

As the Volvo Ocean Race fleet prepares to depart from Cochin, the crews thoughts will be turning to the highs and lows of the previous legs.

One common denominator will be that of excitement and heightened awareness of safety issues, as the helmsmen and trimmers safely guided their boats through enormous waves in more than 30 knots of breeze.

A number of crew commented after completing their compulsory Ocean Safety Sea Survival Course in Tyne and Wear before the start, that they hoped they never had to put this invaluable knowledge into practice.

However, they all took away a number of skills along with liferaft survival, including how to deploy and use the life saving appliances on board correctly and how to look after their team





mates if the need arose.

Ocean Safety are proud to be a supplier and advisor to the Race Management Team for the Volvo Ocean Race and the individual teams and welcome the chance to share some of these thought provoking images.

Safety at Sea - knowledge counts:

Are your flares in date?

Do you know how to use a flare safely?

Would you know how to deploy and use your safety equipment properly?

Lifejackets - does it fit you correctly, but more importantly, do you wear it?

Does your crew know how to maximise their chance of survival once in the water?

When did you last have your life saving appliances serviced or checked over by a professional servicing centre?

END

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