



Notice to Competitors

2019-07-18-1

Amendments to the Australian Sailing Special Regulations 2017-2021

Amendments 1 and 2 to the Special Regulations have issued addressing mandatory reporting of incidents and codeine.

The first of the two, Amendment 1, introduces a rule requiring safety incidents to be reported to Australian Sailing in accordance with the Guidelines for Incident Reporting set out by World Sailing at <https://www.sailing.org/documents/offshorespecialregs>

Whilst there has been considerable variation in the way offshore sailing incidents are reviewed and reported, in Australia many clubs already perform these reviews voluntarily. These sailing incident reviews that have been done always highlighted valuable lessons.

As the national and international governing bodies for sailing it is appropriate for Australian Sailing and World Sailing to ensure that reviews of significant incidents and boat or equipment failures are conducted and that lessons learned are available to the sailing community.

The second, Amendment 2 removes low dose Codeine from the medical kit requirements for Category 1 to 3 races. The amendment is necessitated by changes made by the Therapeutic Goods Administration of the Australian Government's Department of Health. The amendments have been published at <https://www.sailingresources.org.au/safety/specialregs/>. The Special Regulations published on the same page have also been updated to include the amendments.

David Staley

MHYC Sailing manager

18 July 2019 at 1045hrs

AUSTRALIAN SAILING
CHANGES TO
Australian Sailing
2017-2021 Special Regulations

Issued on 9 July 2019 as Amendment no. 1
Effective from 31 July 2019

SPECIAL REGULATIONS

PART 1 – SECTION 2 – APPLICATION AND GENERAL REQUIREMENTS

Regulation 2.02 INSPECTION AND MONITORING

Insert the following regulation 2.02.5

2.02.5 [The Organising Authority of a race will establish whether any incidents occurred, which if reported would be likely to be relevant to evolving the Special Regulations, the plan review process, or in increasing safety. The Organising Authority will follow any guidelines issued by Australian Sailing and World Sailing concerning incident reporting.](#)

PART 2 – SECTION 2 – APPLICATION AND GENERAL REQUIREMENTS

Regulation 2.01 INSPECTION

Add the words to Regulation 2.01

Insert the following regulation 2.01.2

2.01 INSPECTION AND MONITORING

2.01.1 The Race Committee may require the owner or the person in charge to demonstrate that the boat complies with these Special Regulations. If it does not comply with these Special Regulations the boat's entry may be rejected, or it may be liable to disqualification or such other penalty as may be prescribed.

2.01.2 [The Organising Authority of a race will establish whether any incidents occurred, which if reported would be likely to be relevant to evolving the Special Regulations or increasing safety. The Organising Authority will follow any guidelines issued by Australian Sailing and World Sailing concerning incident reporting.](#)

AUSTRALIAN SAILING
CHANGES TO
 Australian Sailing
 2017-2021 Special Regulations

Issued on 9 July 2019 as Amendment no. 2
 Effective from 31 July 2019

SPECIAL REGULATIONS

PART 1 – SECTION 4 – MEDICAL KIT AND MANUAL

Regulation 4.07.9

Delete the text that has been ~~struck-out~~

- * Ask a pharmacist for this medication.
- ** Requires a prescription.
- *** Mandatory only when required by notice of race for long ocean races.

FOR VARYING DEGREES OF PAIN

	QUANTITY				
<u>Mild Pain</u>					
Paracetamol 500 mg (e.g. Panadol) OR	40	40	40	20	20
Ibuprofen 200 mg (e.g. Nurofen)					
<u>Moderate Pain</u>					
* Codeine 8 mg + Paracetamol 500 mg (e.g. Panadeine)	40	40	20		
<u>Moderate to Severe pain</u>					
** Codeine 30 mg + Paracetamol 500 mg (e.g. Panadeine Forte)	20	20			
<u>Very Severe Pain</u>					
** Oxycodone 5 mg (e.g. Endone) OR	20	20			
** Oxycodone suppositories (per rectum) 30 mg (e.g. Proladone)	10	10			
*** Morphine 10 mg/1 ml	10	10			
<u>Opioid Overdose</u>					

*** Naloxone Hydrochloride ampoules 400 mcg/ml

Cardiac Emergencies

Soluble Aspirin (e.g. Disprin)

Nitrolingual Spray (e.g. Anginine)

5	5						
20	20	20	20	20	20	20	
1	1						