

BE PREPARED, STAY SAFE

Safety and Skills: Emergency Procedures and Man Overboard

This session focused on emergency procedures and man overboard (MOB) drills specifically for cruisers, with insights from both sail and motorboat perspectives. Participants learned how to plan, practice, and execute effective responses to onboard emergencies, including MOB recovery techniques, fire, flooding, and medical incidents. Whether sailing solo or with crew, the session helped attendees build confidence and competence in handling the unexpected.

Speakers: CA members Machiel Lambooij and Remko Sinck

Machiel and Remko are members of the Cruising Association and are Dutch residents. They have travelled extensively with their motor yacht (first a Jeanneau NC11, later with a Botnia Targa 46) on the inland waterways of Europe and even the Broads in the UK. Next to that they explored the coasts of the Netherlands, England, France, Belgium, Germany, the Baltic countries and Norway. Machiel is editor for the Netherlands of [Captain's Mate](#) and joint Secretary of the CA's [Motorboat Section](#). Machiel and Remko are both active members of the CA's [European Inland Waterways Section](#) and of the [Motorboat Section](#). Both are also resuscitation instructors and are experienced divers with skills in first aid and oxygen administration.

MACHIEL



REMKO



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Cruising Skills Week
Presentation Recordings