

Five minutes which can save your life

Before going out to sea:

**Check the weather
forecast**

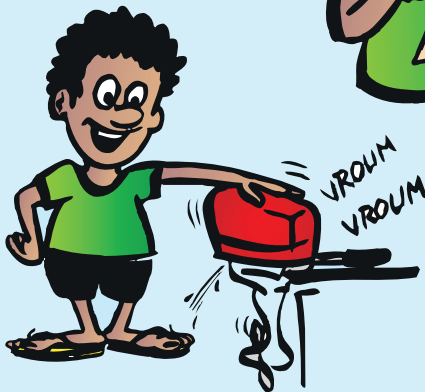


**Tell someone who cares
where you are going and when
you plan to return**

**Make sure
all safety equipment
is on board**



**Make sure your engine
is working well**



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In case of distress,
call VHF channel **16**

