

MPYC Sailing Instructions 14.9

Annually, two-thirds of the boat's racing crew shall practice man-overboard procedures appropriate for the boat's size and speed. The practice shall consist of marking and returning to a position on the water, and demonstrating a method of hoisting a crewmember back on deck, or other consistent means of reboarding the crewmember.

Crewmember

Date

This form should be completed annually and retained onboard the boat.