



## Start declaration form

We, the Skipper
We hereby release the organizers, the Race Committee and any other individuals participating in the organisation of the event from liability.
We also certify that we have the equipment required to race as defined in NoR.
On each crew member at all times during races:
<ul> <li>1 dry suit</li> <li>1 mobile phone in waterproof pocket.</li> <li>1 Life jacket and whistle</li> <li>1 red hand-held flare attached to life jacket</li> <li>1 knife attached to life west or</li> <li>1 knife attached to boom and 1 on the Dolphin striker.</li> </ul>
On board the boat
<ul> <li>1 red parachute flare (check validity date) attached under trampoline or on either beam for easy access when boat lies upside down.</li> <li>1 towing line, minimum 12m * 8 mm with stretch (not a halyard or similar). When many boats are towed it can damage the boats if there is too little stretch.</li> <li>1 paddle, at least 120 cm, for example attached to boom using shock cord</li> <li>1 First aid kit in a waterproof bag available on trampoline or in pocket.</li> <li>1 "waterproof" VHF (preferably also in dry bag) in trampoline pocket, lower</li> </ul>
part of mast or similar to be accessible also when capsized.  Drawn up in, on

The Skipper