

**MILES RIVER SAIL & POWER SQUADRON (MRSPS)
SAFE BOATING PROGRAM FOR KIDS
2010 LESSON PLAN**

SESSION TOPIC: MAN OVER BOARD

**OBJECTIVES: PERFORM EMERGENCY RESPONSE TO MOB USING CORRECT THROWING TECHNIQUE
KNOW SAFETY RULES FOR MOB RESCUE
KNOW RULES FOR MOB SELF RESCUE**

TIME: CBMM – 35 MINUTES; EMS – 25 MINUTES

LOCATION: ROOM: EMS – POOL 1; CBMM – C DOCK;

INSTRUCTORS: 4-6

NUMBER OF STUDENTS: 10-12

EQUIPMENT: 2 RING BUOYS; 2 THROW BAGS; 1 CUSHION; 4 DIVING BRICKS; 4 GALLON JUGS (TARGETS); 12 LIFE JACKETS PLUS ALL INSTRUCTORS BRING OWN PFD; POSTER DESCRIBING MOB PROCEDURES; SAFETY RULES

CONTENT	NEED TO KNOW FOR SAFETY	PRACTICE DRILL	REFERENCE
EMERGENCY RESPONSE: MOB	<p>HAVE A PLAN AND PRACTICE IT. WHY?</p> <ol style="list-style-type: none"> 1. HAVE TO RESCUE YOURSELF 2. SO YOU DON'T DO SOMETHING TO MAKE THE SITUATION WORSE – MAKE GOOD DECISIONS – SAFETY RULES (POSTER). 3. HELP TO RESCUE SOMEONE ELSE (POSTER). <ul style="list-style-type: none"> * OBSERVER: CALL OUT “MAN OVER BOARD” AND POINTS TO VICTIM WHILE KEEPING AN EYE ON * THROWER: THROWS FLOATATION DEVICE TO VICTIM 	<p>CREATE EMERGENCY SITUATION/ACCIDENT BY TELLING A STORY AND HAVING STUDENTS RESPOND BY FOLLOWING THE PRE-DETERMINED PLAN:</p> <p>All students read each poster on arrival at each station</p> <p>Practice arm signal indicating help needed</p> <p>Practice proper coiling of the line</p> <p>Practice with each type of equipment</p> <p>Each student in the group should be assigned to a task and take a turn at each task at each station:</p> <p>Ring buoy: short throw for accuracy;</p> <p>Ring buoy: long throw w/accuracy;</p> <p>Throw bag: instructor demo...throw and reload;</p> <p>Cushion: instructor demo</p> <p>Safety rules</p>	<p>EMERGENCY RESPONSE</p> <p>WATER SMART FROM THE START</p> <p>BOATING SAFETY FOR KIDS</p> <p>MOB Posters</p> <p>MOB Safety rules</p>

<p>MOB PAGE 2</p>	<ul style="list-style-type: none"> * HELMSMAN: STEER BOAT TO RETRIEVE VICTIM APPROACH VICTIM INTO THE WIND; CUT ENGINE BEFORE ATTEMPTING TO BRING VICTIM ABOARD * COACH: ASSESS ACTIONS 4. EFFECT OF WIND ON THROWN OBJECT (POSTER) 5. RULES OF MOB SELF RESCUE (POSTER) <ul style="list-style-type: none"> * DON'T PANIC * CALL FOR HELP * GO TO THE BOAT * STAY WITH THE BOAT 6. OTHER RULES <ul style="list-style-type: none"> * DON'T GET INTO THE WATER TO HELP SOMEONE * THROW ANYTHING THAT FLOATS * HOW FAR CAN YOU THROW? * NEED TO TAKE COURSES TO LEARN MORE ABOUT SAFE BOATING 	<p>Throwing techniques:</p> <ul style="list-style-type: none"> * Coil and secure bitter end of the line; (STEP ON IT OR WRAP IT AROUND YOUR HAND – HOLD ON TO THE BITTER END. * Hold coil in open hand to allow line to follow buoy, cushion or bag * Pendulum swing or side arm if over the rail of a boat; * Aim beyond victim * Pull line to victim; * Pull victim to side of boat; * Reach to grasp victim on the back of the wrist; * Help victim aboard over the stern <p>Discuss effect of wind on thrown object</p>	
------------------------------	--	---	--