

# Capsize2015

 [henleywhalers.org.uk/NS/Capsize2015.html](http://henleywhalers.org.uk/NS/Capsize2015.html)

**THE HENLEY WHALERS - "Molly"-Specific Capsize Procedure** [To page](#)



DRAFT. Please critically review and feed back

[Back to Safety page](#)

"Knowing how to recover from a capsize should be one of the first things you learn."

"It is not to be feared. It is to be practised"

*Version  
27/8/15,  
inc GP 27  
Aug 2015  
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## Prevention is better than recovery! – If capsize is imminent: -

- Crew – Get "Weight up!"
- Helm – Point up into wind.
- Mainsheet - Ease/Release it. (Takes the wind out of the sail – reduces the heeling force)
- Jib sheet - Ease/Release it. (Allows the bow to come up into wind)  
These might prevent the capsize occurring.

*"The advice is not to worry - it is part of sailing. It happens to the best of sailors."*

## If capsize is inevitable:-

- "Dry capsize" - As "Molly" goes over, climb up to the upper gunwale. The mast will lie horizontal on the water. You may only get a wet foot

See Animation >>

(Don't believe it? There is a video later.)

*"The more you practise, the easier it becomes"*



[Animation 1  
- Dry-  
capsize](#)  
Click image  
to animate

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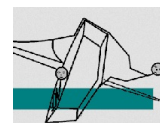
### Immediately after capsize:-

- Whoever was in command, resume captancy. Generally this will be the Helmsman.
- Others quietly follow practised procedure.
- Check the crew (headcount and condition).
- All crew get within the boat confines, ideally sitting on the upper gunwale, or standing inside on the centre-plate housing, or the lower gunwale. Otherwise lying in the water parallel to the boat.
- Adopt responsibility for whatever tasks are nearest to you:-
- Chuck any drifting kit back within the boat.
- Un-cleat the **MAIN HALYARD**. "Haul down" the Main Sail.
- Check the centre-plate is extended, and secured with the elastic strop.

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### Uprighting:-

- Captain, solicit a suitable heavy-ish "Hauler".
- "Hauler" take the "upper" jib sheet\* (as a hand-hold), step out on to the centre-plate **close to the hull**. Take in all jib-sheet-slack, pull hard, lean back. If she won't "un-stick", walk slowly out onto the centre-plate. Don't rush or bounce – this might break the plate. Step back in as Molly comes upright.
- All crew - As "Molly" comes upright, adjust your position to maintain trim.
- **Sit low**, preferably in the bilge; you are probably wet already! - A boat full of water is more unstable than usual.



Animation 2  
"Hauler"  
uses Jib-  
sheet.  
Click image  
to animate.

See Animation (2) >>

\*(Instead of the jib sheet, un-reeving the bottom end of the jib halyard to gain purchase from the top of the mast may be more effective - TBC).

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### Resuming normality:-

- Helm - Check the rudder is fully attached.
- Helm - Keep boat pointing up, head slightly off the wind.
- Jib – Adjust jib-sheet to provide forward motion for steerage and improved stability.
- All other crew - Sit low. Bail and pump. Tidy the main-sail.
- Mainsail – Does it need to be reefed? (or rig "Julia"?). Haul up.
- Sail-on while bailing, or heave-to (if safe) to complete bailing.

*"Capsizes are a shock when they happen for the first time,.... Being prepared to deal with them is a major confidence booster"*

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## Summary:-

- Prevention – Weight up. Head up. Dump. Dump.
- Climb up.
- Helmsman in charge. Others quiet.
- Head count. Crew condition.
- Crew & Kit inside.
- **Main Halyard**, un-cleat. Main Sail “down”.
- Centre-plate - extended & secured?
- “Hauler” out to base of plate with “upper” jib sheet..
- All crew - Maintain trim. Sit low.
- Helm - Check rudder. Head slightly off wind.
- Jib – Adjust sheet - gain headway, steerage, stability.
- Sit low. Bail. Pump. Tidy mainsail.
- Mainsail, reefed, Julia? Haul up.
- Sail and Bail

See these four videos >>

If any crew are left overboard when Molly uprights, recover them as per "Man Overboard" drill - (Not yet written!)  
Briefly - Two strong crew allocated to haul one person aboard at a time while everyone else sits low in the bilge.

(Sections plagiarised from  
[Caution Water.com](#), and [Overy Staithe SC](#) .)  
with thanks.

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[Video \(1\). Dry capsize 0:24.](#)  
(As done Aug '15, unplanned, PW)



[Video \(2\). Uses Jibsheet 2:12.](#)



[Video \(3\) includes Jibsheet 1:56.](#)

Watch this full Capsize Recovery. Then we will break it down.

[Video \(4\) Capsize Recovery 2:54](#)  
With stage-by-stage explanation.