



## APPENDIX 'A'

# COMPETITOR'S SAFETY PROTOCOL

(REVISED 2019-07-26)

### GENERAL INFORMATION

- It is the responsibility of each skipper and their crew to determine their capabilities in the sailing conditions. Skippers and crew decision to compete or not compete shall be solely at the discretion of the skipper and crew.
- A return to port is the solely the responsibility of each skipper and crew in the event of breakdown, heavy weather, or other condition forcing an early withdrawal from the event.
- It is the responsibility of all the competitors to give all possible help to any person in danger.
- Each boat and crew should develop and rehearse emergency procedures including man overboard drills and capsizes as appropriate.

### SPECIAL INFORMATION FOR MONOHULLS AND LARGER MULTIHULLS

All vessels shall carry at a minimum the following Safety Equipment -

- PFD and Safety Whistle for each person on board.
- One gallon of drinking water for each person on board.
- Adequate anchor and a minimum of 100' of line.
- Bilge pump in working order.
- Fenders and mooring equipment.
- VHF Marine radios must be on for the entire time racing.

### SPECIAL INFORMATION FOR SMALL MULTIHULLS (< 21')

All crew members shall carry at a minimum the following Safety Equipment -

- PFD, worn at all times
- Safety Whistle attached to person
- Sailing Knife, attached to person
- A minimum of one functioning VHF Marine Radio shall be carried on board, and must be on the entire time racing.
- Competitors shall carry extra food, attached to person.
- Competitors shall carry extra water, 1 liter/person minimum, attached to boat.

### MAN OVERBOARD OR CAPSIZE - SIGNALLING ASSISTANCE FROM SUPPORT BOATS and ADJACENT COMPETITORS

- If **NO** assistance is required - pat the top of your head with your hand – wait for “thumbs-up” confirmation signal from the proximate support boat
- If **ASSISTANCE IS REQUIRED** – wave your arm(s) above your head.

“I’m OK!”



“I need help!”

