## **DISTRESS PROCEDURE - non-DSC**

## You are in DISTRESS if:

There is GRAVE AND IMMINENT DANGER to Person, Vessel, Aircraft or Vehicle AND IMMEDIATE ASSISTANCE IS REQUIRED

## What you must do

## Re-tune to Channel 16

Speaking SLOWLY and CLEARLY into the microphone say:

Mayday, Mayday
This is (repeat name of vessel 3 times)
Call Sign
for a constant
[pause]
Mayday
Call Sign
(name of vessel spoken once)
My position is
I am (nature of distress)
I require immediate assistance
persons on board
Other VITAL information
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