

Emergency or Distress Radio Procedure (MAYDAY)

1. Make sure the radio is powered on
2. Unlock the radio
3. Turn to **Channel 16**
4. Press the talk button and speak the following slowly and clearly
 - **MAYDAY, MAYDAY, MAYDAY**
 - **THIS IS ROWING SKIFF EIDER, ROWING SKIFF EIDER, ROWING SKIFF EIDER**
 - **MAYDAY, THIS IS ROWING SKIFF EIDER**
 - **WE ARE** (distance and bearing from a landmark, e.g. 20 metres east of the horseshoe buoy - **if you don't know, don't guess, say POSITION UNKNOWN**)
 - **I AM** (nature of distress - sinking, crew member having a heart attack etc)
 - **I REQUIRE IMMEDIATE ASSISTANCE**
 - **I HAVE** (number of people on board)
 - Intentions, e.g. we will swim to shore.
 - **OVER**
5. Release the talk button
6. Keep listening on **Channel 16** for instructions.
7. If you haven't received a reply after 60 seconds, repeat the above.