

Distress Communications Form

STAY CALM and SPEAK SLOW and CLEAR

1. Make sure that your radio and GPS are turned on, switched to HIGH power
2. Send the DSC Distress Call by – **Press the RED Distress Button for 5 seconds.**
 - a. Wait for a DSC Distress Acknowledgement
 - b. Then **shift to VHF 16 or SSB 2182 kHz (USB)** for Voice Instructions
3. If no Acknowledgement is received (Step 2a) – Shift to VHF 16 or SSB 2182 kHz (USB)
4. Press microphone button and say “**MAYDAY MAYDAY MAYDAY**”
5. Say “**This is** _____” (Vessel name)
6. Repeat once “**MAYDAY** _____” (Vessel name)
7. Say **where you are**
 - a. **Latitude & Longitude** _____
(from GPS – Chart plotter – Radio - Logbook)
 - b. **Navigation Aid or Landmark nearby** _____
 - c. **Distance and Direction from Aid/Landmark** _____
8. **State the nature of the DISTRESS and the kind of assistance required** _____

9. **State the number of crew on board** _____
10. **State if there are any injuries and type** _____
11. **Estimate the present seaworthiness of the boat** _____

12. If time allows – **Briefly describe your boat**
 - a. **Type** _____
 - b. **Length** _____
 - c. **Hull colour** _____
 - d. **Trim colour** _____
 - e. **Masts** _____
 - f. **Other identifying features** _____

13. Say “**I will be listening on Channel 16 or 2182 kHz Upper Sideband**” (whichever applies)
14. Say “**This is** _____ (vessel name) **OVER**”
15. Release microphone button and listen for an answer.
16. Activate your EPIRB by following the directions on Beacon Body. Ensure the EPIRB remains vertical, antenna pointing upwards. Take EPIRB to survival craft if abandoning ship
 - a. EPIRB is located _____
17. If you do not receive an answer on the radio – **REPEAT above sequence starting at item #4**
18. If no answer again – make sure radio is turned ON and set to VHF 16 and HIGH power or shift SSB to 4125 kHz (USB) or higher emergency frequencies for communication with distant shore stations