

Sail4All

Capsize Recovery & Man Overboard

Capsize Recovery

It is essential that dinghy sailors are able to recover from a capsize; it WILL happen to you at some stage! Even the most competent and experienced dinghy sailors capsize from time to time. The key to developing confidence in a capsized situation is to practise the recovery procedure in calm conditions - practise makes perfect!

There are many similarities in the techniques for righting two-man and single-handed dinghies, but it is worth reviewing both in turn.

Two-Man Dinghy

Watch this Sailboat.tv video illustrating how to recover from a [two-man dinghy](#) capsize

Some important points to remember:

Helm and crew maintain communication - encourage and reassure!

Check rudder is secure following a capsize

Release mainsheet prior to recovery

Ensure centreboard is fully down

Remain in contact with the boat at all times - grab the hull or use the sheets

If capsized with a spinnaker, remove the spinnaker before recovery

If you cannot right the dinghy, stay with the boat to facilitate easier rescue

Single-Hander

Watch this sailboat.tv video (2 parts) illustrating how to recover from a single - handed dinghy capsize:

[Part 1](#) - righting a single-hander

[Part 2](#) - summary

Some important points to remember:

Check rudder is secure following a capsize

Release mainsheet prior to recovery

Ensure centreboard is fully down

Remain in contact with the boat at all times - grab the hull or use the sheets

If capsized with a spinnaker, remove the spinnaker before recovery

Remain in contact with the boat at all times - grab the hull or use the sheets

If you cannot right the dinghy, stay with the boat to facilitate easier rescue