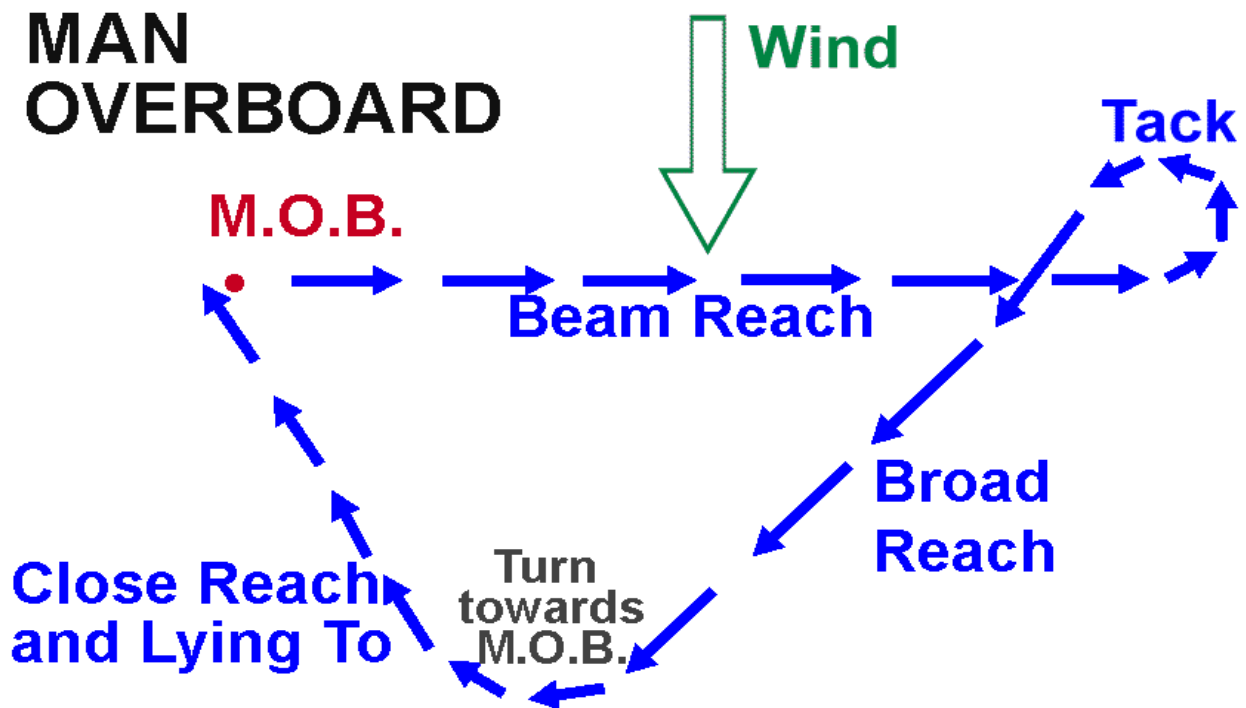


**Man Overboard Recovery**

The Royal Yachting Association recommend the "Reach Tack Reach" method for recovering a person fallen overboard from a dinghy, illustrated below:



The method enables the person remaining in the dinghy to recover a man overboard in the safest possible way - reach is the easiest point of sailing and tack (as opposed to gybe) the safest method for turning the boat around.

Some useful advice:

Maintain visual contact with the man overboard at all times (or as reasonably practicable)

Maintain communication as reasonably practicable

Aim to recover the man overboard by the windward shroud (which will keep your dinghy lying head to wind (or close to))

Watch as Shirley Robertson demonstrates the [Reach Tack Reach method](#) for man overboard recovery.

**Note.** Single-handers may think this doesn't apply to them; however, the technique develops boat handling skills and applies in other scenarios (e.g. coming alongside, picking up a mooring or even recovering gear that has fallen overboard).