

## LIFESLING OVERVIEW March 6 2011

Included on Pelagic's website are a few handouts from the 2010 Lifesling Clinic. If you are new to the Lifesling you may want to watch one of the videos listed on the Links document. Also there are some pretty interesting stories in the 100+ Case Studies of Drownings and Rescues.

The rescue procedure taught at Lifesling Clinics uses a standard Lifesling hoisting block and tackle and the rescue is executed from the cockpit. More information on the clinic may be found at here: [http://offshore.ussailing.org/SAS/General\\_Information/Safety\\_Studies/Lifesling\\_Clinic.htm](http://offshore.ussailing.org/SAS/General_Information/Safety_Studies/Lifesling_Clinic.htm) We have had 4-5 clinics, rotated every few years between the Northern and Southern Fleets.

Although each boat owner decides which rescue method he or she will adopt, the Lifesling clinic teaches to a uniform standard. This rescue procedure was determined after 600 sea trials were done by the Sailing Foundation and the US Naval Academy. This was further tested and approved at the 2005 COB Symposium in San Francisco.

If you have implemented a different procedure on your boat - make sure that it actually works and is well documented. Remember that it is possible that the boat owner could be the victim, so the procedure should be clearly communicated to the crew ahead of time.

There is a standard Lifesling hoisting tackle available to try out on your boat. Pelagic members who can assist you with customizing a Lifesling hoisting procedure on your boat are: Craig Spear, Tom Toomey, Katrina Beneker.

### Customizing a Lifesling Retrieval System.

Every boat is different. Some adjustments to consider include:

- Is the bowline on the sling large enough to fit your freeboard or maybe too long ?
- Can a rescuer reach the halyard if they are short?
- Is the fall line long enough to be fed back to the cockpit?
- Is there a fairlead or car that can be used to direct the line to a cockpit winch?
- Is the line the correct thickness to fit the winch?

Wishing you a safe sailing season.

Trina

K. Beneker 3-6-11

kbeneker@comcast.net