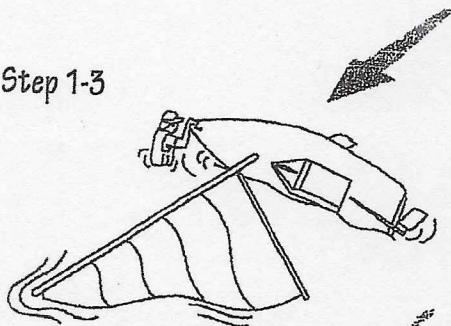


Mohican Sailing Club

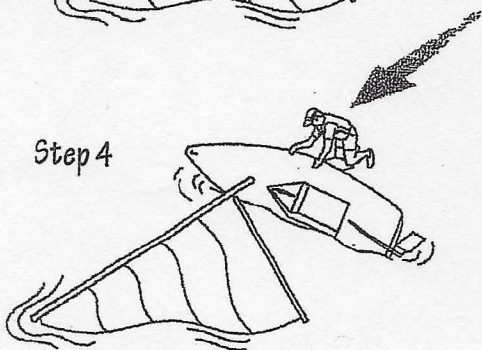
Capsize and Recovery

1. Boat capsizes and helmsman falls into water.
2. Helmsman uncleats main sheet and boom vang.
3. Mainsail should be lying to leeward of the hull in the water. If the mainsail is lying to windward of the hull, the boat can be either rotated so the sail lies to leeward or it can be brought upright which will result in the boat quickly capsizing again but with its sail lying in the water to leeward of the hull.
4. Helmsman moves to centerboard, climbs onto it, and while holding onto the gunwale leans back to bring the boat upright.
5. Helmsman climbs in over stem.

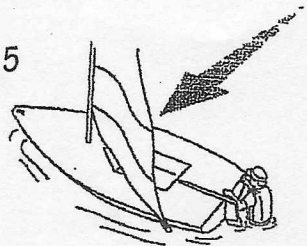
Step 1-3



Step 4



Step 5



Capsize Recovery Guidelines

- Stay with the boat.
- Check for injuries.
- Don't go under the boat or sails.

