



SAFETY AT SEA SEMINAR

March 30, 2008

Edgewater Yacht Club
Cleveland, Ohio

Before you head offshore, join us for the most authoritative daylong seminar on safe seamanship, heavy-weather tactics, and boat preparation. See safety-equipment demos and crew-overboard-recovery techniques.

- Learn: medical, first-aid and seasickness prevention, equipping your boat and training your crew for heavy weather, man overboard prevention and recovery, damage control, safety equipment and more.
- Learn the differences between SOLAS and other visual distress signals.
- Moderated by Capt. John Bonds USN (Retired) and Mr. John Rousmaniere
- Organized by US SAILING, developed by Cruising World, and Sponsored by West Marine and Landfall Navigation.
- The US SAILING Safety at Sea Seminar is a certified safety program for sailors, required for many races *and* recommended for anyone who wants to learn about safety relating to offshore sailing. Seminars are delivered by approved moderators using US SAILING certified curriculum.

Don't miss it!

This could be the most important day of your sailing life.

Fee \$100.00. (Includes all materials).

Seating is limited.

Call now for reservations or go online at <http://www.lakeboats.com/SAS.pdf>

Presented by:



Edgewater Yacht Club



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Edgewater Yacht Club
6700 Cleveland Memorial Shoreway
Cleveland, OH 44102
216-281-6470
mdills@lakeboats.com