Offshore Safety Day & MOB Clinic by Storm Trysail Club

Event organized for HARVEST MOON REGATTA

Prepare. Practice. Perform. Come Home Safe.

Geared toward: Offshore racers • Skippers • Cruisers • Crew • Monohulls • Multihulls

Hosted at Lakewood Yacht Club

Friday–Sunday | Participation is Limited

Whether you're a **first-time offshore competitor preparing for your first adventure** or a **seasoned skipper looking for a refresher**, Safety Day is designed to help every crew member feel **more prepared, more confident, and safer on the water.** Following Safety Day, put that knowledge into practice during an intensive, hands-on **MOB (Man Overboard) Clinic** designed specifically for racers and cruisers sailing **monohulls and multihulls**.

FRIDAY — ARRIVAL & DINNER

Two arrival options:

3:45 PM — Crew Arrival & Delivery

Participants may check in at 3:45 PM to assist with moving **our vessel to Lakewood Yacht Club**.

OR

7:00 PM — Meet at Lakewood Yacht Club

Arrive at the yacht club for dinner and the weekend kickoff. **Dinner is on your own.** Participants are welcome to **stay aboard our vessel at the yacht club** throughout the weekend.

SATURDAY — SAFETY DAY + MOB CLINIC

7:30 AM–12:00 PM | SAFETY DAY SEMINAR

Learn from experienced guest speakers covering the knowledge, preparation, and decision-making skills needed for offshore sailing. Topics are designed to help crews prepare for the realities of offshore racing and cruising and to build confidence before leaving the dock.

12:00–1:00 PM | LUNCH

Lunch break — Box lunches available.

1:00–6:00 PM | MOB CLINIC

Immediately following Safety Day, take your skills from the classroom to hands-on practice.

The **MOB Clinic** will include:

- Realistic man-overboard recovery scenarios
- Dockside recovery drills
- On-the-water recovery exercises
- Simulated high-risk conditions
- Techniques applicable to both **monohulls and multihulls**
- Coaching from experienced offshore instructors

This clinic is designed to build **offshore confidence and practical recovery skills** that can make a critical difference when seconds matter.

SUNDAY — FINAL PRACTICE & WRAP-UP

Event concludes by 1:00 PM Sunday.

Continue practicing, ask questions, reinforce key techniques, and leave with greater confidence in your crew's ability to respond to an offshore emergency.

SPACE IS LIMITED - This is a hands-on clinic - Participation is limited to ensure quality instruction and practice.

Reserve your spot with - South Coast Sailing Adventures (281) 334-4606 - southcoastsailing@gmail.com

Public: $ 220 Club Member: $195