

On Channel 16 say the following

MAYDAY. MAYDAY. MAYDAY. THIS IS

_____ [vessel name & callsign]

OUR POSITION IS _____ [Buoy no. or GPS]

THE PROBLEM IS _____ [Describe what happened.]

I REQUIRE _____ [Describe the assistance you require.]

THERE ARE _____ [number] PEOPLE ON BOARD.

THEY ARE [OK / INJURED / OVERBOARD]

WE ARE A [POWER / SAIL] BOAT, _____ [size], _____ [colours]

OVER.