

## LIFESLING LINKS 2010

### Watch a Lifesling rescue

- The Sailing Foundation - Kathy Fryer "Alice and Bob"  
<http://www.youtube.com/watch?v=FXMQIBAhFFs>
  - Annapolis Book of Seamanship Video Series - John Rousmaniere.  
<http://www.youtube.com/watch?v=CTF7XtbZ7ik>
- [Link - YouTube - Chuck Hawley, West Marine, demonstrates basic Lifesling2](#)
- UK Halsey <http://www.ukhalsey.com/LearningCenter/mob.asp> ( login)

### The Sailing Foundation

The organization that developed the Lifesling in the early 1980's. Most learning materials are found on other sites. The Sailing Foundation works with and through the US SAILING Safety at Sea committee.

The Sailing Foundation      2609 151st Place NE      Redmond WA 98052-5522  
1.425.869.2727      info@thesailingfoundation.org  
<http://www.thesailingfoundation.org/>

### Lifesling Training

Running a Clinic - Bonnell Cove Foundation 2001 Suddenly Alone Training, updated March 2006.

[http://offshore.ussailing.org/SAS/General\\_Information/Safety\\_Studies/Lifesling\\_Clinic.htm](http://offshore.ussailing.org/SAS/General_Information/Safety_Studies/Lifesling_Clinic.htm)

Lifesling® Owner's Preparation Guide (updated July 26, 2010)

[http://www.cruisingclub.org/seamanship/seamanship\\_safety.htm](http://www.cruisingclub.org/seamanship/seamanship_safety.htm)

[http://offshore.ussailing.org/SAS/General\\_Information/Safety\\_Studies/2006\\_Lifesling\\_Update.htm](http://offshore.ussailing.org/SAS/General_Information/Safety_Studies/2006_Lifesling_Update.htm)

Case Histories of Drownings and Rescues:

[http://offshore.ussailing.org/SAS/General\\_Information/Safety\\_Studies/Safety\\_At\\_Sea\\_Studies\\_-\\_Lifesling\\_Case\\_Histories.htm](http://offshore.ussailing.org/SAS/General_Information/Safety_Studies/Safety_At_Sea_Studies_-_Lifesling_Case_Histories.htm)

### MISC

COB Symposium Final Manual August 2005

<http://www.boatus.com/foundation/findings/COBfinalreport/COB%20FINAL%20REPORT.pdf>

[http://offshore.ussailing.org/SAS/General\\_Information/Safety\\_Studies/2005\\_Crew\\_Overboard\\_Symposium.htm](http://offshore.ussailing.org/SAS/General_Information/Safety_Studies/2005_Crew_Overboard_Symposium.htm)