

---

## Do You Need This Course?

Maybe this thought has crossed the minds of some First Mates:

*"What would I do if something should happen to my Skipper while we are out on the water?"*

*Who would be in charge?"*

Unfortunately, YOU would be in charge of the situation at hand! ... Whatever that may be! You have a choice of being prepared to face such an emergency.... Or NOT!

The **First Mate Safe Return** course is designed to teach fundamental skills that will enable a First Mate to do the right thing if the Skipper should become disabled for whatever reason.



## Who Are We?

We are a member association, consisting of United States Coast Guard Licensed Captains, that has as its primary purpose the education of the public and the continuing education of its members in maritime safety and skills.

In membership, our members hold Master Licenses that qualify them to operate vessels up to 100 tons. In order to obtain that license, our member Captains have completed a rigorous application process demonstrating appropriate on-the-water experience and submitting to drug testing, medical examinations and background checks. In addition, members have passed a comprehensive examination, administered by the Coast Guard, covering Piloting, Aids to Navigation, Rules of the Road, First Aid, Weather, General Seamanship, Sailing, and Towing.



---

**For more information contact:**

Master Captain Michael F. Geiger  
97 Marina Drive  
Montour Falls, NY 14865  
Phone: 607-426-1183  
Email: [Michael@GeigersMarine.com](mailto:Michael@GeigersMarine.com)

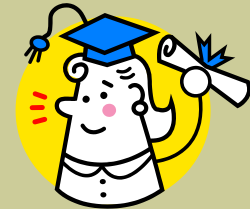
# First Mate Safe Return Course

FEE: \$75/Student

WHERE: TBA

WHEN: Saturday Mornings

CLASS TIME: 4-5 Hours



Offered by:

**The Sodus Bay  
Maritime Captains  
Association**



*Teaching Maritime  
Safety & Skills*

---

## What Will You Learn?



The course, which will entail a few hours of classroom time and then a couple of hours on the participant's own vessel, will provide instruction in some basic matters such as:

- ❑ How to deal with medical and marine emergencies.
- ❑ When to stop, anchor or get underway.
- ❑ How to call for help.
- ❑ How to determine where you are located.
- ❑ How to start the engine.
- ❑ How to drop the sails.
- ❑ How to anchor.

The First Mate will learn what to do in an emergency if the Skipper is disabled, by actually doing the job in role-playing exercises under the supervision of an SBMCA Instructor (not the Skipper).

## Course Outline

There will be two parts to the course that each student must complete to receive a SBMCA Certificate of Completion: attend the Classroom Session and successfully complete the Onboard Demonstration Checklist.

**Step 1: Classroom Session** lasting about 4 hours. The course materials consist of overhead slides, handouts of the slides for the student, a copy of the Safe Return Reference booklet, and a copy of a First-Aid Guide. The curriculum is brief, covering the important points, emphasizing local knowledge, and tailored to the capabilities of the students.

**Step 2: Prepare for Onboard Demonstration** - A SBMCA Captain will be assigned to each student to act as a "personal mentor", available to answer questions and to help the student successfully prepare for the Onboard Demonstration. The students will read the entire Safe Return Student Reference booklet, become familiar with their own boat, and learn how to apply the Safe Return methods required in the Demonstration Checklist.

**Step 3: Onboard Demonstration** - The scheduling and timing for completing the demonstration is at the convenience and pace of the student and SBMCA Mentor. It will be an "open book" demonstration. That is, the student may refer to the Safe Return Student Reference booklet, the classroom handouts, and anything else. Normally, it should not take more than a couple of hours if the student and boat are properly prepared.



## Power & Sail

## Testimonial

A recent graduate said:

*"I just wanted to let you know this was the best thing I have done for myself and my spouse where the boat is concerned. I took the course this spring and while on vacation in the islands needed to use all my new skills including hailing the Coast Guard when we ran aground during a thunderstorm that came up quite suddenly. The course helped me to assist my husband in a calm and logical manner instead of the panic that I am sure would have occurred had I not known what to do. It has made our sailing experiences much more enjoyable and relaxing for both of us. Even though I had been sailing with my husband for over 10 years and was quite active in the experience I became comfortable in handling the boat on my own. I guess there's no need to yell if everyone knows what's going on. Thanks a lot for offering this course and I have encouraged all my fellow first mates in the area to sign up. It is the best thing to do for everyone involved in boating."*

-- Karin Beachner

