



## **Saving Your Best Friend's Life with Safety at Sea**

*Marion, MA – January 21, 2013.* What you can learn at a Safety at Sea seminar may save your best friend's life. And help you calmly manage a crisis at sea. Safety at Sea seminars are required for 30% of the crew participating in the Marion Bermuda and Marblehead Halifax races and all of the major East coast offshore races. Safety at Sea seminars are also recommended for return delivery crews and other offshore sailors, as well as for skippers and crew of coastal races and those sailors interested in improving safety knowledge for long distance passage-making.

A sailor who attended the 2011 Safety at Sea seminar recently experienced being aboard a sinking vessel on a delivery from Honduras to Turks&Caicos. He indicated that "the whole experience: attempt at saving the vessel, abandon ship, life raft experience and rescue by a passing container ship all ran exactly as is covered in both our safety at sea lecture and the follow-up training by LRSE (Life Raft and Survival Equipment)... I cannot stress enough the value of this training in calmly managing the crisis while maintaining personal safety during a midnight to 0400 crisis at sea."

The Blue Water Sailing Club, one of the three hosting clubs of the Marion Bermuda Cruising Yacht Race, will be hosting the U.S. Sailing sanctioned Safety at Sea Symposium, on March 23-24, at state-of-the-art University of Massachusetts/Boston campus.

Details and Registration may be found at [www.MarionBermuda.com](http://www.MarionBermuda.com).

The agenda on Saturday, March 23, will once again be moderated by acknowledged safety at sea expert, John Rousmaniere, and will include a very experienced group of speakers to address a series of topics which are of vital interest to all serious sailors, including: crew overboard recovery; communications; medical/seasickness; heavy weather; steering maintenance and repair; pyrotechnics, signaling and life raft inflation and more. In addition to the safety topics there will be special breakout sessions for the Marblehead to Halifax Ocean Race and the Marion Bermuda Race.

Sunday, March 24 is comprised of Practical, Hands on Training Safety Seminars: Emergency Medical Care at Sea (Dr. Michael Jacobs), Understanding Weather & Gulf Stream (Frank Bohlen and Ken McKinley) and In-Water Training (Dan O'Connor/Life Raft and Survival Equipment).

On-site registration will begin at 0700, March 23, 2013. The program begins promptly at 0730 and is scheduled to continue until 1600. Sessions on Sunday, March 24 are staggered to allow completion of the full curriculum.

### **About the Marion Bermuda Cruising Yacht Race Association**

Since its inception in 1977, the biennial Marion Bermuda Race has been a premier 645 mile ocean race and sailing event which appeals to a broad range of cruising and racing enthusiasts. The spirit of the race is one focused on Family and Fun, and all yachts and crew are participating for the joy and pleasure of sailing, competition, and the camaraderie that accompanies such an offshore event. The Marion Bermuda Race encourages the development of blue water sailing skills on seaworthy yachts that can be handled safely offshore with limited crew. The Marion Bermuda Race is a 501(c)(3) organization and among other educational efforts, supports and encourages [Youth Sailing](#) programs. The Marion to Bermuda Race is organized and run entirely by hundreds of volunteering members of The [Beverly Yacht Club](#) (BYC), [The Blue Water Sailing Club](#) (BWSC) and [The Royal Hamilton Amateur Dinghy Club](#) (RHADC) for the Marion Bermuda Cruising Yacht Race Association.

#### **Bermuda Contact:**

Allan Williams, Commodore RHADC  
[inshallah@bermuda.com](mailto:inshallah@bermuda.com)  
(441) 505-2442

#### **U.S. Contact:**

Liz Stott, Director of Marketing  
[liz@stottmarketing.com](mailto:liz@stottmarketing.com)  
(857) 636-9737

#### **Talbot Wilson, Public Relations**

[talbot@talbotwilson.com](mailto:talbot@talbotwilson.com)  
(850) 217-7138

**Website:** [www.marionbermuda.com](http://www.marionbermuda.com)

**Race Forum/Discussion:** <http://racetobermuda.ning.com>

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