



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.
- Conformance with safety requirements as stated in one design class or applicable handicap class rules.
- Conformance with the current US Sailing Safety and Equipment Regs. - Nearshore:
See: <https://www.ussailing.org/wp-content/uploads/2021/02/Monohull-SER-2021.0.pdf>
- Also see NOR 1.2. An orange smoke flare is required.
- Prior to the first race, each boat should perform a Man Overboard practice.
- 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 the event of severe weather.**

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"

EMERGENCY PROCEDURES - see page 2.

A copy of this document should be kept aboard while racing at Block Island Race Week.



EMERGENCY PROCEDURES

In the event of a medical emergency please see alert sheet

- ❖ Contact your Race Committee Signal Boat on your VHF Fleet Channel and identify the nature of the emergency and the location of your vessel.
- ❖ You will be directed to switch to an alternate VHF Channel. You may be requested to communicate directly with the Block Island Harbor Master and Police/Fire/Rescue Emergency Services (EMS), **on VHF Channel 12. Should the injury be listed under RED ALERT**
- ❖ You may be requested to set off an orange smoke flare to positively identify your location to safety boats.
- ❖ If transfer of an injured person to a safety boat is impractical, proceed as quickly as possible to the Boat Basin Fuel Dock in the Great Salt Pond or to the Old Harbor if this is closer. Emergency Services will coordinate where to meet them.
- ❖ Depending on the nature of the injury or emergency, EMS personnel may come aboard your boat to administer aid or evacuate the injured party. Please cooperate fully with their requests.
- ❖ Please take time to review these procedures with your entire crew.

RED ALERT CALL VHF 12

- HEAD / NECK INJURY
- CHEST PAIN
 - STROKE
- LIGHTHEADEDNESS/BLURRED VISION
- MAJOR BROKEN BONE(S)
- UNCONTROLLED BLEEDING
- UNCONSCIOUS
 - SEIZURES
- HYPOTHERMIA
- HYPERTHERMIA
- DROWNING
- STOPS BREATHING
- CHOKING

YELLOW ALERT CONSIDER COMING OFF WATER

- DEHYDRATION
- NAUSEA WITH VOMITING
- MINOR BROKEN BONES
- GENERAL MALAISE
- LACERATION
- SPRAINS

GREEN ALERT SEEK MEDICAL TREATMENT ASHORE

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