

SAILING FUNDAMENTALS & ADVANCED SKILLS

The Annapolis Book of SEAMANSHIP



With World Renowned Sailing Expert
John Rousmaniere

SAFETY AT SEA

VOLUME THREE



The Annapolis Book of SEAMANSHIP



SAFETY AT SEA



Endorsed by the
United States Yacht Racing Union's
Safety at Sea Committee









Running the length of a feature film, this fast-paced informative DVD covers proven techniques and equipment for avoiding and handling nautical emergencies. Featuring host-demonstrator John Rousmaniere. This program is for everyone who realizes that enjoyment on the water depends on safety at sea.



LEAH RUTH ROBINSON

All subjects are clearly shown in action footage shot on board modern cruising sloops, with detailed animated graphics.

Subjects Covered Include:

-  Boat and crew preparation
-  Staying on board
-  Going aloft in a boatswains chair
-  Realistic man-overboard equipment demonstrations
-  Heaving to
-  Use of flares
-  Government Regulations
-  Inflation of a life raft and a look inside

JOHN ROUSMANIERE, the author of THE ANNAPOLIS BOOK OF SEAMANSHIP - *"The most complete and best reference book on the sport that has ever been available"* according to the American Sailing Association, has now made a program of equal authority and quality. As one of the sports' most acknowledged authorities, John Rousmaniere has covered more than 30,000 miles of blue water and has written 15 books about the sea and sailing. Yacht Racing & Cruising magazine awarded him its Medal of Achievement for Contribution to Yachting.

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DVD

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'Safety at Sea' hosted by John Rousmaniere

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