



YOUR PASSION. ORGANIZED.

US SAILING Sanctioned Safety-at-Sea Seminar
Saturday, January 28, 2012
Moderated by John Rousmaniere, Presented by Ralph
Naranjo and Sheila McCurdy
Pre Registration Required

The "Safety at Sea" seminar is new to Strictly Sail Chicago this year providing the best curriculum for safety techniques and skills for offshore sailors. This full-day seminar is modeled after the U.S. Naval Academy Midshipman training that features live demonstrations and renowned keynote speakers to cover practical ways to stay safe on the water. The US SAILING sanctioned Safety-at-Sea Seminar is a certified safety program for offshore sailors required for many races and recommended for anyone who wants to learn about safety relating to offshore sailing.

Sanctioned by US Sailing (the sport's national governing body), the seminar qualifies graduates to sail in long-distance races on the Great Lakes and oceans.

The speakers are nationally known authorities on the subject and members of US SAILING's Safety-at-Sea Committee.

Distinguished keynote speakers include **John Rousmaniere**, as moderator who has logged over 40,000 miles of blue water sailing, including nine Newport Bermuda Races and three Atlantic crossings. He has moderated or spoken at over 100 safety and seamanship seminars. John has also authored a book, *Annapolis Book of Seamanship*, which has been one of

America's standard sailing manuals for 25 years as well as other well-known sailing books. John Rousmaniere will be talking about the latest developments in crew overboard prevention and recovery, heavy weather sailing, life on board during long passages and disaster avoidance.

Joining him is **Ralph Naranjo**, technical editor of *Practical Sailor* and *Electronics Editor for SAIL*, cruised around the world in his 41-foot sloop. He served 10 years as the Vanderstar Chair at the U.S. Naval Academy, overseeing the sail training program and acting as the Academy's lead agent of the development of the new 44-foot Navy training sloops.

Sheila McCurdy is a highly experienced offshore sailor and racer who has competed in 15 Newport Bermuda Races, two Marion Bermuda Races and innumerable other coastal races on either side of the Atlantic. Sheila is seasoned pro, who presently serves as Commodore of the Cruising Club of America and has been an advisor to the U.S. Naval Academy sailing program for 15 years.

Safety-at-Seminar Highlights:

- Moderated by the top names in sailing safety.
- Skills and equipment demonstrations.
- How to handle heavy weather.
- The little mistakes that can lead to big trouble.
- How to stay on board and make a rescue.
- Learn medical, first-aid and seasickness prevention.
- Learn the differences between SOLAS and other visual distress signals
- Sponsored by *Cruising World Magazine*, West Marine and Landfall Navigation

Cost: US SAILING members - \$165, all non-members - \$175. Registration includes lunch, two days admission to the boat show and US SAILING Safety-at-Sea certification.

To pre-register contact Kevin Murphy at 401-293-5207 or kmurphy@nmma.org

Date: January 28, 2012

Time: 8am – 4pm

Location: Strictly Sail Chicago, Chicago, IL Room TBD

Presented by:



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**CRUISING
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 **West Marine**
We make boating more fun!

 **Landfall**
WHERE SAFE VOYAGES BEGIN

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