

CATEGORY	2 M	ULTIHUI	LLS	For O	ffshore Races of	long dista	nce near sho	reline
DATE OF AUDIT				BOAT	NAME:			
					tated in Notice of Race.			required
OWNER DETAILS	age to main	tain compila	ince. oc	ibject to s	spot checks opecial regu	ilation (SIX) 2.	JZ.Z	
OWNER(S) NAME(S):								
OWNER(S) CLUB(S):								
BOAT DETAILS								
LH:					BOAT REGISTRATION N	IO:		
DISPL (tonnes):					VARIABLE (WATER) BAL	LAST: YE	S NO	
HULL COLOUR:					FIXED KEEL or LIFTING	KEEL or CANTI	NG KEEL (circle)	
DECK COLOUR:					DISTINGUISHING MARK	S:		
MAX CREW:								
RADIO & EPIRB RE	GISTRATIO	ON						
SR 3.25 MARINE RADIO	D: HF radio	and/or Satellit	te phone	(Circle)		call sign HF:		
OR	VHF Onl	y (Circle) as p	er Notice	of Race	3.25.1(iii) Satellite ph	none no:		
SR 4.18.1 EPIRB(s): Reg	istered YES	S NO Nu	mber of	units for	boat:	Number to b	e hired:	
·	gistered YE		mber of	units for	boat:	Number to b	e hired:	
DECLARATION BY								
particular SRs 1.02.1, 1.02 out only as a guide to pers unlimited responsibility of t	.2, 1.02.3 (Resons in charge the person in c	sponsibility of the and race orgainstrates charge as define	e person nising au ed in SRs	in charge), thorities. I 1.02.1, 1.	cial Regulations (https://wwv , and SR 2.03.1 (Function of understand that an auditor of 02.2, 1.02.3 and 2.03.1. I un	equipment). I ur does not limit or dertake that I wi	nderstand that this au reduce the complete Il maintain in good w	dit is carried and
		n the current A	S Special	l Regulatio	ns, and ensure it will be on b	ooard for each r	ace.	
Signed by Person in C		auinmant l	iotod in	the fell	Date:	mplete evec	nt for the follow	ing itomo
Outstanding Item	ws – The e	equipment i	istea ir	i the foil	Re-Inspected by	mpiete exce	AS No.	Date
Outstanding item					rte-inspected by		AO NO.	Date
EQUIPMENT AUDIT	OR DECLA	RATION						
I have checked the abover	mentioned boa	t in accordance			summarised in the following			
Audited by AS NEA:(print name)	at the time ar	id date of this a	uait. (<i>FOI</i>	m not to b	e signed until outstanding it Signed by AS NEA:	erns detalled at	ove have been recu	пеа).
AS Number:					Date:			
EARLIEST EXPIRY	DATES – ir	ndicate 'hire	e' or no	t applic	able 'n/a' if relevant			
ITEM	EARLIEST	UPDATED	AU	UDITOR	ITEM	EARLIEST	UPDATED	AUDITOR
Fire ext (12 mth.)	EXPIRY	EARLIEST EXF	PIR Y		Inflatable lifebuoy(s)	EXPIRY	EARLIEST EXPIRY	
EPIRB(s)					Inflatable danbuoy(s)			
Liferaft(s)					Lifejackets			
Flares parachute					PLBs			
Flares red hand					AIS personal beacons	hook	line d	
Flares white hand					Office Use – Auditor cl	neck not requ	urea 	
Flares orange hand Trysail or 50% reefing (L circle)	<u> </u>			Radio certificate			
		cept self-servi	cing of li	fejackets.	Check with the club for sp	ecific requiren	nents.	

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CATEGORY 2	MULTIHULLS	For Offshore Races of long distance near shoreline
DATE OF AUDIT	SAIL NO:	BOAT NAME:
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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		
0.04	Section 3 Part 1 – Structural Features, Stability. See		
3.01 -	Keel and Rudder Inspection Form, and Organising		
3.05	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		
0.00.4	(e) If first launched on or after 01/2001, each escape		
3.06.4	hatch to be at or near midships station		
LH ≥12m	(f) Catamaran first launched on or after 01/2003 each		
212111	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		
	2 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"		
3.07.1	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		
	(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 'Not to be opened at sea'		
	Blocking device for low sill companionway		
	(a) Companionway hatch securing arrangement		
	(i) Operable from above and below		
	(ii) Functions independently of blocking devices		
3.07.4	(b) Blocking devices (e.g. washboards)		
	(i) Capable of being retained with hatch open or shut		
	(ii) Secured to boat (e.g. by lanyard)		
	(iii) Permit exit in event of inversion		
3.08.1	Cockpit strong, self-draining, & watertight (3.08.2)		
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		
	continuous deck barrier		
	(b) Minimum heights of lifelines and pulpit rails above		
	working deck, note 1993 Primary Launch or LH ≤ 8.5m		
	(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		
	displ. and angle ≤ 10 deg. from 50 mm above deck		
	(g) Bow pulpit opening does not exceed 360mm		

		e, lifelines set inside bow pulpit are ced and terminated				
	(i) Lifelines tau	t with 4kg applied; ≤ 50mm for upper, ≤	+			
	120mm for inte	ermediate				
	If design make	es it impractical to follow SR for lifeline				
3.12.2		as closely as possible to minimise risk				
	of falling overboard					
	(a) Lifelines uncoated stainless steel wire, or					
	(a)(iii) HMPE rope of minimum diameter					
3.12.6	(b) Loose sleeve permitted (d) Gap secured by lanyard ≤ 100 mm;					
	Lanyard replaced annually					
	(e) Total lifeline system ≥ strength of required wire					
	Nets:					
	(a) Essentially horizontal					
		r woven mesh, openings ≤ 50.8mm, no				
3.13.1	(c) Solidly fixed	oping at hull net junction d at regular intervals; fine stitched to bolt	+			
3.13.1	rope	d at regular intervals, line stitched to boil				
		ry full crew weight, upright or inverted	\neg			
	(e) Individual t	ie points, not more than 4 per				
	connecting line	e				
		Nets on each side:				
		(a) Central hull to outriggers (b) Aft of central pulpit to mid forward	+			
	Trimaran Net	(b) Art of central pulpit to mid forward crossbeam				
3.13.2	Double	(c) Furthest aft of centre cockpit or	\dashv			
	Crossbeam	steering position to mid aft crossbeam				
		(d) 3.13.2(c) does not apply if				
		coamings &/or lifelines height complies				
		with 3.12.5	_			
	Trimaran Net	Nets between central hull & outriggers,aft end of pulpit, and				
3.13.3	Single	furthest aft end of cockpit or				
	Crossbeam	steering position				
		Total net surface limited:				
		(a) Laterally by hulls				
3.13.4	Catamarans	(b) Longitudinally by forestay base &				
		boom end, but non-immersed central nacelle may satisfy tri requirements				
0.00.4	2 manual bilge	pumps; 1 above, 1 below operable with				
3.20.1		it; permanent discharge pipes				
3.20.2		ump out all watertight compartments				
5.20.2	except if imper	meable buoyancy				
3.20.6		t to discharge into closed cockpit	_			
		t connected to cockpit drains	+			
3.20.7	(a) Enge panie	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					
3.21.2		ic compass non-electric (portable ok)				
3.23		nts carried complying with IRPCAS	_			
3.25.4	(b) Masthead		_			
3.28.1		ion, min 50 mm; name & state rego;				
3.28.3		number & club x 1 m² coloured patches	+			
4.01.1		as per RRS 77 and Appendix G	\dashv			
		ackstay attachments port/starboard,	+			
4.03.1		n bolted (not around stanchion bases)				
	(c) At least 2 ja	ackstays fitted on underside				
	(a) Clipping po	ints through bolted or welded deck				
		suitable strong points				
		to clip/unclip from below and move				
4.03.2	between cock		+			
	(c) Clipping points for 2/3 crew					
	(d) Trimaran – If rudder on outrigger, clipping points, not part of deck gear or steering mechanism, crew can					
	, not part of acc	goar or organing moonamon, brow ball	1			

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CATEGORY 2 MULTIHULLS For Offshore Races of long distance near shoreline

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		
2475	(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		
	ventilated overboard		
3.17.7	Galley - suitable facilities. AS Interpretation 26/07/18 -		
	Sink not required	-	
3.18.1	2 permanently installed water tanks or divided		
	compartments with pump Watermaker permitted (in lieu of carrying water at	-	
3.18.2	start)		
3.19.1	Handholds below decks	\dashv	
3.19.1	Permanently installed engine	\dashv	
5.24.2	Dedicated starter battery if electric starter is only	-	
3.24.6	method of starting		
	Separate generators, if carried, securely covered and		
3.24.7	permanently installed		
0.04.0	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)	-	
0.05.0	DSC HF & VHF: programmed with MMSI, connected		
3.25.2	to GPS, capable send/receive alerts – See Marine		
2.26	Communications Inspection Form Batteries sealed type; electrolyte cannot escape		
3.26 3.27	Barometer fitted	-	
3.21			
3.29.1	(a) AIS transponder (d) & (e) Programmed MMSI & yacht name – See	\dashv	
0.23.1	Marine Communications Inspection Form		
3.30 &	·	\dashv	
4.11.3	GPS permanently installed, with MOB function		
4.12	Depth sounder		
4.13.1	Log (other than GPS)	\neg	
		В	
Reg	Portable Equipment	<u>P</u>	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		
1	(a) Emergency HF antenna, independent of mast (if HF		
	required)	-	
	(a) Emergency VIIIE antonna		
3.25.5	(a) Emergency VHF antenna	-	
3.25.5	(a) Emergency satellite phone antenna or other means		
3.25.5	(a) Emergency satellite phone antenna or other means to maintain sat phone comms, independent of mast (if		
	 (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 4.03.1	(a) Emergency satellite phone antenna or other means to maintain sat phone comms, independent of mast (if		

4.04.1	2 x fire extinguishers 1A:10BE dry powder min or	
	equiv.	
	Fire blanket (for cooking device with open flame)	
	(a) Anchors & ground tackle as per Table 1	
H	(b) Anchor & warp sizes Table 2 or Table 3	
	Anchor 1 Typekg/size	
	Anchor 2 Typekg/size	
	(c) Primary anchor assembled, attached to tackle	
	(i) Watertight spotlight; spare batteries & bulbs if	
	replaceable	
	(ii) 2 x flashlight floating type; spare batteries & bulbs	
	if replaceable	
4.07.2	First Aid Manual (St Johns or Red Cross) (current ed.)	
4.07.4	First aid kit, waterproof container; contents listed;	
	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	
	Current AS "Racing Rules of Sailing" and "Special	
	Regulations Part 1"; electronic or hard copy	
	Handheld GPS, water resistant, spare battery(s) or	
4.11.2	alternative means of charging (AS Interpretation	
	11/12/19 - may be combined handheld VHF)	-
	Emergency tiller if not tiller steered	_
	Alternative steering method for rudder loss	_
	Tools, spares parts, effective way to cut rigging	
	Bosun's chair or climbing harness	
	Sharp knife sheathed, restrained in or near cockpit	
	Name on all buoyant equipment & items	
	Personal lifejacket marked to identify owner	
	Retroreflective tape on lifebuoys, lifeslings, liferafts	
	(a) 406MHz EPIRB; GPS capable	
	Number of EPIRBs ≥ number of liferafts	
	Number of EPIRBs(a) Stored in an easily accessible, protected location	_
	(c) Regularly tested	
	(d) Registered with relevant authority	
4.18.3		
4.18.3	Crew trained in use of EPIRB	
4.18.3	Crew trained in use of EPIRB Additional EPIRB(s) in liferaft (x or ✓ - circle) or	
4.18.4	Crew trained in use of EPIRB Additional EPIRB(s) in liferaft (<u>x or √</u> - circle) or accessible location (x or √ - circle)	
4.18.4	Crew trained in use of EPIRB Additional EPIRB(s) in liferaft (<u>x or √</u> - circle) or accessible location (<u>x or √</u> - circle) Liferaft compliant type as per 4.19.1 and 4.19.2	
4.18.4 4.19.1	Crew trained in use of EPIRB Additional EPIRB(s) in liferaft (<u>x or √</u> - circle) or accessible location (<u>x or √</u> - circle) Liferaft compliant type as per 4.19.1 and 4.19.2 No. of liferafts	
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4.18.4 4.19.1 4.19.3	Crew trained in use of EPIRB Additional EPIRB(s) in liferaft (x or ✓ - circle) or accessible location (x or ✓ - circle) Liferaft compliant type as per 4.19.1 and 4.19.2 No. of liferafts	
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4.18.4 4.19.1 4.19.3 4.20.1 4.20.1	Crew trained in use of EPIRB Additional EPIRB(s) in liferaft (x or ✓ - circle) or accessible location (x or ✓ - circle) Liferaft compliant type as per 4.19.1 and 4.19.2 No. of liferafts	
4.18.4 4.19.1 4.19.3 4.20.1	Crew trained in use of EPIRB Additional EPIRB(s) in liferaft (x or ✓ - circle) or accessible location (x or ✓ - circle) Liferaft compliant type as per 4.19.1 and 4.19.2 No. of liferafts	
4.18.4 4.19.1 4.19.3 4.20.1	Crew trained in use of EPIRB Additional EPIRB(s) in liferaft (x or ✓ - circle) or accessible location (x or ✓ - circle) Liferaft compliant type as per 4.19.1 and 4.19.2 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 (b) If boat launch before 06/2001, valise ≤40kgs stowed below near companionway permitted (d) Painter should be made fast to strong point (e) Life raft launch time 15 seconds A grab bag for each liferaft (a) Lifebuoy; self-igniting light, drogue; in reach; OR Lifesling, self-igniting light; in reach	
4.18.4 4.19.1 4.19.3 4.20.1	Crew trained in use of EPIRB Additional EPIRB(s) in liferaft (x or ✓ - circle) or accessible location (x or ✓ - circle) Liferaft compliant type as per 4.19.1 and 4.19.2 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 (b) If boat launch before 06/2001, valise ≤40kgs stowed below near companionway permitted (d) Painter should be made fast to strong point (e) Life raft launch time 15 seconds A grab bag for each liferaft (a) Lifebuoy; self-igniting light, drogue; in reach; OR Lifesling, self-igniting light; in reach (b) Additional lifebuoy, in reach of helmsman	
4.18.4 4.19.1 4.19.3 4.20.1 4.21.1	Crew trained in use of EPIRB Additional EPIRB(s) in liferaft (x or ✓ - circle) or accessible location (x or ✓ - circle) Liferaft compliant type as per 4.19.1 and 4.19.2 No. of liferafts	
4.18.3 4.18.4 4.19.1 4.19.3 4.20.1 4.21.1	Crew trained in use of EPIRB Additional EPIRB(s) in liferaft (x or ✓ - circle) or accessible location (x or ✓ - circle) Liferaft compliant type as per 4.19.1 and 4.19.2 No. of liferafts	
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4.18.3 4.18.4 4.19.1 4.19.3 4.20.1 4.21.1 4.21.2 4.21.2	Crew trained in use of EPIRB Additional EPIRB(s) in liferaft (x or ✓ - circle) or accessible location (x or ✓ - circle) Liferaft compliant type as per 4.19.1 and 4.19.2 No. of liferafts	
4.18.3 4.18.4 4.19.1 4.19.3 4.20.1 4.21.1 4.21.2 4.21.2 4.21.4 4.21.5	Crew trained in use of EPIRB Additional EPIRB(s) in liferaft (x or √ - circle) or accessible location (x or √ - circle) Liferaft compliant type as per 4.19.1 and 4.19.2 No. of liferafts	
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CATEGORY 2 MULTIHULLS For Offshore Races of long distance near shoreline

DATE OF AUDIT
| SAIL NO: BOAT NAME:

Reg	Portable Equipment	Р	Α
	(a) Storm jib; area compliant		
4.24.1	(a) Storm jib; area compliant (b) Storm trysail; area compliant OR mainsail reefing		
4.24.1	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		
	stay independent of any luff-groove device		
	(d) Sail numbers both sides trysail		
	(e) Storm trysail to set with in-mast furling mainsail		
4.24.3	(a) Aromatic polyamides, carbon fibre & similar not used for storm jib, trysail		
4.06	Retrieval method of crew from water	-	
4.26 4.27		-	
4.28.1	V Distress sheet or International signal (square/circle) Stowage chart, displayed	-	
4.20.1	(a) Lifejacket ≥ 150N (not "Mae West"), in service;	-	
	1 per crew, plus minimum 1 spare (f)(l)		
	Number (1 per crew)		
	Number (minimum 1 spare)		
	Total on board:		
5.01.1	(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		
	(i) Tethers 1m long (in addition to 5.02.1) No		
5.02.2	OR included in 5.02.1 as follows:		
	Twin lines, one ≤ 1 m & second ≤ 2 m No		
5.03			
	(a) 406 MHz Parsanal Locator Reason (PLR) with	-	
	(b) AIS personal beacon recommended . (May be		
5.05.1	required by Notice of Race). 1 per crew No		
	(c) AIS personal beacon required for double handed		
	1 per crew Number	o nanada	
	(a) PLB and AIS within battery life		
5.05.2	(b) Regularly tested		
	(c) Registered with relevant authority (PLB)		
5.05.0	Crew to be trained in use of PLBs and AIS personal		
5.05.3	beacons		
5.05.1	(a) PLB and AIS within battery life		

Sailing	Sailing
Australian Sailing	Australian Sailing
Australian Sailing	Australian Sailing
Sailing Sailing	Sailing Sailing

NON-PRESCRIPTION	Р	1
Paracetamol 500 mg (e.g.Panadol) or Ibuprofen 200 mg (e.g.		Г
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		Π
Disposable gloves x 20		
Crepe bandages 75 mm x 1.5 m x 2		Π
Crepe bandages 100 mmx 1.5 m x 2		
Triangular bandage x 2		Π
High absorbency non- adherent dressing (e.g.Exu-dry) x 10		Г
Low absorbency non-adherent dressing/plain gauze (e.g. Melolin) x 10		
Bandaids or equivalent rollof bandaid x 20		H
Sports/Strapping tape 50mm x 2.5 m (e.g. Leukoplast) x 1	\vdash	Н
Antiseptic skin solution 15 ml (e.g. Betadine) x 1	\vdash	Г
Antiseptic cream e.g.Medicreme x 1	\vdash	Н
Normal saline 250 ml x 1	\vdash	Н
	\vdash	Н
Sterile eye patches x 5	-	\vdash
Clotrimazole cream (e.g.Canesten, Clonea) x 1 Hydrogel wound dressing 100 g (e.g. Solosite, Duoderm, Purilon)	-	\vdash
x1		L
Sunscreen 30+ 250 ml x 1		L
Anti-diarrhoea treatment i.e. loperamide (pkt) (e.g. Imodium) x 1		L
Electrolyte 4.9 g - pkt of 10(e.g. Gastrolyte) x 1		L
Seasickness tablets i.e. promethazine theoclate (e.g. Avomine) or dimenhydrinate + hyoscine hydrobromide + caffeine		
(e.g.Travacalm) x 10	-	\vdash
Scissors, stainless steel x 1		-
Thermometer, clinical x 1		-
Forceps, splinter x 1		-
Syringes/needles x 5		<u> </u>
Alcohol swabs x 10		-
Splints for arms & legs		-
CPR mask or 6 face shields		H
PRESCRIPTION	Р	4
Codeine 30 mg + Paracetamol 500 mg (e.g.Panadeine Forte) x 20		
Oxycodone 5 mg (e.g.Endone) x 20 or Oxycodone suppositories		Γ
30mg (e.g. Proladone) x 10		L
Chloramphenicol eye ointment 1% 4 g (e.g. Chlorsig or		Γ
Chloromycetin) x 1		L
Cephalexin 500 mg tabs(e.g. Keflex) x 20		Ĺ
Antihistamine tablet i.e promethazine 25 mg (e.g. Phenergan) x 25		
Adrenaline ampoules1:1000 x 5		
IF NOTICE OF RACE	Р	4
***************************************		Г
^^^Morphine 10 mg/1 ml x 10		
***Morphine 10 mg/1 ml x 10 ***Naloxone hydrochloride ampoules 400 mcg/ml x 5		Г

END OF FORM

As this form is for national use and portability, please use a separate checklist page for additional club/race organiser requirements



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