

Thursday, 5 March 2026



**1:00 p.m. – 2:15 p.m. (Camden Room)
Safety Preparedness for Fishermen**

The safety of fishermen and their vessels can be significantly improved through advanced preparation and training. This session will feature firsthand accounts from fishermen who have experienced serious safety challenges and those who have completed safety training. Participants will gain valuable insights into available safety training programs, equipment maintenance services, emergency preparedness, life jackets, and first aid techniques.

**2:45 p.m. – 4:30 p.m. (Camden Room)
Improving Safety for Single-handed
Fishermen**

The Maine Commercial Fishing Safety Council, a volunteer council, established by the Maine legislature and supported by the Department of Marine Resources, is pleased to sponsor this workshop. In Maine, single-handed fishing takes place in the clamming and lobstering fisheries. Being alone in the coastal flats or offshore, whether hand-harvesting or fishing from skiff or boat, can be life-threatening. We have assembled a panel of individuals who have first-hand experience with the challenges of single-handed fishing or knowledge related to training, self-rescue, electronic and non-electronic equipment, and communication. Through case studies or scenarios, brief presentations and audience participation, we will address single-handed fishing issues and focus on strategies for improving the safety of single-handed fishing. During the session we will raffle off several safety items. Single-handed fishermen we welcome you! Please join us and add your voice to the discussions.

Saturday 7 March 2026

**9:00 am – 10:15 am (Rockland Room)
Navigating Safety, Stress, & Strength @ Sea**
Commercial fishing is physically demanding, mentally taxing, and often isolating. Together, these pressures contribute to allostatic load – the buildup of stress that wears down the body and mind over time. This interactive session offers fishermen practical, hands-on strategies to reduce that load while improving day-to-day safety and long-term resilience. Participants will rotate through three engaging stations, each led by safety, health, and well-being experts.
Musculoskeletal Health & Recovery: Hands-on demonstrations of mobility and recovery exercises tailored to repetitive strain injuries common in fishing.
Stress & Allostatic Load: Nutrition and coping strategies to sustain energy, stabilize mood, and counter fatigue at sea.
Emergency Readiness: Survival & Endurance Challenge: A live demonstration of “tactical athleticism” in action. An FPSS instructor will wear a survival suit under normal conditions, then repeat the task after brief exertion to simulate fatigue. The team will engage participants in the readiness challenge and discuss how mobility, balance, and recovery can be the difference between life and death in an emergency.
By blending health, safety, and preparedness, this seminar gives fishermen actionable tools to build strength, manage stress, and improve readiness on and off the water.

**10:30 a.m. – 12:00 p.m. (Rockport Room)
Community Readiness to Save Lives**
Join us for an essential educational session on enhancing safety and response in the commercial fishing industry. Did you know that commercial fishing is 40 times more fatal than the average U.S. profession? In the event of an incident or injury, the speed of response and survival aids are crucial. When the community hears of a potential incident, they are often the first to gather, eager to help, while authorities may be hours away. Through community planning, volunteers can quickly and safely support official response efforts, potentially saving lives.
This session will present insights from the “*Community Orchestration Guide*,” developed through extensive research and interviews with 16 organizations experienced in marine search, rescue, and recovery, including families who have faced losses. Attendees will hear precautionary options for fishermen and best practices to help every Maine harbor community create a tailored emergency response plan that complements protocols of the U.S. Coast Guard, Maine Marine Patrol, etc. We’ll also share exciting information about a Maine Sea Grant award to Green and White Hope Inc that will enable two Maine harbors to pilot the guide and to document their community readiness plans and process. Don’t miss this opportunity to make a difference in your community and get access to the digital toolkit!