## VHF - Sending a Distress Call

- 1. Tune your VHF to channel 16.
- 2. Repeat the word "MAYDAY," three times.
- 3. "This is (boat name Galway City Sailing Club)". Repeat boat name three times.
- 4. Describe your boat, such as, size, rig type, colour and tell the number of persons aboard.
- 5. Indicate the nature of distress (sinking, fire, etc.)
- 6. Give position by latitude and longitude or by bearing and distance to a well-known landmark or navigational aid, or in any terms that will assist a responding station in locating the vessel in distress. Include any information, such as, vessel course, speed, and destination.
- 7. Indicate the kind of assistance desired.
- 8. End with "over."

If you do not receive any answer, repeat your call every 2 minutes.

**Note**: If you are NOT in a life-threatening situation but still are in real need of assistance, use the same procedure as above, EXCEPT that in step 2, you replace the word MAYDAY by the the words "Pan Pan" (pronounce PAHNN PAHNN).