

2010 Abandon Ship Training and Grab Bag Recommendations

The following Safety Equipment is “STRONGLY SUGGESTED by the Organizers of the 2010 Sarasota to Havana Regatta.

1. Emergency Position Indicating Radio Beacon (EPIRB) transmitting at 406MHz.
2. Liferaft
3. Buoyant “Ditch Bag” that holds all of the equipment needed to abandon ship in an emergency that should be stowed away for easy access until necessary to use,
 - a. There are on-line inventory references that outline suggested items like flares, communications equipment, food & water, medical and personal supplies.”

This paper describes Abandon Ship Training and Grab Bags recommended by the International Sailing Federation (ISAF) Offshore Special Regulations (OSRs) for monohull sailboats doing offshore and near shore passages (ISAF Category 1 and 2). These standards are part of the Core Curriculum presented at US SAILING Sanctioned Safety at Sea Seminars.

The following Liferaft Topic Outline is used by Moderators in US SAILING Sanctioned Safety at Sea Seminars:

11.1 Liferrafts (theory)

11.1.2 knowledge of offshore liferaft standards: SOLAS, ISAF, ORC and ISO.

11.1.3 stowage, care and servicing of liferaft

11.1.4 liferaft emergency packs

11.1.5 grab bag contents and application

11.1.6 two key elements in combating liferaft capsize – drogue and ballast water pockets

11.1.7 the capsize mechanism and the re-righting procedure

11.1.8 when and how to launch a liferaft

11.1.9 protecting a liferaft in the minimum time it is alongside after launch

11.1.10 boarding a liferaft if possible dry: use of dry suits if possible

11.1.11 boarding a liferaft from the water: importance of boarding ramp and grab lines

11.1.12 crew organization both before boarding and within liferaft: signaling for help, watch keeping, damage repair, medical, water, food, keeping up morale, psychology of survival.

11.1.13 knowledge of physiological shock of cold water and hypothermia its effect on human performance in tasks like liferaft operation and survival.

11.1.14 use of SART (optional in grab bag).

Additional Recommendations:

1. Pre-Race abandon ship drills should emphasize getting life rafts to the rail from stowage areas and procedures for not deploying them until the last minute, just before leaving the yacht.
2. Personnel should be reminded to wear floatation, harnesses and safety lines when abandoning ship.
3. Pre-Race training should include describing procedures for righting an overturned raft.
4. Care shall be taken to ensure that the weight of the contents of any single grab bag does not exceed the inherent floatation capacity of the bag.

OSR 4.21.2 a) recommends that each grab bag should:

- have inherent floatation,
- have at least .1 square meter area of fluorescent orange color on the outside,
- be marked with the name of the yacht,
- have a lanyard and clip on it.

OSR 4.21.2 b) notes that **it is not intended to duplicate in a grab bag items required by other OSRs to be on board the yacht – these recommendations cover only the stowage of those items**

OSR 4.21.3 recommends the following gear be in Abandon Ship Grab Bags on Category 1 yachts:

- a) 2 red parachute and 2 red hand flares and cyalume-type chemical light sticks (red flares compliant with SOLAS)
- b) watertight hand-held EPFS (Electronic Position-Fixing System) (eg GPS) in at least one of the grab bags carried by a yacht
- c) SART (Search and Rescue Transponder) in at least one of the grab bags carried by a yacht
- d) a combined 406MHz/121.5MHz (see OSR4.19.1) in at least one of the grab bags carried by a yacht

- e) water in re-sealable containers or a hand-operated desalinator plus containers for water
- f) a watertight hand-held marine VHF transceiver plus a spare set of batteries
- g) a watertight flashlight with spare batteries and bulb
- h) dry suits or thermal protective aids or survival bags
- i) second sea anchor for the liferaft (not required if the liferaft has already a spare sea anchor in its pack) (recommended standard ISO 17339) with swivel and >30m line diameter >9.5 mm
- j) two safety tin openers (if appropriate)
- k) first-aid kit including at least 2 tubes of sunscreen. All dressings should be capable of being effectively used in wet conditions. The first-aid kit should be clearly marked and re-sealable.
- l) signaling mirror
- m) high-energy food (min 10 000kJ per person recommended for Cat Zero)
- n) nylon string, polythene bags, seasickness tablets (min 6 per person recommended)
- o) watertight hand-held aviation VHF transceiver (if race area warrants)