



# Safety instructions for the sailors

Version 1.0

**Safety Officer Mobile phone number: +46 72 5380304**

## In case of emergency

Do in the following order and proceed to the next action if unsuccessful

1. Call the Safety Officer and clearly express that you are in distress. The Safety Officer will immediately launch a rescue operation and call the JRCC for assistance.
2. Dial 112 to connect to JRCC (Swedish Maritime Administration)
3. Issue a Mayday on channel 16.
4. If/when appropriate, deploy your parachute flare

A sailor that has lost contact with the F18 and can't get back, nor to shore

Mobile connection available;

- send your position (Long/Lat) to Safety Officer then call the Safety Officer

No mobile connection available

- Activate your PLB.
- Deploy your electronic flare and/or use a signal mirror (during sunlight)

## In need of assistance (not in distress)

Call the Safety Officer

1. On mobile phone      or
2. On VHF channel 72

## Outside assistance

Please note that requesting outside assistance will result in a DNF for that leg. The only exception is if a person in the water is picked up and returned to the F18 boat which does not count as outside assistance.



# Safety plan for the race organisation

Version 1.0

## General

- All safety boats must have at least two qualified operators onboard.
- Ensure personal safety by moving cautiously at all times.
- Constantly monitor your crew members.
- Be prepared to assist participants both in the water and on boats at all times.
- Each boat will be equipped with a laminated version of this plan, a contact list, a participant list and a Check Point list.
- A comprehensive first aid kit will be available on the Safety Officer's boat. If you are certified in first aid, please inform the Safety Officer.

## Communication

- Every safety boat should carry at least one VHF radio and a telephone.
- The Safety Officer is always reachable via phone first.
- Ensure a communication list is present on each boat.

## Safety onboard

- An effective crew member must be well-prepared and adaptable to changing weather conditions. Anticipate and plan for weather changes.
- Always wear a life jacket and keep a knife, flare, and first aid kit readily accessible.
- Maintain an orderly ship and ensure equipment is easily accessible.
- Always notify the Safety Officer if a team reports a problem. The Safety Officer will determine the appropriate action.
- SAR operations can take up to 3 hours; check that fuel levels are no less than 50% and if so look for nearest place to re-fuel.
- Create a checklist for emergency scenarios such as leaks, fires, or engine problems.
- In the event of engine failure, the race will not stop; be prepared with extra food, water, and a credit card.

## Assisting an F18 crew

- In case of emergency help immediately without asking for consent.
- If asked to help in other non-emergency situations, make sure that the team is requesting assistance even if it might result in a DNF for that leg.
- Picking up a person from the water and return to the F18 boat is not seen as outside assistance and will not cause a DNF.
- When assisting a capsized boat, ensure the righting line is at least 15 m long to avoid that the mast top hit the boat if the boat flip over to the other side. It is safest to right the boat against the wind.