

CATEGORY	2 M	ONO	HULLS	S For O	ffshore Races of	long dista	nce near sho	reline	
DATE OF AUDIT					NAME:	_			
					tated in Notice of Race.			required	
OWNER DETAILS	age to main	italii coi	прпапсе.	Subject to s	spot checks opecial Nego	ilation (OIV) 2.	02.2		
OWNER(S) NAME(S):									
OWNER(S) CLUB(S):									
BOAT DETAILS									
LH:					BOAT REGISTRATION N	IO:			
DISPL (tonnes):					VARIABLE (WATER) BAL	LAST: YE	S NO		
HULL COLOUR:					FIXED KEEL or LIFTING	KEEL or CANTI	ING KEEL (circle)		
DECK COLOUR:					DISTINGUISHING MARK	(S:			
MAX CREW:									
RADIO & EPIRB RE	GISTRATIO	ON							
SR 3.25 MARINE RADIO	D: HF radio	and/or S	atellite ph	one (Circle)	Registered	call sign HF:			
OR	VHF Onl	y (Circle)	as per No	otice of Race	3.25.1(iii) Satellite ph	none no:			
SR 4.18.1 EPIRB(s): Reg	istered YE	s NO	Numbe	r of units for	boat:	Number to b	pe hired:		
SR 5.05.1 PLBs: Reg	gistered YE	S NO	Numbe	r of units for	boat:	Number to b	oe hired:		
DECLARATION BY									
particular SRs 1.02.1, 1.02 out only as a guide to pers unlimited responsibility of t	.2, 1.02.3 (Resons in charge the person in cas specified in the case spec	sponsibility and race charge as	y of the per organising defined in	son in charge) g authorities. I SRs 1.02.1, 1.	cial Regulations (https://www., and SR 2.03.1 (Function of understand that an auditor 02.2, 1.02.3 and 2.03.1. I unons, and ensure it will be on Date:	equipment). I ur does not limit or dertake that I wi	nderstand that this au reduce the complete ill maintain in good w	idit is carried e and	
,		audit ie i	not valid	until the ou	tstanding items have b	oon ro-inspe	ectod		
Outstanding Item	M3 – 11115 6	auuit is i	ilot vallu	until the ou	Re-Inspected by	een re-mspe	AS No.	Date	
Outstanding from					Tto mopodica by		7.0 110.	Date	
EQUIPMENT AUDIT	OP DECL /	PATIO	N						
				SR 2.02.1, as	s summarised in the following	g list, and the ite	ms listed were comp	liant as per	
the AS Special Regulations Audited by AS	at the time ar	nd date of	this audit.		Signed by AS NEA:		·		
NEA:(print name)					Signed by AS NEA:				
AS Number:					Date:				
EARLIEST EXPIRY	DATES – ii	ndicate	'hire' or	not applic	able 'n/a' if relevant				
ITEM	EARLIEST	UPDATE	D	AUDITOR	ITEM	EARLIEST	UPDATED	AUDITOR	
Fire ext (12 mth.)	EXPIRY	EARLIES	ST EXPIRY		Inflatable lifebuoy(s)	EXPIRY	EARLIEST EXPIRY		
EPIRB(s)					Inflatable danbuoy(s)				
Liferaft(s)					Lifejackets				
Flares parachute					PLBs				
Flares red hand					AIS personal beacons			<u> </u>	
Flares white hand					Office Use - Auditor c	heck not requ	uired		
Flares orange hand					Radio certificate				
Trysail or 50% reefing (•			-£ !!£c!! ·	Chaola with the state				
INUIE: Some clui	us will not ac	ceμτ seif-	servicing	or irrejackets.	Check with the club for sp	ecinc requiren	ients.		

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CATEGORY 2	MONOHULLS	For Offshore Races of long distance near shoreline
DATE OF AUDIT	SAIL NO:	BOAT NAME:

This section to be completed and ticked or initialled by person in charge (P) and auditor(A). If item not applicable, mark 'n/a' or dash '-'

_			
Reg	Structural Fixed Deck Items	Р	Α
2.03.1	Equipment functions & adequate for intended use		
2.03.2	Ballast & heavy equipment secured		
3.01 -	Section 3 Part 1 – Structural Features, Stability. See		
3.05	Keel and Rudder Inspection Form, and Organising		
	Authority requirements		
3.06.1	(a) 2 exits, 1 forward of mast		
3.00.1	(Refer to regulation for minimum clearance)		
3.07.1	No hatches forward of maximum beam open inwards		
3.07.1	except if size < 0.071 m ²		
	(a)(i) Hatches above water when heeled 90°		
	(a)(ii) 4 non-conforming hatches permitted; 2 per side, size < 0.071 m ²		
3.07.2	(a)(ii) Non-conforming hatches kept shut while racing		
	(b) Hatches capable of being immediately shut;		
	permanently attached lid		
3.07.3	Non-conforming hatches labelled		
	'Not to be opened at sea'		
	Blocking device for low sill companionway (a) Companionway hatch securing arrangement		
	(i) Operable from above and below		
0.07.4	(ii) Functions independently of blocking devices		
3.07.4	(b) Blocking devices (e.g. washboards)		
	(i) Capable of being retained with hatch open or shut		
	(ii) Secured to boat (e.g. by lanyard)		
3.08.1	(iii) Permit exit in event of inversion Cockpit strong, self-draining, & watertight (3.08.2)		
3.08.3	Bilge pump outlet not connected to cockpit drain		
3.00.3	Number of cockpit drains required: <8.5 m: 2 x 25 mm		
3.08.7	Age/Series Date pre 07/77 & >8.5 m; 2 x 25 mm		
	Age/Series Date post 07/77 & >8.5 m; 4 x 20 mm		
	(a) Lifelines, stanchions, pulpits effectively		
	continuous deck barrier (b) Minimum heights of lifelines and pulpit rails above		
	working deck, note 1993 Primary Launch or LH < 8.5m		
	(c) Lifelines supported at intervals ≤ 2.20m		
	(d) Pulpits & stanchions permanently installed		
	(e) Pulpit & stanchion bases not inboard by > 150 mm		
3.12.1	or 5% of Bmax nor outboard of working deck		
	(f) Stanchions straight, vertical; first 50 mm ≤ 10 mm displ. and angle ≤ 10 deg. from 50 mm above deck		
	(g) Bow pulpit opening does not exceed 360mm		
	(h) If applicable, lifelines set inside bow pulpit are		
	adequately braced and terminated		
	(i) Lifelines taut with 4kg applied; ≤ 50mm for upper, ≤		
	120mm for intermediate		
	(a) Lifelines uncoated stainless steel wire (b) Loose sleeve permitted		
3.12.6	(d) Gap secured by lanyard < 100 mm;Lanyard		
	replaced annually		
	(e) Total lifeline system ≥ strength of required wire		
3.14.1	Toe rail min height 25 mm (age date from 01/81)		_
-	Toe rail min height 20 mm (age date before 01/81)		_
3.20.1	2 manual bilge pumps; 1 above, 1 below operable with boat/seats shut; permanent discharge pipes		
0.00.0	Bilge pump not to discharge into closed cockpit		
3.20.6	Bilge pump not connected to cockpit drains		
3.20.7	(a) Bilge pump minimum suction bore 25 mm		
0.20.1	(b) Bilge pump & strum boxes accessible		
3.20.8	Pump handle each with lanyard or catch unless		
	permanently fitted Marine magnetic compass permanently installed,		
3.21.1	non-electric		
3.21.2	Spare magnetic compass non-electric (portable ok)		
3.23	Navigation lights carried complying with IRPCAS		
3.25.4	(b) Masthead VHF antenna		

	,		
3.28.1	Hull Identification, min 50 mm; name & state rego; OR name, sail number & club		
4.01.1	Sail numbers as per RRS 77 and Appendix G		
4.03.1	(a), (d), & (e) Jackstay attachments port/starboard,		
	strong, through bolted (not around stanchion bases)	\vdash	-
	(a) Clipping points through bolted or welded deck		
4.00.0	plates or other suitable strong points	\vdash	-
4.03.2	(b) Positioned to clip/unclip from below and move		
	between cockpit and deck	\vdash	-
Don	(c) Clipping points for 2/3 crew		
Reg	Structural/Fixed Items Below	Р	Α
3.09.1	(a) Seacocks permanently installed		_
0.44	(b) Plugs for each opening attached or stowed nearby		
3.11	Keel stepped mast; heel securely fastened		_
0.45.4	Toilet, securely installed	\vdash	
3.15.1	AS Interpretation 11/12/19 - Chemical toilet permitted,		
0.40.4	securely installed		
3.16.1	Bunks, securely fastened, sufficient 50% of crew		
3.16.2	Lee cloths/restraints for fixed bunks	\vdash	
3.17.1	Cooking stove/heating appliance safe use in seaway		
3.17.2	e.g. Gimballed with accessible shutoff	$\vdash \vdash \vdash$	_
3.17.3	Gas or methylated spirits only fuels for cooking	\vdash	-
3.17.4	(a) "REMEMBER Turn Off Gas At Bottle" sign	\vdash	-
0.47.5	(b) Gas detection for permanent pilot light		
3.17.5	Disposable gas canisters ≤ 225 grams		
3.17.6	Gas bottle, spare canisters in separate compartment		
	ventilated overboard		
3.17.7	Galley - suitable facilities. AS Interpretation 26/07/18 -		
	Sink not required		-
3.18.1	2 permanently installed water tanks or divided		
-	compartments with pump Watermaker permitted (in lieu of carrying water at	\vdash	-
3.18.2	start)		
3.19.1	Handholds below decks		_
	Electrical or Combustion inboard engine (circle) with	\vdash	-
3.24.1	applicable support systems permanently installed		
	Dedicated starter battery if electric starter is only		
3.24.6	method of starting		
	Separate generators, if carried, securely covered and	-	
3.24.7			
	l permanently installed		
	permanently installed Fuel tank shut off valve/cock if fuel can escape or		
3.24.8	Fuel tank shut off valve/cock if fuel can escape or siphon		
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	Fuel tank shut off valve/cock if fuel can escape or siphon (a) Petrol tanks – see regulation		
	Fuel tank shut off valve/cock if fuel can escape or siphon (a) Petrol tanks – see regulation (b) Diesel tanks metal or other certified material (c) Fuel lines comply Means to communicate a distress situation, either:		
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3.24.9	Fuel tank shut off valve/cock if fuel can escape or siphon (a) Petrol tanks – see regulation (b) Diesel tanks metal or other certified material (c) Fuel lines comply Means to communicate a distress situation, either: (a)(i) Permanently installed HF transceiver (new installations DSC capable); OR		
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3.24.9 3.25.1 3.25.2	Fuel tank shut off valve/cock if fuel can escape or siphon (a) Petrol tanks – see regulation (b) Diesel tanks metal or other certified material (c) Fuel lines comply Means to communicate a distress situation, either: (a)(i) Permanently installed HF transceiver (new installations DSC capable); OR (a)(ii) Satellite phone, securely fastened, connected to electrical supply, permanent external aerial (b)(i) Permanently installed VHF transceiver (new installations DSC capable) DSC HF & VHF: programmed with MMSI, connected to GPS, capable send/receive alerts – See Marine Communications Inspection Form		
3.24.9 3.25.1 3.25.2 3.26	Fuel tank shut off valve/cock if fuel can escape or siphon (a) Petrol tanks – see regulation (b) Diesel tanks metal or other certified material (c) Fuel lines comply Means to communicate a distress situation, either: (a)(i) Permanently installed HF transceiver (new installations DSC capable); OR (a)(ii) Satellite phone, securely fastened, connected to electrical supply, permanent external aerial (b)(i) Permanently installed VHF transceiver (new installations DSC capable) DSC HF & VHF: programmed with MMSI, connected to GPS, capable send/receive alerts – See Marine Communications Inspection Form Batteries sealed type; electrolyte cannot escape		
3.24.9 3.25.1 3.25.2	Fuel tank shut off valve/cock if fuel can escape or siphon (a) Petrol tanks – see regulation (b) Diesel tanks metal or other certified material (c) Fuel lines comply Means to communicate a distress situation, either: (a)(i) Permanently installed HF transceiver (new installations DSC capable); OR (a)(ii) Satellite phone, securely fastened, connected to electrical supply, permanent external aerial (b)(i) Permanently installed VHF transceiver (new installations DSC capable) DSC HF & VHF: programmed with MMSI, connected to GPS, capable send/receive alerts – See Marine Communications Inspection Form Batteries sealed type; electrolyte cannot escape Barometer fitted		
3.24.9 3.25.1 3.25.2 3.26 3.27	Fuel tank shut off valve/cock if fuel can escape or siphon (a) Petrol tanks – see regulation (b) Diesel tanks metal or other certified material (c) Fuel lines comply Means to communicate a distress situation, either: (a)(i) Permanently installed HF transceiver (new installations DSC capable); OR (a)(ii) Satellite phone, securely fastened, connected to electrical supply, permanent external aerial (b)(i) Permanently installed VHF transceiver (new installations DSC capable) DSC HF & VHF: programmed with MMSI, connected to GPS, capable send/receive alerts – See Marine Communications Inspection Form Batteries sealed type; electrolyte cannot escape Barometer fitted (a) AIS transponder		
3.24.9 3.25.1 3.25.2 3.26	Fuel tank shut off valve/cock if fuel can escape or siphon (a) Petrol tanks – see regulation (b) Diesel tanks metal or other certified material (c) Fuel lines comply Means to communicate a distress situation, either: (a)(i) Permanently installed HF transceiver (new installations DSC capable); OR (a)(ii) Satellite phone, securely fastened, connected to electrical supply, permanent external aerial (b)(i) Permanently installed VHF transceiver (new installations DSC capable) DSC HF & VHF: programmed with MMSI, connected to GPS, capable send/receive alerts – See Marine Communications Inspection Form Batteries sealed type; electrolyte cannot escape Barometer fitted (a) AIS transponder (d) & (e) Programmed MMSI & yacht name – See		
3.24.9 3.25.1 3.25.2 3.26 3.27 3.29.1	Fuel tank shut off valve/cock if fuel can escape or siphon (a) Petrol tanks – see regulation (b) Diesel tanks metal or other certified material (c) Fuel lines comply Means to communicate a distress situation, either: (a)(i) Permanently installed HF transceiver (new installations DSC capable); OR (a)(ii) Satellite phone, securely fastened, connected to electrical supply, permanent external aerial (b)(i) Permanently installed VHF transceiver (new installations DSC capable) DSC HF & VHF: programmed with MMSI, connected to GPS, capable send/receive alerts – See Marine Communications Inspection Form Batteries sealed type; electrolyte cannot escape Barometer fitted (a) AIS transponder		
3.24.9 3.25.1 3.25.2 3.26 3.27 3.29.1 3.30 &	Fuel tank shut off valve/cock if fuel can escape or siphon (a) Petrol tanks – see regulation (b) Diesel tanks metal or other certified material (c) Fuel lines comply Means to communicate a distress situation, either: (a)(i) Permanently installed HF transceiver (new installations DSC capable); OR (a)(ii) Satellite phone, securely fastened, connected to electrical supply, permanent external aerial (b)(i) Permanently installed VHF transceiver (new installations DSC capable) DSC HF & VHF: programmed with MMSI, connected to GPS, capable send/receive alerts – See Marine Communications Inspection Form Batteries sealed type; electrolyte cannot escape Barometer fitted (a) AIS transponder (d) & (e) Programmed MMSI & yacht name – See		
3.24.9 3.25.1 3.25.2 3.26 3.27 3.29.1 3.30 & 4.11.3	Fuel tank shut off valve/cock if fuel can escape or siphon (a) Petrol tanks – see regulation (b) Diesel tanks metal or other certified material (c) Fuel lines comply Means to communicate a distress situation, either: (a)(i) Permanently installed HF transceiver (new installations DSC capable); OR (a)(ii) Satellite phone, securely fastened, connected to electrical supply, permanent external aerial (b)(i) Permanently installed VHF transceiver (new installations DSC capable) DSC HF & VHF: programmed with MMSI, connected to GPS, capable send/receive alerts – See Marine Communications Inspection Form Batteries sealed type; electrolyte cannot escape Barometer fitted (a) AIS transponder (d) & (e) Programmed MMSI & yacht name – See Marine Communications Inspection Form GPS permanently installed, with MOB function		
3.24.9 3.25.1 3.25.2 3.26 3.27 3.29.1 3.30 &	Fuel tank shut off valve/cock if fuel can escape or siphon (a) Petrol tanks – see regulation (b) Diesel tanks metal or other certified material (c) Fuel lines comply Means to communicate a distress situation, either: (a)(i) Permanently installed HF transceiver (new installations DSC capable); OR (a)(ii) Satellite phone, securely fastened, connected to electrical supply, permanent external aerial (b)(i) Permanently installed VHF transceiver (new installations DSC capable) DSC HF & VHF: programmed with MMSI, connected to GPS, capable send/receive alerts – See Marine Communications Inspection Form Batteries sealed type; electrolyte cannot escape Barometer fitted (a) AIS transponder (d) & (e) Programmed MMSI & yacht name – See Marine Communications Inspection Form		

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CATEGORY 2 MONOHULLS For Offshore Races of long distance near shoreline

DATE OF AUDIT
| SAIL NO: BOAT NAME:

Reg	Portable Equipment	Р	Α
3.18.4	Emergency water 1 litre per crew additional	•	Ĥ
3.20.9	2 x 8 litre buckets, stout construction with lanyard		
3.23.4	Reserve navigation lights, independent of main power		
3.23.5	Spare bulbs except for multiple LED array		
3.25.1	(b)(ii) Handheld VHF transceiver; waterproof		-
3.23.1	(a) Emergency HF antenna, independent of mast (if	-	
	HF required)		
	(a) Emergency VHF antenna		
3.25.5	(a) Emergency satellite phone antenna or other means		
	to maintain sat phone comms, independent of		
	mast (if satellite phone required)		
3.25.7	Two means of receiving weather bulletins		
4.01.2	Portable sail number on separate cloth with lanyards		
	(b) Jackstays (1 port, 1 starboard); strength & materials		
4.03.1	as per regulation		
	2 x fire extinguishers 1A:10BE dry powder min or		
4.04.1	equiv.		
4.04.4	Fire blanket (for cooking device with open flame)		
	(a) Anchors & ground tackle as per Table 1		
	(b) Anchor & warp sizes Table 2 or Table 3		\Box
4.05.1	Anchor 1 Typekg/size		
	Anchor 2 Typekg/size		
	(c) Primary anchor assembled, attached to tackle		\Box
	(i) Watertight spotlight; spare batteries & bulbs if		
1	replaceable		
4.06.1	(ii) 2 x flashlight floating type; spare batteries & bulbs		
	if replaceable		
4.07.2	First Aid Manual (St Johns or Red Cross) (current ed.)		
4.07.4	First aid kit, waterproof container; contents listed;		
4.07.9	alternative brands permitted		
4.07.9	First aid contents as per list at end of this form		
4.08	Foghorn		
4.10.1	Charts (may be solely electronic), plotting equipment		
4.10.2	Collision Regulations; electronic or hard copy		
	Current AS "Racing Rules of Sailing" and "Special		
4.10.3	Regulations Part 1"; electronic or hard copy		
	Handheld GPS, water resistant, spare battery(s) or		
4.11.2	alternative means of charging (AS Interpretation		
	11/12/19 - may be combined handheld VHF)		
4.14.1	Emergency tiller if not tiller steered		
4.14.2	Alternative steering method for rudder loss		
4.15.1	Tools, spares parts, effective way to cut rigging		
4.15.2	Bosun's chair or climbing harness		
4.15.3	Sharp knife sheathed, restrained in or near cockpit		
4.16.1	Name on all buoyant equipment & items		
4.16.2	Personal lifejacket marked to identify owner		
4.17	Retroreflective tape on lifebuoys, lifeslings, liferafts	\neg	\Box
4.18.1	(a) 406MHz EPIRB; GPS capable		\Box
	Number of EPIRBs ≥ number of liferafts	\neg	\vdash
4.18.2	Number of EPIRBs		
	(a) Stored in an easily accessible, protected location		
	(c) Regularly tested		
4.18.3	(d) Registered with relevant authority		
	Crew trained in use	\dashv	
	Additional EPIRB(s) in liferaft (<u>x or √</u> - circle) or	\dashv	
4.18.4	accessible location ($x \text{ or } \checkmark$ - circle)		
	Liferaft compliant type as per 4.19.1 and 4.19.2	\dashv	
4.19.1	No. of liferafts Total crew capacity		
	Liferaft stowage	\neg	
	(a)(i) Rigid container; on working deck/cockpit; OR		
	(a)(ii) Rigid container or valise stowed in dedicated	\neg	\Box
4.19.3	locker opening to cockpit/working deck/transom; OR		
	(b) If boat launch before 06/2001, valise ≤40kgs		
	stowed below near companionway permitted		
	(d) Painter should be made fast to strong point		

	(e) Life raft launch time 15 seconds	
4.20.1	A grab bag for each liferaft	-+
4.20.1	(a) Lifebuoy; self-igniting light, drogue; in reach; OR	_
	Lifesling, self-igniting light; in reach	
	(b) Additional lifebuoy, in reach of helmsman	_
4.21.1	(b)(i) Whistle, drogue, self-igniting light	_
	(b)(ii) Pole and flag floating 1.8 metres above water,	
	attached to lifebuoy with 3 metres of line	
4.21.2	1 x lifebuoy to be of permanent buoyancy	_
4.21.4	Lifebuoys, lifeslings fitted with retroreflective material	-
4.21.5	Lifebuoys, lifeslings safety colour	+
4.21.3	Waterproof container for flares	_
	4 x red parachute flares	+
4.22.1	4 x red hand flares	-+
4.22.1	2 x white hand flares	+
	4 x orange smoke flares	-+
4.23.1	Heaving line minimum 15 m	-
4.23.1		
	(a) Storm jib; area compliant (b) Storm trysail; area compliant OR mainsail reefing	+
4.24.1	50% of luff	
	(c) Heavy weather jib; area compliant	+
	(a) Trysail and storm jib to be highly-visible colour; OR	+
	if purchased before 07/2005, patches 20% of area	
	(b) Sheeting positions for storm, heavy weather sail	\dashv
4.24.2	(c) Storm & heavy weather jib means of attachment to	\dashv
	stay independent of any luff-groove device	
	(d) Sail numbers both sides trysail	
	(e) Storm trysail to set with in-mast furling mainsail	
4.24.3	(a) Aromatic polyamides, carbon fibre & similar not	
4.24.3	used for storm jib, trysail	
4.26	Retrieval method of crew from water	
4.27	V Distress sheet or International signal (square/circle)	
4.28.1	Stowage chart, displayed	
	(a) Lifejacket ≥ 150N (not "Mae West"), in service;	
	1 per crew, plus minimum 1 spare (f)(I)	
	Number (1 per crew)	
	Number (minimum 1 spare)	
5.01.1	Total on board:	
	(See regulation for compliance standards)	
	(d) Each lifejacket retro tape, whistle, crotch strap/s	_
	(d) From 1/7/23 - Each lifejacket to have sprayhood (f)(ii) If inflatable, min 1 spare cylinder & (if appropriate)	
	spare auto rearming kit Safety harness, line with snap hook each end (≤2 m);	+
5.02.1	1 per crew Number	
0.02.1	(See regulation for compliance standards)	
	For 30% of crew	\dashv
	(i) Tethers 1m long (in addition to 5.02.1) No	
5.02.2	OR included in 5.02.1 as follows:	
	(ii) 2 m with midpoint clip OR No	
	Twin lines, one ≤ 1 m & second ≤ 2 m No	
F 00	Personal light (strobe or SOLAS LSA 2.2.3); 1 per	\dashv
5.03	crew Number	
	(a) 406 MHz Personal Locator Beacon (PLB) with	
	GPS; 1 per crew Number	
5.05.1	(b) AIS personal beacon recommended . (May be	
0.00.1	required by Notice of Race). 1 per crew No	\perp
	(c) AIS personal beacon required for double handed	
	1 per crew Number	_
- 0	(a) PLB and AIS within battery life	_
5.05.2	(b) Regularly tested	_
	(c) Registered with relevant authority (PLB)	
5.05.3	Crew to be trained in use of PLBs and AIS personal	
	beacons	

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For Offshore Races of long distance near shoreline **CATEGORY 2 MONOHULLS** SAIL NO: **BOAT NAME: DATE OF AUDIT**

4.07.9 First Aid Kit Contents List – within expiry	dat	е
NON-PRESCRIPTION	Р	Α
Paracetamol 500 mg (e.g.Panadol) or Ibuprofen 200 mg (e.g.		
Nurofen) x 40		
Soluble Aspirin (e.g.Disprin) x 20		
Glyceryl Trinitrate Spray (e.g., Nitrolingual) x 1		
Butterfly or Steristrips(strips of 5) x 10		
Disposable gloves x 20	_	
Crepe bandages 75 mm x 1.5 m x 2		
Crepe bandages 100 mmx 1.5 m x 2		
Triangular bandage x 2		
High absorbency non- adherent dressing (e.g. Exu-dry) x 10		
Low absorbency non-adherent dressing/plain gauze (e.g. Melolin) x 10		
Bandaids or equivalent rollof bandaid x 20		
Sports/Strapping tape 50mm x 2.5 m (e.g. Leukoplast) x 1		
Antiseptic skin solution 15 ml (e.g. Betadine) x 1		
Antiseptic cream e.g.Medicreme x 1		
Normal saline 250 ml x 1		
Sterile eye patches x 5		
Clotrimazole cream (e.g.Canesten, Clonea) x 1		
Hydrogel wound dressing 100 g (e.g. Solosite, Duoderm, Purilon)		
x1		
Sunscreen 30+ 250 ml x 1		
Anti-diarrhoea treatment i.e. loperamide (pkt) (e.g. Imodium) x 1		
Electrolyte 4.9 g - pkt of 10(e.g. Gastrolyte) x 1		
Seasickness tablets i.e. promethazine theoclate (e.g. Avomine) or dimenhydrinate + hyoscine hydrobromide + caffeine		
(e.g.Travacalm) x 10 Scissors, stainless steel x 1		
Thermometer, clinical x 1		
Forceps, splinter x 1		
Syringes/needles x 5		
Alcohol swabs x 10		
Splints for arms & legs		
CPR mask or 6 face shields		
	_	_
PRESCRIPTION	Р	Α
Codeine 30 mg + Paracetamol 500 mg (e.g.Panadeine Forte) x 20		
Oxycodone 5 mg (e.g.Endone) x 20 or Oxycodone suppositories 30mg (e.g. Proladone) x 10		
Chloramphenicol eye ointment 1% 4 g (e.g. Chlorsig or Chloromycetin) x 1		
Cephalexin 500 mg tabs(e.g. Keflex) x 20		
Antihistamine tablet i.e promethazine 25 mg (e.g. Phenergan) x 25		
Adrenaline ampoules1:1000 x 5		
IF NOTICE OF RACE	Р	Α
***Morphine 10 mg/1 ml x 10		
***Naloxone hydrochloride ampoules 400 mcg/ml x 5		
***Additional 15 syringes		
END OF FORM		

As this form is for national use and portability, please use a separate checklist page for additional club/race organiser requirements





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