

CATEGORY	1 MU	ULTIHU	JLLS	For O	ffshore Races of I	ong dista	nce well offsl	nore
DATE OF AUDIT	SAIL	NO:		BOAT	NAME:			
					tated in Notice of Race.			required
OWNER DETAILS	age to main	tain compi	iance. Sc	ibject to s	spot checks Special Regu	ialion (SK) 2.0)2.2	
OWNER(S) NAME(S):								
OWNER(S) CLUB(S):								
BOAT DETAILS								
LH:					BOAT REGISTRATION N	O:		
DISPL (tonnes):					VARIABLE (WATER) BALI	_AST: YES	s no	
HULL COLOUR:					FIXED KEEL or LIFTING I	KEEL or CANTI	NG KEEL (circle)	
DECK COLOUR:					DISTINGUISHING MARK		, ,	
MAX CREW:								
RADIO & EPIRB RE	GISTRATIC	N						
SR 3.25 MARINE RADIO	D: HF radio	and/or Sate	llite phone	(Circle)	Registered call sign Satellite phone no:	HF:		
SR 4.18.1 EPIRB(s): Reg	istered YES	NO N	lumber of	units for	boat:	Number to b	e hired:	
SR 5.05.1 PLBs: Reg	gistered YES	S NO N	lumber of	units for	boat:	Number to b	e hired:	
DECLARATION BY	PERSON IN	CHARG	Ε					
particular SRs 1.02.1, 1.02 out only as a guide to pers unlimited responsibility of t	.2, 1.02.3 (Responsing the person in classified in as specified in	ponsibility of and race org harge as defi	the person ganising au ined in SRs	in charge), thorities. I 1.02.1, 1.0	cial Regulations (https://www, and SR 2.03.1 (Function of a understand that an auditor d 02.2, 1.02.3 and 2.03.1. I unders, and ensure it will be on b Date:	equipment). I un oes not limit or dertake that I wil	derstand that this au reduce the complete I maintain in good wo	dit is carried and
OUTSTANDING ITE	MS – The e	quipment	listed in	the foll	lowing pages was cor	nplete exce	pt for the follow	ing items
Outstanding Item					Re-Inspected by		AS No.	Date
EQUIPMENT AUDIT	00 DE0L 4							
I have checked the abover	nentioned boat	t in accordan	ice with SR audit. (For	2.02.1, as	summarised in the following	list, and the iter	ns listed were compl	iant as per
I have checked the abover	nentioned boat	t in accordan	ice with SR audit. (For	2.02.1, as m not to b	summarised in the following e signed until outstanding ite Signed by AS NEA:	list, and the iter	ns listed were compl ove have been recti	iant as per fied).
I have checked the abover the AS Special Regulations Audited by AS	nentioned boat	t in accordan	nce with SR audit. <i>(For</i>	2.02.1, as m not to b	e signed until outstanding ite	list, and the iter	ns listed were compl ove have been recti	iant as per fied).
I have checked the abover the AS Special Regulations Audited by AS NEA:(print name) AS Number:	nentioned boat at the time and	t in accordan d date of this	audit. (For	m not to b	e signed until outstanding ite Signed by AS NEA:	list, and the iter ems detailed ab	ns listed were compl ove have been recti	iant as per fied).
I have checked the abover the AS Special Regulations Audited by AS NEA:(print name) AS Number:	nentioned boat at the time and DATES – in	t in accordand date of this	re' or no	m not to b	e signed until outstanding ite Signed by AS NEA: Date:	ems detailed ab	ove have been recti	iant as per fied).
I have checked the abover the AS Special Regulations Audited by AS NEA:(print name) AS Number: EARLIEST EXPIRY	nentioned boat at the time and	t in accordan d date of this	re' or no	n not to b	e signed until outstanding ite Signed by AS NEA: Date: able 'n/a' if relevant	ems detailed ab	ove have been recti	fied).
I have checked the abover the AS Special Regulations Audited by AS NEA:(print name) AS Number: EARLIEST EXPIRY ITEM	nentioned boat at the time and DATES – in	t in accordand date of this	re' or no	n not to b	e signed until outstanding ite Signed by AS NEA: Date: able 'n/a' if relevant ITEM	ems detailed ab	ove have been recti	fied).
I have checked the abover the AS Special Regulations Audited by AS NEA:(print name) AS Number: EARLIEST EXPIRY ITEM Fire ext (12 mth.) EPIRB(s) Liferaft(s)	nentioned boat at the time and DATES – in	t in accordand date of this	re' or no	n not to b	e signed until outstanding ite Signed by AS NEA: Date: able 'n/a' if relevant ITEM Inflatable lifebuoy(s) Inflatable danbuoy(s) Lifejackets	ems detailed ab	ove have been recti	fied).
I have checked the abover the AS Special Regulations Audited by AS NEA:(print name) AS Number: EARLIEST EXPIRY ITEM Fire ext (12 mth.) EPIRB(s) Liferaft(s) Flares parachute	nentioned boat at the time and DATES – in	t in accordand date of this	re' or no	n not to b	e signed until outstanding ite Signed by AS NEA: Date: able 'n/a' if relevant ITEM Inflatable lifebuoy(s) Inflatable danbuoy(s) Lifejackets PLBs	ems detailed ab	ove have been recti	fied).
I have checked the abover the AS Special Regulations Audited by AS NEA:(print name) AS Number: EARLIEST EXPIRY ITEM Fire ext (12 mth.) EPIRB(s) Liferaft(s) Flares parachute Flares red hand	nentioned boat at the time and DATES – in	t in accordand date of this	re' or no	n not to b	e signed until outstanding ite Signed by AS NEA: Date: able 'n/a' if relevant ITEM Inflatable lifebuoy(s) Inflatable danbuoy(s) Lifejackets PLBs AIS personal beacons	EARLIEST EXPIRY	UPDATED EARLIEST EXPIRY	fied).
I have checked the abover the AS Special Regulations Audited by AS NEA:(print name) AS Number: EARLIEST EXPIRY ITEM Fire ext (12 mth.) EPIRB(s) Liferaft(s) Flares parachute Flares red hand Flares white hand	nentioned boat at the time and DATES – in	t in accordand date of this	re' or no	n not to b	e signed until outstanding ite Signed by AS NEA: Date: able 'n/a' if relevant ITEM Inflatable lifebuoy(s) Inflatable danbuoy(s) Lifejackets PLBs AIS personal beacons Office Use – Auditor cl	EARLIEST EXPIRY	UPDATED EARLIEST EXPIRY	fied).
I have checked the abover the AS Special Regulations Audited by AS NEA:(print name) AS Number: EARLIEST EXPIRY ITEM Fire ext (12 mth.) EPIRB(s) Liferaft(s) Flares parachute Flares red hand	DATES – in EARLIEST EXPIRY	t in accordand date of this	re' or no	n not to b	e signed until outstanding ite Signed by AS NEA: Date: able 'n/a' if relevant ITEM Inflatable lifebuoy(s) Inflatable danbuoy(s) Lifejackets PLBs AIS personal beacons	EARLIEST EXPIRY	UPDATED EARLIEST EXPIRY	fied).

Page 1 of 4 Version 1.4– 19 July 2023



CATEGORY 1	MULTIHULLS	For Offshore Races of long distance well offshore
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		
2.04	Section 3 Part 1 – Structural Features, Stability. See		
3.01 - 3.05	Keel and Rudder Inspection Form, and Organising		
3.03	Authority requirements		
3.06.3	2 exits for each hull		
	(a) 1 x escape hatch per hull with accommodation for		
	ingress/egress in event of inversion		
	(b) Age/Series Date 07/2010 or later, exit hatch		
	clearance ≥450mm		
	(c) First launch on or after 01/2003, each escape hatch		
	to comply with 3.06.4(b) (d) When inverted each escape hatch above waterline		
	(e) If first launched on or after 01/2001, each escape		
3.06.4	hatch to be at or near midships station		
LH	(f) Catamaran first launched on or after 01/2003 each		
≥12m	escape hatch on side of hull nearest centreline		
	(g) Catamaran first launched on or after 01/2003 with		
	central nacelle, underside handholds for all crew		
	(i) Trimaran first launched on or after 01/2003, at least		
	escape hatches as per with 3.06.4(b)		
	(j) Trimaran, handholds underside around central hull		
	for all crew		
	(k) Each escape hatch to have been opened at least		
	once from inside & outside within 6 months of race Age Date on or after 07/2006:		-
	Exit hatches to comply with 3.06.4(b)		
	Age Date before 07/2006:		
3.06.5	(a) Each accommodation hull to have tools secured by		
LH	line & clip to cut escape hatch; and		
<12m	(a) Each accommodation hull to have tools secured by		
	line & clip to cut escape hatch		
	b) Each hull at escape hatch cut out position, sign inside & out "ESCAPE CUT HERE"		
	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,		
3.07.2	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		
<u> </u>	'Not to be opened at sea'		-
	Blocking device for low sill companionway (a) Companionway hatch securing arrangement		\dashv
	(i) Operable from above and below		\dashv
	(ii) Functions independently of blocking devices		\dashv
3.07.4	(b) Blocking devices (e.g. washboards)		\neg
	(i) Capable of being retained with hatch open or shut		
	(ii) Secured to boat (e.g. by lanyard)		\neg
	(iii) Permit exit in event of inversion		\neg
3.08.1	Cockpit strong, self-draining, & watertight (3.08.2)		\neg
3.08.3	Bilge pump outlet not connected to cockpit drain		
3.08.8	Minimum drain sizes 20cm ² per m ³ cockpit		
	(a) Lifelines, stanchions, pulpits effectively		\neg
	continuous deck barrier		
	(b) Minimum heights of lifelines and pulpit rails above		
	working deck, note 1993 Primary Launch or LH ≤ 8.5m		
0.40.4	(c) Lifelines supported at intervals < 2.20m		
3.12.1	(d) Pulpits & stanchions permanently installed		_
	(e) Pulpit & stanchion bases not inboard by > 150 mm		
	or 5% of Bmax nor outboard of working deck (f) Stanchions straight, vertical; first 50 mm ≤ 10 mm		\dashv
	displ. and angle ≤ 10 deg. from 50 mm above deck		
	(g) Bow pulpit opening does not exceed 360mm		-
	(9) Don paipit opening accorded coording		

	(h) If applicable	e, lifelines set inside bow pulpit are	Т
	adequately bra	ced and terminated	
		t with 4kg applied; ≤ 50mm for upper, ≤	
	120mm for inte	ermediate	+
3.12.2		es it impractical to follow SR for lifeline as closely as possible to minimise risk	
3.12.2	of falling overb		
		ncoated stainless steel wire, or	+
		ope of minimum diameter	
3.12.6	(b) Loose slee	ve permitted	T
3.12.0		ed by lanyard ≤ 100 mm;	
	Lanyard replace		\bot
	(e) Total lifelin	e system ≥ strength of required wire	+
	(a) Essentially	horizontal	
		r woven mesh, openings ≤ 50.8mm, no	+
	risk of foot trap	pping at hull net junction	
3.13.1	(c) Solidly fixed	d at regular intervals; fine stitched to bolt	
	rope		1
	(d) Able to car	ry full crew weight, upright or inverted	+
	connecting line	ie points, not more than 4 per	
	John County III I	Nets on each side:	+
		(a) Central hull to outriggers	
		(b) Aft of central pulpit to mid forward	Г
3.13.2	Trimaran Net Double	crossbeam	+
3.13.2	Crossbeam	(c) Furthest aft of centre cockpit or steering position to mid aft crossbeam	
	Ciossbeam	(d) 3.13.2(c) does not apply if	+
		coamings &/or lifelines height complies	
		with 3.12.5	
	Trimaran Net	Nets between central hull &	
3.13.3	Single	outriggers, aft end of pulpit, and	
	Crossbeam	furthest aft end of cockpit or steering position	
		Total net surface limited:	+
		(a) Laterally by hulls	
3.13.4	Catamarans	(b) Longitudinally by forestay base &	T
		boom end, but non-immersed central	
	2 manual hilge	nacelle may satisfy tri requirements pumps; 1 above, 1 below operable with	+
3.20.1		it; permanent discharge pipes	
2 20 2	Provision to pu	ump out all watertight compartments	\top
3.20.2		meable buoyancy	
3.20.6		t to discharge into closed cockpit	
0.20.0		t connected to cockpit drains	\bot
3.20.7		minimum suction bore 25 mm	+
		& strum boxes accessible each with lanyard or catch unless	+
3.20.8	permanently fi		
2 24 4		tic compass permanently installed, non-	\top
3.21.1	electric		\perp
3.21.2		ic compass non-electric (portable ok)	\perp
3.23		ats carried complying with IRPCAS	+
3.25.4	(b) Masthead		+
3.28.1		ion, min 50 mm; name & state rego; number & club	
3.28.3		x 1 m² coloured patches	+
4.01.1		as per RRS 77 and Appendix G	\top
	(a), (d), & (e) J	ackstay attachments port/starboard,	T
4.03.1		n bolted (not around stanchion bases)	\perp
		ackstays fitted on underside	1
		pints through bolted or welded deck	
		to clip/unclip from below and move	+
	between cock		
4.03.2		ints for 2/3 crew	+
		If rudder on outrigger, clipping points,	†
	not part of dec	k gear or steering mechanism, crew can	
	l	mechanism on outriggers clipped on	

Page 2 of 4 Version 1.4– 19 July 2023



CATEGORY 1 MULTIHULLS For Offshore Races of long distance well offshore

DATE OF AUDIT
| SAIL NO: BOAT NAME:

Reg	Structural/Fixed Items Below	Р	Α
	(a) Seacocks permanently installed		
3.09.1	(b) Plugs for each opening attached or stowed nearby		
3.11	Keel stepped mast; heel securely fastened		
	Toilet, securely installed		
3.15.1	AS Interpretation 11/12/19 - Chemical toilet permitted,		
	securely installed		
3.16.1	Bunks, securely fastened, sufficient 50% of crew		
3.16.2	Lee cloths/restraints for fixed bunks		
3.17.1	Cooking stove/heating appliance safe use in seaway		
3.17.2	e.g. Gimballed with accessible shutoff		
3.17.3	Gas or methylated spirits only fuels for cooking		
3.17.4	(a) "REMEMBER Turn Off Gas At Bottle" sign		
3.17.4	(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		
3.17.0	ventilated overboard		
3.17.7	Galley - suitable facilities. AS Interpretation 26/07/18 -		
3.17.7	Sink not required		
2 40 4	2 permanently installed water tanks or divided		
3.18.1	compartments with pump		
2 40 0	Watermaker permitted (in lieu of carrying water at		
3.18.2	start)	_	
3.19.1	Handholds below decks		
3.24.2	Permanently installed engine		
2 24 6	Dedicated starter battery if electric starter is only		
3.24.6	method of starting		
3.24.7	Separate generators, if carried, securely covered and		
3.24.7	permanently installed		
2 24 0	Fuel tank shut off valve/cock if fuel can escape or		
3.24.8	siphon		
	(a) Petrol tanks – see regulation		
3.24.9	(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		
3.25.1	(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		
3.25.2	to GPS, capable send/receive alerts – See Marine		
2.22	Communications Inspection Form	-	
3.26	Batteries sealed type; electrolyte cannot escape	_	
3.27	Barometer fitted	_	
0.004	(a) AIS transponder	_	
3.29.1	(d) & (e) Programmed MMSI & yacht name – See		
2 20 0	Marine Communications Inspection Form	-	
3.30 &	GPS permanently installed, with MOB function		
4.11.3	Double a secondary	-	
4.12	Depth sounder	-	
4.13.1	Log (other than GPS)		
Reg	Portable Equipment	Р	Α
3.18.4	Emergency water 1 litre per crew additional		
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		
	(a) Emergency HF antenna, independent of mast (if		
	HF required)		
2 25 5	(a) Emergency VHF antenna	_ '	
3.25.5	(a) Emergency satellite phone antenna or other means	\Box	
3.25.5	(a) Emergency satellite phone antenna or other means to maintain sat phone comms, independent of		
	(a) Emergency satellite phone antenna or other means to maintain sat phone comms, independent of mast (if satellite phone required)		
3.25.5 4.01.2	(a) Emergency satellite phone antenna or other means to maintain sat phone comms, independent of mast (if satellite phone required) Portable sail number on separate cloth with lanyards		
	(a) Emergency satellite phone antenna or other means to maintain sat phone comms, independent of mast (if satellite phone required)		

4.04.1	2 x fire extinguishers 1A:10BE dry powder min or	
	equiv.	
4.04.4	Fire blanket (for cooking device with open flame)	_
	(a) Anchors & ground tackle as per Table 1	\rightarrow
4.05.1	(b) Anchor & warp sizes Table 2 or Table 3 Anchor 1 Typekg/size	
4.05.1	Anchor 1 Typekg/sizekg/size	
	(c) Primary anchor assembled, attached to tackle	+
	(i) Watertight spotlight; spare batteries & bulbs if	+
	replaceable	
4.06.1	(ii) 3 x flashlight floating type; spare batteries & bulbs	+
	if replaceable	
4.07.4	Ship Captains Medical Guide 21st ed. or later OR	
4.07.1	WHO Int'l Medical Guide for Ship (electronic permitted)	
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	
4.10.3	Current AS "Racing Rules of Sailing" and "Special	
<u> </u>	Regulations Part 1"; electronic or hard copy Handheld GPS, water resistant, spare battery(s) or	+
4.11.2	alternative means of charging (AS Interpretation	
7.11.2	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	\neg
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	
4.18.1	(a) 406MHz EPIRB; GPS capable	
4.18.2	Number of EPIRBs ≥ number of liferafts Number of EPIRBs	
	(a) Stored in an easily accessible, protected location	+
	(c) Regularly tested	+
4.18.3	(d) Registered with relevant authority	$\overline{}$
	Crew trained in use of EPIRB	
4 40 4	Additional EPIRB(s) in liferaft (x or ✓ - circle) or	
4.18.4	accessible location (x or √ - circle)	
4.19.1	Liferaft compliant type as per 4.19.1 and 4.19.2	
4.13.1	No. of liferafts Total crew capacity	
	Liferaft stowage	
	(a)(i) Rigid container; on working deck/cockpit; OR (a)(ii) Rigid container or valise stowed in dedicated	-
	locker opening to cockpit/working deck/transom; OR	
4.19.3	(b) If boat launch before 06/2001, valise ≤40kgs	+
	stowed below near companionway permitted	
	(d) Painter should be made fast to strong point	\neg
	(e) Life raft launch time 15 seconds	\neg
4.20.1	A grab bag for each liferaft	\neg
	(a) Lifebuoy; self-igniting light, drogue; in reach; OR	\neg
	Lifesling, self-igniting light; in reach	
4.21.1	(b) Additional lifebuoy, in reach of helmsman	
7.41.1	(b)(i) Whistle, drogue, self-igniting light	\perp
	(b)(ii) Pole and flag floating 1.8 metres above water,	
4.5.1	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	-
	Waterproof container for flares	-
4 00 4	6 x red parachute flares 4 x red hand flares	-
4.22.1	2 x white hand flares	+
	4 x orange smoke flares	-
1 22 1	Heaving line minimum 15 m	-
4.23.1	ricaving inic minimulii 13 m	

Page 3 of 4 Version 1.4– 19 July 2023



CATEGORY 1 MULTIHULLS For Offshore Races of long distance well offshore

DATE OF AUDIT
| SAIL NO: BOAT NAME:

Reg	Portable Equipment	Р	Α
	(a) Storm jib; area compliant		
4.24.1	(b) Storm trysail; area compliant OR mainsail reefing 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		
4.24.2	(c) Storm & heavy weather jib means of attachment to		İ
	stay independent of any luff-groove device		
	(d) Sail numbers both sides trysail	-	
	(e) Storm trysail to set with in-mast furling mainsail (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;	\Box	
	1 per crew, plus minimum 1 spare (f)(l)		
	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		
	(See regulation for compliance standards)		
	For 30% of crew		
5.02.2	(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		
	Personal light (strobe or SOLAS LSA 2.2.3); 1 per	-	
5.03	crew Number		
	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		
	required by Notice of Race). 1 per crew No	-	
	1 per crew Number		
	(a) PLB and AIS within battery life		
5.05.2	(b) Regularly tested		
	(c) Registered with relevant authority (PLB)	\neg	
5.05.3	Crew to be trained in use of PLBs and AIS personal		
5.05.3	beacons		



4.07.9 First Aid Kit Contents List – within expiry	dat	е
NON-PRESCRIPTION	Р	1
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		
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) x 1		
Sunscreen 30+ 250 ml x 1		
Anti-diarrhoea treatment i.e. loperamide (pkt) (e.g. Imodium) x 1		
Antacid tabs or liquid (e.g.Mylanta, Gaviscon) 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	
	F	′
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		
Silver sulphadiazine cream100 g (eg Flamazine) x 1		
Antihistamine tablet i.e promethazine 25 mg (e.g. Phenergan) x		
25		
Adrenaline ampoules1:1000 x 5		
IF NOTICE OF RACE	Р	,
***Morphine 10 mg/1 ml x 10		
***Naloxone hydrochloride ampoules 400 mcg/ml x 5		
***Ciprofloxacin 500mg (e.g. Ciproxin, C-Glox) x 14		
***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



Page 4 of 4 Version 1.4– 19 July 2023