

## DISTRESS COMMUNICATION FORM

**Instructions:** Complete this form now (except for items 6 through 9) and post near your radiotelephone for use if you are in distress.

### SPEAK: SLOWLY - CLEARLY - CALMLY

1. Make certain your radio is turned on.
2. Select **VHF-FM Channel 16** or **2182 kHz** for your SSB.
3. Press microphone button and say: **MAYDAY—MAYDAY—MAYDAY.**
4. Say: **THIS IS** \_\_\_\_\_  
(Your boat name, repeated three times, and your call sign.)
5. Say: **MAYDAY** \_\_\_\_\_  
(Your boat name)
6. **TELL WHERE YOU ARE.** (What navigational aids or landmarks are you near? What direction and distance are you from a landmark? What is your latitude and longitude? What are your Loran coordinates?)
7. **STATE THE NATURE OF YOUR DISTRESS.**
8. **GIVE NUMBER OF PEOPLE ABOARD AND CONDITIONS OF ANY INJURED.**
9. **ESTIMATE CURRENT SEAWORTHINESS OF YOUR BOAT.**
10. **BRIEFLY DESCRIBE YOUR BOAT:** \_\_\_\_\_ **FEET;** \_\_\_\_\_  
(Length) (Type)  
\_\_\_\_\_  
(Color) **HULL;** \_\_\_\_\_ **TRIM;** \_\_\_\_\_ **MASTS;**  
(Color) (Color) (Number)  
\_\_\_\_\_  
(Anything Else You Think Will Help Rescuers Find You.)
11. Say: **I WILL BE LISTENING ON CHANNEL** \_\_\_\_\_ **16/2182.**  
(Cross Out One Which Does Not Apply).
12. End message by saying: **THIS IS** \_\_\_\_\_ **OVER.**  
(Your Boat Name and Call Sign)
13. Release microphone button and listen. Someone should answer. **IF THEY DO NOT, REPEAT CALL, BEGINNING AT ITEM #1, ABOVE. IF THERE IS STILL NO ANSWER, CHECK TO SEE IF YOUR SET IS TURNED ON, IS ON HIGH POWER, AND IS ON CHANNEL 16 IF IT IS VHF-FM OR 2182 kHz IF IT IS SSB.**