



APPENDIX 'A' (UPDATED 2021-08-30)

COMPETITOR'S SAFETY PROTOCOL

GENERAL INFORMATION

- It is the responsibility of each skipper and their crew to determine their capabilities in the sailing conditions. Skipper's and crew's 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 or inclement 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 boat or person in danger or in need of assistance.
- 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.
- 2 liters of drinking water for each person on board.
- Adequate anchor and a minimum of 100' of line/chain rode.
- Functional motor in operable condition. Motor may be removed and stored below while racing.
- Bilge pump in working order or hand pump and bailing buckets.
- Fenders and mooring equipment.
- Functional VHF Marine radio (fixed or hand held), and must be left on for the entire time racing and tuned to the regatta channel.

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 functional VHF Marine Radio shall be carried on board, and must be left on for the entire time racing and tuned to the regatta channel.
- Competitors shall carry on board adequate drinking water - 1 liter/person minimum.

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!”



SPECIAL CONSIDERATIONS FOR COVID

The 'What's Up San Carlos' newsletter has been found to be a good source of the most recent COVID restrictions and allowances – <http://whatsupsancarlos.com/newsletter/>

Competitors are expected to follow local regulations regarding COVID protocols and prevention.

In addition, Competitors are also expected to demonstrate a positive example of common preventative measures at all times, including maintaining social distancing when around other teams, frequent hand washing and/or sanitizing and wearing masks whenever indoors and whenever outside distancing is not possible. Wearing masks while on-board your vessel is recommended but not required.

All in-person gatherings are at outdoor venues, with adequate room for social distancing.

Participants should anticipate the need to be flexible under conditions that are still uncertain, and subject to change.