

WWW Man Overboard Activity Station

Learning Objective: To understand the urgency and the protocol of when a man goes overboard. Demonstrate clear, effective communication during an emergency and apply maritime safety procedures to simulate how teamwork can result in a successful rescue.

Participants

- Spotter (1): Notices and calls out the emergency
- Wheelman (1): Communicates via radio and initiates response
- Deck Crew (2–3): Simulate recovery efforts and maintain contact

- *Experienced deckhand* (wears PFD with radio)
- *Inexperienced deckhand* (wears PFD, no radio)

Materials Needed

- Life ring or flotation device (or substitute object)
- 2 two-way radios
- 2 life vests (PFDs)
- Chalk or cones to mark “water” and “safe zones”

Setup Instructions

1. Use chalk or cones to mark a “water” zone on pavement
2. Place a life ring or flotation device in the water zone
3. Create a mock vessel area with elevated position for wheelman
4. Assign roles and distribute radios and PFDs

Procedure

1. Welcome

- Greet participants and introduce the scenario:
- Review key vocabulary and safety concepts:
- What “Man Overboard” means
- How to alert the crew (shout, radio, visual signal)
- Importance of keeping eyes on the person at all times

- Role of each crew member in the response

#1 Scenario & Role Play

- The Spotter shouts “Man Overboard!” and alerts the Wheelman via radio
- The Deck Crew simulates throwing the flotation device and coordinating recovery
- The Wheelman logs the event and communicates with the crew
- Encourage participants to:
 - Use loud, clear communication
 - Maintain visual contact with the person in the water
 - Check in frequently with teammates

#2 Scenario & Role Play : Man Overboard Ice Water & Dummy Simulation Materials

- Large trough or container filled with ice water (to simulate cold water shock)
- Rescue dummy (weighted or floating, depending on realism)
- Flotation device (life ring, throw bag, or buoy)
- Radio or walkie-talkies for communication
- Stopwatch or timer
- Safety gear (gloves, life jackets, thermal blankets)

Station Setup

1. Fill the trough with ice water to simulate cold water immersion.
2. Place the dummy in the trough, partially submerged.
3. Mark a safe perimeter around the trough for participants.
4. Assign roles: Spotter, Deck Crew, Wheelman.

Role Play

- Spotter Shouts “MAN OVERBOARD!”
- Points at the dummy continuously.
- Radios the Wheelman: “Man overboard in ice water trough—port side!”

Debrief & Discussion

Facilitator leads a group reflection:

- What helped you respond quickly?
- Why is it important to keep eyes on the person in the water?
- How did communication affect the outcome?
- How does this apply to real-life maritime work?
- What would you do differently next time?

Vocabulary:

Deck: The flat surface on top of a boat where people stand.

Crew: The group of people who work on a boat or ship.

Captain: The person in charge of the boat.

Lookout: A crew member who watches for danger or people in the water.

Helm: The steering wheel or control area of a boat.

Port: The left side of a boat when facing forward.

Starboard: The right side of a boat when facing forward.

Aft: The back of the boat.

Bow: The front of the boat.

Bearing: The direction or angle from the boat to a person or object.

Life Jacket / PFD (Personal Flotation Device): A vest that helps a person float.

Throw Bag: A bag with rope used to help pull someone to safety.

Rescue Pole: A long stick used to reach someone in the water.

Recovery Line: A rope used to bring someone back to the boat.

Life Ring / Lifebuoy: A floating ring thrown to someone in the water.

Life Jacket / PFD (Personal Flotation Device): A vest that helps a person float.

Throw Bag: A bag with rope used to help pull someone to safety.

Rescue Pole: A long stick used to reach someone in the water.

Recovery Line: A rope used to bring someone back to the boat.