You are in DISTRESS!

Only use this when there is GRAVE AND IMMINENT DANGER to Vessel, Vehicle, Aircraft or Person and IMMEDIATE ASSISTANCE IS REQUIRED.

What you must do:
• Check that the main boat battery is switched on.
• Switch on the VHF DSC radio.
• Open the cover to the RED distress button
• Press the RED button once
• If time select DISTRESS TYPE i.e. SINKING, FIRE etc.
• Press and hold the RED button down for 5 seconds. Watch the screen and wait for the alert to send.
• Wait for 15 seconds for a DCS acknowledgement then PRESS THE TRANSMIT (PTT) BUTTON on the hand microphone.
• Speaking SLOWLY and CLEARLY into the microphone, say:

Mayday, Mayday, Mayday
This is Yacht ......(repeat name of vessel 3 times)
MMSI ......................
Mayday Yacht ......(name of vessel spoken once)
My position is ......(latitude and longitude and/or true bearing and distance FROM a charted feature)
I am ......... (sinking, on fire, etc)
I require immediate assistance
There are ...... persons on board
(Any other appropriate information – e.g. We have managed to deploy an anchor and are holding steady/We are abandoning to liferaft, etc).

Over

• Release the transmit button and wait for an acknowledgement.

KEEP LISTENING ON CHANNEL 16 FOR INSTRUCTIONS
IF ACKNOWLEDGEMENT IS NOT RECEIVED REPEAT THE DISTRESS CALL AND MESSAGE