



IF YOU ARE IN DISTRESS

(if you are in grave & imminent danger & requiring immediate assistance)

Use the VHF radio to call for help as follows...

1. lift the distress flap and press the distress button once
2. press again and hold for at least five seconds (this sends a distress alert to all other DSC radios in range)
3. Follow this up with a voice call on Channel 16

to select channel 16 press

16

or

16

Lift the microphone, hold the grill 2-4cm from your mouth
Press & hold the transmit button & say...

"MAYDAY, MAYDAY, MAYDAY"

"THIS IS..." *(insert boat name 3 times)*

"MMSI NUMBER..." *(insert MMSI number if known)*

"MAYDAY..." *(repeat boat name)*

"OUR POSITION IS..." *(give your position as a direction & distance from a landmark such as rocks, a buoy, or entrance to a harbour, or give your latitude & longitude from your GPS)*

"WE ARE IN DISTRESS..." *(say what is wrong)*

"WE REQUIRE IMMEDIATE ASSISTANCE"

"WE HAVE ... PEOPLE ON BOARD"

"OVER"

Release transmit button on mic & listen for instructions.

If you don't hear anything, check the volume & channel, then repeat the voice call