

DISTRESS PROCEDURE

You are in **DISTRESS**

if there is **GRAVE and IMMINENT DANGER**

to **A PERSON, A VESSEL, AN AIRCRAFT, A VEHICLE**

and **IMMEDIATE ASSISTANCE IS REQUIRED**

What you must do:

- Check that the main battery and VHF is switched on
- Open the cover to the **RED** distress button
- Press the **RED** button once
- If time select DISTRESS TYPE i.e. SINKING, FIRE etc.
- Press and hold the **RED** button down until the distress alert is sent
- Wait for 15 seconds then PRESS THE TRANSMIT BUTTON on the hand microphone.
- Speaking SLOWLY and CLEARLY into the microphone say:

Mayday, Mayday, Mayday

This is(repeat name of vessel 3 times)

Mayday

This is(name of vessel spoken once)

MMSI or Call Sign

My position is(latitude and longitude or true bearing and distance
from a charted feature) **DON'T GUESS**

I am(sinking, on fire, etc)

I require immediate assistance

There are...(number of persons on board and other useful information)

Over

- Release the transmit button and wait for an acknowledgement.
- **KEEP LISTENING ON CHANNEL 16 FOR INSTRUCTIONS**
- **IF ACKNOWLEDGEMENT IS NOT RECEIVED REPEAT THE DISTRESS CALL AND MESSAGE**