



INTERCOLLEGIATE OFFSHORE REGATTA

SAFETY RECOMMENDATIONS and EMERGENCY PROCEDURES

The Storm Trysail Club (STC), as a service to competitors, recommends certain safety equipment and procedures. Sailing and sailboat racing is an inherently risky activity — see RRS 3 *The responsibility for a boat's decision to participate in a race or to continue racing is hers alone.*

SAFETY RECOMMENDATIONS

Recommended safety requirements are:

- **Conformance With:**
 - Applicable US Coast Guard Regulations for type and size of vessel.
 - Safety requirements as stated in one design class or applicable handicap class rules.
- **Man Overboard:** MOB practice should be performed prior to the first race.
- **Severe Weather:** Owner/Skipper should consult with their boat designer and sail maker for the most effective storm or heavy weather sails that should be carried such that the vessel can be sailed in severe weather.
- **Health of Crew:**
 - Each Captain is strongly advised to inventory the health problems of their crew and guests.
 - It is strongly advised that each crewmember provide the Captain with a written sealed list of his/her medication, any medical conditions and allergies. In an emergency this information is vital.
- **Rendering Assistance:** Racing Rules of Sailing Fundamental Rule 1.1 states: *"A boat, competitor or support person shall give all possible help to any person or vessel in danger"*.

A copy of this document should be kept aboard while racing at the IOR.

EMERGENCY PROCEDURES

DETERMINING AN EMERGENCY/CRISIS

Level 1: Situation that Threatens Life of Crew/Participants and Requires Immediate Action by Outside Services: Examples include a sinking boat, man overboard, cardio-respiratory arrest, major trauma, coma, or unconsciousness. (Note: can be a competitor, spectator or race committee member)

Level 2: Major Damage to Boat that Threatens Ability to Stay Afloat or Trauma Requiring Prompt Transfer: This includes situations that require immediate medical attention, but are not life threatening, such as impaired mobility or a person unable to perform normal functions.

Level 3: Non-Urgent Injury or Damage that Does Not Require Immediate Outside Assistance: While the situation may not require outside or immediate assistance, the situation should be continually monitored as the emergency may increase or decrease in its severity as more information is received.

PROCEDURES FOR DEALING WITH A LEVEL 1 OR LEVEL 2 EMERGENCY/CRISIS

The priority should always be:

- **1st contact** the appropriate emergency services via **Channel 16 or 911**.
- **2nd contact** the Race Committee Signal Boat on your VHF Fleet Channel.
- The following information should be provided:
 - Nature of emergency
 - Name of boat, description of boat
 - Location with Latitude/Longitude, if possible
 - Name and date of birth of casualty
 - Your Cell phone number

The Race Committee will provide additional instructions and may assign management of the emergency to a designated safety boat.

NOTE: If there is any doubt as to the level of the potential crisis involved, you should take the more serious interpretation of the situation.

Race Committee Officer: upon receiving notification of an incident that may lead to an emergency, the RC should do the following:

- 1) Confirm that the appropriate emergency services have been contacted and monitor the situation.
- 2) In the event of serious illness or injury (**Level 1**) requiring expeditious evacuation of the patient, the following steps should be followed:
 - a. Notify US Coast Guard on Ch 16 VHF to request CG assistance if evacuation is required.
- 3) If the patient can be safely transported ashore by the boat, notify the closest location/dock and the local rescue services. Give ETA

PROCEDURES FOR DEALING WITH A LEVEL 3 NON-URGENT EMERGENCY

While the situation may not require outside or immediate assistance, the situation should be continually monitored. For a Level 3 Non-Urgent Emergency, contact the RC on the designated VHF channel. The following information should be provided:

- Nature of emergency
- Name of boat, description of boat
- Location with Latitude/Longitude, if possible
- Name and date of birth of casualty
- Cell phone number of caller

EXAMPLES OF MEDICAL EMERGENCIES

LEVEL 1 MEDICAL EMERGENCY (*seek immediate assistance*)

- Head and Neck Injury
 - stabilize neck and head
 - ***absolutely no unnecessary moving until help arrives***
- Chest Pain/Cardiac Arrest
 - immediately begin CPR 100-120/min sternal chest compression
 - call for AED and continue CPR
 - after 30 compressions give 2 breaths and continue
- Stop Breathing/Choking
 - Check for airway obstruction
- Uncontrolled Bleeding
 - raise wound above level of heart
 - clean with antiseptic and apply sterile dressing pad
 - hold firmly in place for 10 min (no peaking)
 - check circulation after 10 min
- Stroke
- Lightheadedness/Blurred Vision
- Major Broken Bones
- Unconscious
- Seizure
- Hypothermia
- Hyperthermia
- Drowning

LEVEL 3 MEDICAL EMERGENCY (*seek medical assistance ashore*)

- Dehydration
- Nausea and Vomiting
- General Malaise
- Lacerations
- Sprains

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