



Friday, July 17, 2015  
Larchmont, New York

## Agenda

0830 Welcome – Nick Langone, Past Commodore – Storm Trysail Club, Tim Porter, Commodore – Larchmont Yacht Club and Charlie Reynolds, Junior Sailing Association LIS

Outline of Day, Barry Gold, STC/STF Program Chair

0900 Presentation on Mini Transat 650 – Josh Reisberg

0930 Group Rotations into Schaefer Room, Dockside and Junior Sailing House Sessions:

- Man Overboard Chalk Talk
- Dockside demonstrations:
  - Lifesling MOB rescue
  - MOB ladder rescue
  - Use of survival suit
  - Use of winches
  - Use of bosun's chair
  - Heavy weather preparation
  - Use of reefed mainsail and storm jib
- Firefighting/pyrotechnics
  - Demonstration of flares
  - Fire extinguishers and firefighting techniques
  - Specifics for fighting fires on boats

1200 Lunch

1300 Depart for Boats to Practice Upwind and Downwind MOB Drills

1600 Return from Boats

1615 Sail on Transat Mini

1700 Pizza

### Advanced Junior Safety-at-Sea

Until 0930 Same as above, and then separate agenda

1700 Pizza