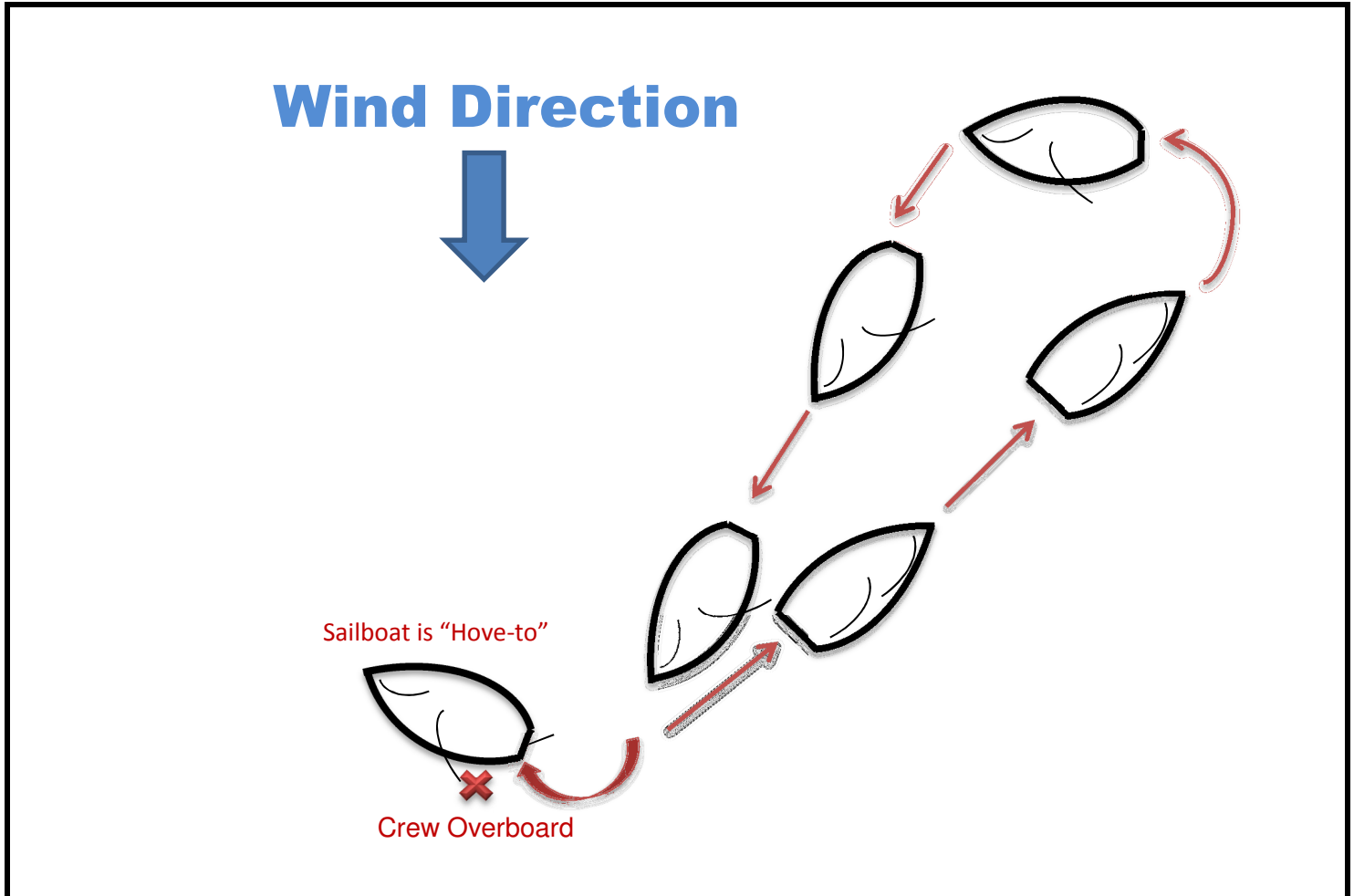


Crew Overboard – “Quick Return”

Captain Gary Nichols



Procedure for performing a “Quick Return” recovery:

1. When a crew member falls overboard everyone yells, “Crew Overboard!” Immediately throw over a life ring as the skipper assigns a “pointer,” whose job is to keep visual contact with the person while pointing at them.
2. Continue on the same course for about 2 to 3 boat lengths and then bring the boat about.
3. Leave the jib backed and you can either ease the main out, or leave it in when in windy conditions. Leaving it in prevents the boat from picking up too much speed.
4. Head directly back towards the overboard person pointing the bow at them. When close to the person, head up quickly into the wind and ease the main if you have left it sheeted in. The backed jib will bring the boat to a stop, in a “Hove-to” position, windward of the overboard person. At this point you will drift down on to them at which time you can get them out of the water.

(This method was developed at the Santa Barbara Sailing Center and is in use by many of its instructors.)