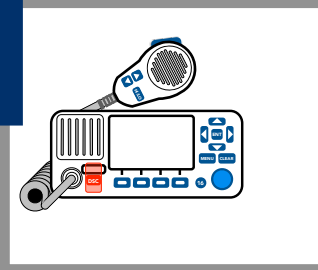
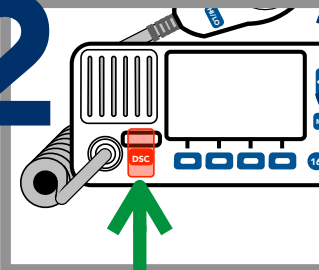
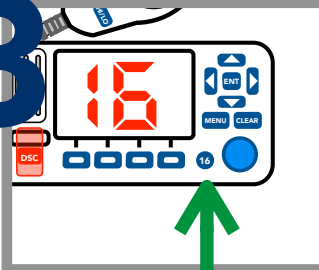
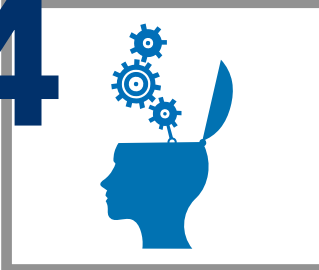
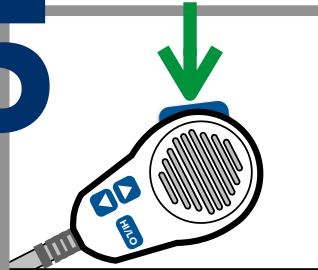







# VHF DISTRESS PROCEDURE

**DISTRESS = GRAVE & IMMINENT DANGER**

- 1  **TURN ON**
- 2  **OPEN & PRESS**
- 3  **SWITCH TO 16**
- 4  **THINK**
- 5  **PRESS & HOLD**
- 6  **SPEAK**
- 7  **15 sec LISTEN**
- 8  **REPEAT**

**MAYDAY, MAYDAY, MAYDAY.**

**THIS IS YACHT..... YACHT..... YACHT.....**

**MY MMSI IS .....**

**MAYDAY, YACHT..... (CALL SIGN)**

**MY POSITION IS ...° ..... ' N/S & ...° ..... ' E/W**  
FOR EXAMPLE: 01° 23,4' N      001° 23,4' W

**NATURE OF DISTRESS**

**IMMEDIATE ASSISTANCE REQUIRED**

**WE HAVE # OF PEOPLE ON BOARD**

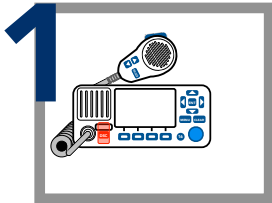
**ANY OTHER USEFUL INFORMATION**

**OVER**

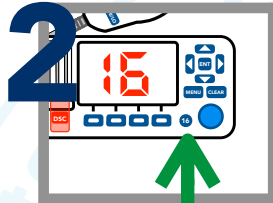


# VHF PROCEDURE

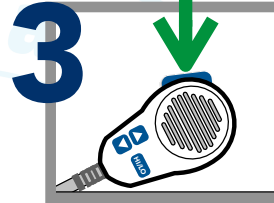
## CANCELLING DISTRESS ALERT



TURN ON



SWITCH TO 16



PRESS & HOLD



SPEAK

**ALL STATIONS, ALL STATIONS, ALL STATIONS**

**THIS IS YACHT.... YACHT.... YACHT....**

**A DISTRESS MESSAGE SENT BY ERROR**

**CANCEL DISTRESS SENT AT TIME .... UTC**

**OUT**