#### ISAF OFFSHORE SPECIAL REGULATIONS

www.sailing.org/specialregs

Extract for Race Category 4 Multihulls JANUARY 2012 - DECEMBER 2013

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**Version 1.2 - 2012** 

### Because this is an extract not all paragraph numbers will be present

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Official interpretations shall take precedence over these Special Regulations and will be indexed, numbered, dated and displayed on the ISAF web site www.sailing.org/specialregs

## **Language & Abbreviations Used**

Mo - Monohull

Mu - Multihull

" \*\* " means the item applies to all types of yacht in all Categories except 5 for which see Appendix J or 6 for which see Appendix L.

RED TYPE indicates a significant changes in 2012

Guidance notes and recommendations are in italics

The use of the masculine gender shall be taken to mean either gender

### **Administration**

The Offshore Special Regulation are administered by the ISAF Special Regulation Sub-Committee whose terms of reference are as follows: (www.sailing.org/regulations)

ISAF Regulation 6.8.8.3 - The Special Regulations Sub-Committee shall: (a) be responsible for the maintenance, revision and changes to the ISAF Offshore Special Regulations governing offshore racing, under licence from ORC Ltd. Such changes shall be biennial with revised editions published in January of each even year, except that matters of an urgent nature affecting safety may be dealt with by changes to the Regulations on a shorter time scale;

(b) monitor developments in offshore racing relative to the standards of safety and seaworthiness.

Any queries please E-Mail: technical@isaf.co.uk

#### **SECTION 1 - FUNDAMENTAL AND DEFINITIONS**

#### 1.01 Purpose and Use

1.01.1 It is the purpose of these Special Regulations to establish uniform minimum equipment, accommodation and training standards for monohull and multihull yachts racing offshore. A Proa is excluded from these regulations.

1.01.2 These Special Regulations do not replace, but rather supplement, the requirements of governmental authority, the Racing Rules and the rules of Class Associations and Rating Systems. The attention of persons in charge is called to restrictions in the Rules on the location and movement of

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equipment.

1.01.3 These Special Regulations, adopted internationally, are strongly recommended for use by all organizers of offshore races. Race Committees may select the category deemed most suitable for the type of race to be sailed.

1.02 Responsibility of Person in Charge

- 1.02.1 The safety of a yacht and her crew is the sole and inescapable responsibility of the person in charge who must do his best to ensure that the yacht is fully found, thoroughly seaworthy and manned by an experienced crew who have undergone appropriate training and are physically fit to face bad weather. He must be satisfied as to the soundness of hull, spars, rigging, sails and all gear. He must ensure that all safety equipment is properly maintained and stowed and that the crew know where it is kept and how it is to be used. He shall also nominate a person to take over the responsibilities of the Person in Charge in the event of his incapacitation.
- 1.02.2 Neither the establishment of these Special Regulations, their use by race organizers, nor the inspection of a yacht under these Special Regulations in any way limits or reduces the complete and unlimited responsibility of the person in charge.
- 1.02.3 Decision to race -The responsibility for a yacht's decision to participate in a race or to continue racing is hers alone RRS Fundamental Rule 4.
- 1.03 Definitions, Abbreviations, Word Usage
- 1.03.1 Definitions of Terms used in this document

TABLE 1

Age Date Month/year of first launch
AIS Automatic Identification Systems
CEN Comité Européen de Normalisation
CPR Cardio-Pulmonary Resuscitation

Coaming Includes the transverse after limit of the cockpit over which water would run in

the event that when the yacht is floating level the cockpit is flooded or filled to

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overflowing.

DSC Digital Selective Calling

EN European Norm

EPFS Electronic Position-Fixing System

EPIRB Emergency Position-Indicating Radio Beacon

FA Station The transverse station at which the upper corner of the transom meets the

sheerline.

Foul-Weather A foul weather suit is clothing designed to keep the wearer dry and maybe

Suit either a jacket and trousers worn together, or a single garment comprising

jacket and trousers.

GMDSS Global Maritime Distress & Safety System

GNSS Global Navigation Satellite System
GPIRB EPIRB, with integral GPS position-fixing
ITU International Telecommunications Union

GPS Global Positioning System

Hatch The term hatch includes the entire hatch assembly and also the lid or cover as

part of that assembly (the part itself may be described as a hatch).

INMARSAT This is Inmarsat Global Limited, the private company that provides GMDSS

satellite distress and safety communications, plus general communications via

voice, fax and data

IMO International Maritime Organisation

IMSO The International Mobile Satellite Organisation, the independent,

intergovernmental organisation that oversees Inmarsat's performance of its

Public Service Obligations for the GMDSS and reports on these to IMO

ISAF International Sailing Federation.

ISO International Standard or International Organization for Standardization.

Lifeline Rope or wire line rigged as guardrail / guardline around the deck LOA Length overall not including pulpits, bowsprits, boomkins etc. LWL (Length of) loaded waterline Monohull Yacht in which the hull depth in any section does not decrease towards the centre-line. Moveable Lead or other material including water which has no practical function in the boat other than to increase weight and/or to influence stability and/or trim and **Ballast** which may be moved transversely but not varied in weight while a boat is racina. ORC Offshore Racing Congress (formerly Offshore Racing Council) Offshore Special Regulation(s) OSR Permanently Means the item is effectively built-in by e.g. bolting, welding, glassing etc. and may not be removed for or during racing. Installed PLB Personal Locator Beacon Proa Asymmetric Catamaran **RRS** ISAF - Racing Rules of Sailing SAR Search and Rescue Search and Rescue Transponder SART Series Date Month & Year of first launch of the first yacht of the production series **SOLAS** Safety of Life at Sea Convention Safety Line A tether used to connect a safety harness to a strong point Held strongly in place by a method (e.g. rope lashings, wing-nuts) which will Securely safely retain the fastened object in severe conditions including a 180 degree **Fastened** capsize and allows for the item to be removed and replaced during racing Static Ballast Lead or other material including water which has no practical function in the boat other than to increase weight and/or to influence stability and/or trim and which may not be moved or varied in weight while a boat is racing. Static Safety A safety line (usually shorter than a safety line carried with a harness) kept clipped on at a work-station Line Variable Water carried for the sole purpose of influencing stability and/or trim and **Ballast** which may be varied in weight and/or moved while a boat is racing. The words "shall" and "must" are mandatory, and "should" and "may" are permissive. The word "yacht" shall be taken as fully interchangeable with the word "boat". **SECTION 2 - APPLICATION & GENERAL REQUIREMENTS Categories of Events** \*\* In many types of race, ranging from trans-oceanic sailed under adverse conditions to short-course day races sailed in protected waters, seven categories are established, to provide for differences in the minimum standards of safety and accommodation required for such varying circumstances: 2.01.5 Category 4 Short races, close to shore in relatively warm or protected waters normally MoMu,4 held in daylight. Inspection \*\* A yacht may be inspected at any time. If she does not comply with these Special Regulations her entry may be rejected, or she will be liable to disqualification or such other penalty as may be prescribed by the national authority or the race organizers. **General Requirements** All equipment required by Special Regulations shall:-\*\* function properly be regularly checked, cleaned and serviced \*\* \*\* when not in use be stowed in conditions in which deterioration is minimised \*\* be readily accessible \*\* be of a type, size and capacity suitable and adequate for the intended use and size of the yacht.

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1.03.3

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2.03

2.03.1

a) b)

c)

d)

e)

2.03.2

Heavy items:

a)	ballast, ballast tanks and associated equipment shall be permanently	**
L	installed	**
b)	heavy movable items including e.g. batteries, stoves, gas bottles, tanks, toolboxes and anchors and chain shall be securely fastened	7.7
c)	heavy items for which fixing is not specified in Special Regulations shall be	**
C)	permanently installed or securely fastened, as appropriate	
2.03.3	When to show navigation lights	**
a)	navigation lights (OSR 3.27) shall be shown as required by the	**
-	International Regulations for Preventing Collision at Sea, (Part C and	
	Technical Annex 1). All yachts shall exhibit sidelights and a sternlight at the	
	required times.	
	ON 3 - STRUCTURAL FEATURES, STABILITY, FIXED EQUIPMENT	
3.01	Strength of Build, Ballast and Rig Yachts shall be strongly built, watertight and, particularly with regard to	**
	hulls, decks and cabin trunks capable of withstanding solid water and	•
	knockdowns. They must be properly rigged and ballasted, be fully	
	seaworthy and must meet the standards set forth herein. Shrouds shall	
	never be disconnected.	
3.02	Watertight Integrity of a Hull	
3.02.1	A hull, including, deck, coach roof, windows, hatches and all other parts,	**
	shall form an integral, essentially watertight unit and any openings in it	
2 02 2	shall be capable of being immediately secured to maintain this integrity.	**
3.02.2	Centreboard and daggerboard trunks and the like shall not open into the interior of a hull except via a watertight inspection/maintenance hatch of	11-11-
	which the opening shall be entirely above the waterline of the yacht	
	floating level in normal trim.	
3.02.3	A canting keel pivot shall be completely contained within a watertight	**
	enclosure which shall comply with OSR 3.02.2. Access points in the	
	watertight enclosure for control and actuation systems or any other	
2.02.4	purpose shall comply with OSR 3.02.1.	**
3.02.4	Moveable ballast systems shall be fitted with a manual control and actuation secondary system which shall be capable of controlling the full	ጥጥ
	sailing load of the keel in the event of failure of the primary system. Such	
	failures would include electrical and hydraulic failure and mechanical failure	
	of the components and the structure to which it mounts. The system must	
	be capable of being operational quickly and shall be operable at any angle	
	of heel. It would be desirable if this system was capable of securing the	
	keel on the centreline.	
3.05	Stability and Flotation - Multihulls	Mu0,1,2,3,4
3.05.1	Attention is drawn to ISO 12217-2.  Adequate watertight bulkheads and compartments (which may include	<i>Mu0,1,2,3,4</i> Mu0,1,2,3,4
5.05.1	permanently installed flotation material) in each hull shall be provided to	1140,1,2,3,1
	ensure that a multihull is effectively unsinkable and capable of floating in a	
	stable position with at least half the length of one hull flooded. (see OSR	
	3.13.2).	
3.05.2	Multihulls built on or after Jan 1999 shall in every hull without	Mu0,1,2,3,4
	accommodation be divided at intervals of not more than 4m (13ft 3") by	
3.05.3	one or more transverse watertight bulkheads A yacht shall be designed and built to resist capsize.	MuO 1 2 2 /
3.03.3 <b>3.07</b>	Exits and Escape Hatches - Multihulls	Mu0,1,2,3,4 <b>Mu0,1,2,3,4</b>
3.07.1	Exits	1140/1/2/0/1
a)	In a multihull of 8m (26.2ft) LOA and greater, each hull which contains	Mu0,1,2,3,4
•	accommodation shall have at least two exits.	
3.07.2		
a)	In a multihull of 12m (39.4ft) LOA and greater each hull which contains	Mu0,1,2,3,4
i	accommodation shall:- have an escape hatch for access to and from the hull in the event of an	Mu() 1 2 2 4
i	inversion;	Mu0,1,2,3,4
ii	when first launched on or after January 2003 have a minimum clearance	Mu0,1,2,3,4
		, , , <del>, , ,</del>

	diameter through each escape hatch of 450mm or when an escape hatch is	
	not circular, sufficient clearance to allow a crew member to pass through fully clothed;	
iii	when first launched prior to January 2003, if possible have each escape hatch in compliance with the dimensions in OSR 3.07.2(a)(ii);	Mu0,1,2,3,4
iv	when the yacht is inverted have each escape hatch above the waterline;	Mu0,1,2,3,4
V	when first launched on or after January 2001 have each escape hatch at or	Mu0,1,2,3,4
	near the midships station;	
vi	in a catamaran first launched on or after January 2003 have each escape	Mu0,1,2,3,4
<b>L</b> .)	hatch on the side nearest the vessel's central axis.	M. O 1 2 2 4
b)	A trimaran of 12m (39.4ft) LOA and greater first launched on or after 1/03	Mu0,1,2,3,4
	shall have at least two escape hatches in compliance with the dimensions in OSR 3.07.2(a) (ii)	
c)	Each escape hatch must have been opened both from inside and outside	Mu0,1,2,3,4
C)	within 6 months prior to an intended race	1100,1,2,3,1
d)	A multihull shall have on the underside appropriate handholds/clipping	Mu0,1,2,3,4
- /	points sufficient for all crew (on a trimaran these shall be around the	/ / / - /
	central hull).	
e)	A catamaran first launched on or after 1/03 with a central nacelle shall	Mu0,1,2,3,4
	have on the underside around the central nacelle, handholds of sufficient	
	capacity to enable all persons on board to hold on and/or clip on securely	
f)	In a catamaran with a central nacelle, it is recommended that each hull has	Mu0,1,2,3,4
	an emergency refuge, accessible via a special hatch in the side of the hull	
	nearest the vessel's central axis, which hatch may be opened and closed from the inside and outside	
3.07.3	A multihull of less than 12m (39.4ft) LOA shall either have escape hatches	Mu2,3,4
310713	in compliance with OSR 3.07.2 (a)(b) and (c)or shall comply with OSR	1142/3/1
	3.07.3 (a) and (b):	
a)	each hull which contains accommodation shall have, for the purpose of	Mu2,3,4
	cutting an escape hatch, appropriate tools kept ready for instant use	
	adjacent to the intended cutting site. Each tool shall be secured to the	
	vessel by a line and a clip, and	
b)	in each hull at a station where an emergency hatch may be cut, the cutting	Mu2,3,4
	line shall be clearly marked both inside and outside with an outline and the words ESCAPE CUT HERE	
3.08	Hatches & Companionways	
3.08.1	No hatch forward of the maximum beam station, other than a hatch in the	**
0.00.2	side of a coachroof, shall open in such a way that the lid or cover moves	
	into the open position towards the interior of the hull (excepting ports	
	having an area of less than 0.071m2 (110 sq in)).	
3.08.2	A hatch fitted forward of the maximum beam station, located on the side of	**
	the coachroof, opening into the interior of the boat ,and of area greater	
	than 0.071m2 shall comply with ISO12216 design category A and be clearly	
	labelled and used in accordance with the following instruction: "NOT TO BE OPENED AT SEA" Attention is drawn to SR 3.02.1	
3.08.3	A hatch shall be:	
b)	permanently attached	**
c)	capable of being firmly shut immediately and remaining firmly shut in a 180	**
,	degree capsize (inversion)	
3.08.4	A companionway hatch shall:	
a)	be fitted with a strong securing arrangement which shall be operable from	**
	the exterior and interior including when the yacht is inverted	ale ale
b)	have any blocking devices:	**
İ ::	capable of being retained in position with the hatch open or shut	**
ii	whether or not in position in the hatchway, secured to the yacht (e.g. by lanyard) for the duration of the race, to prevent their being lost overboard	
iii	permit exit in the event of inversion	**
3.08.7	A companionway hatch extending below the local sheerline and shall	Mu0,1,2,3,4
2.0017	comply with either (a) or (b):	,-,-,-,-,

a)	be capable of being blocked off up to the level of the local sheerline, whilst giving access to the interior with the blocking devices (e.g. washboards) in place with a minimum sill height of 300 mm.	Mu0,1,2,3,4
b) ii	A companionway hatch shall be in compliance with ISO 11812 – Watertight cockpits and quick-draining cockpits to design category B	Mu4
<b>3.09</b> 3.09.1	Cockpits - Attention is Drawn to ISO 11812 Cockpits shall be structurally strong, self-draining quickly by gravity at all	**
	angles of heel and permanently incorporated as an integral part of the hull.	
3.09.2	Cockpits must be essentially watertight, that is, all openings to the hull must be capable of being strongly and rigidly secured	**
3.09.3	A bilge pump outlet pipe shall not be connected to a cockpit drain. See  OSR 3.09.8 for cockpit drain minimum sizes	**
3.09.4	A cockpit sole shall be at least 2% LWL above LWL (or in IMS yachts first launched before 1/03, at least 2% L above LWL)	**
3.09.5	A bow, lateral, central or stern well shall be considered a cockpit for the purposes of OSR 3.09	**
3.09.6	In cockpits opening aft to the sea structural openings aft shall be not less in area than 50% maximum cockpit depth x maximum cockpit width.	**
3.09.7	Cockpit Volume	
i)	earliest of age or series date before April 1992 the total volume of all cockpits below lowest coamings shall not exceed 9%	Extract File Only
ii)	(LWL x maximum beam x freeboard abreast the cockpit). earliest of age or series date April 1992 and after	MoMu2,3,4
,	as above for the appropriate category except that "lowest coamings" shall not include any aft of the FA station and no extension of a cockpit aft of	Extract File Only **
	the working deck shall be included in calculation of cockpit volume IMS-rated boats may instead of the terms LWL, maximum beam, freeboard abreast the cockpit, use the IMS terms L, B and FA.	Extract File Only **
3.09.8	Cockpit Drains	
	See OSR 3.09.1. Cockpit drain cross section area (after allowance for screens if fitted) shall be:-	
a)	in yachts with earliest of age or series date before 1/72 or in any yacht under 8.5m (28ft) LOA - at least that of 2 x 25mm diameter (one inch)	**
<b>L</b> )	unobstructed openings or equivalent	**
b) <b>3.10</b>	in yachts with earliest of age or series date 1/72 and later - at least that of 4 x 20mm diameter (3/4 inch) unobstructed openings or equivalent <b>Sea Cocks or Valves</b>	7.7
3.10	Sea cocks or valves shall be permanently installed on all through-hull	**
	openings below the waterline except integral deck scuppers, speed	
	indicators, depth finders and the like, however a means of closing such openings shall be provided.	
3.11	Sheet Winches	
	Sheet winches shall be mounted in such a way that an operator is not required to be substantially below deck.	**
3.12	Mast Step	
	The heel of a keel stepped mast shall be securely fastened to the mast step or adjoining structure.	**
3.13	Watertight Bulkheads	
3.13.1	multihulls also see OSR 3.05 A hull shall have either a watertight "crash" bulkhead within 15% of LOA from the bow and abaft the forward end of LWL, or permanently installed	<i>Mu0,1,2,3,4</i> Mo0Mu0,1,2,3,4
	closed-cell foam buoyancy effectively filling the forward 30% LOA of the	
3.13.2	hull.  Any required watertight bulkhead shall be strongly built to take a full head of water pressure without allowing any leakage into the adjacent compartment.	Mo0Mu0,1,2,3,4
3.14	Pulpits, Stanchions, Lifelines	
3.14.1	When due to the particular design of a multihull it is impractical to precisely	Mu0,1,2,3,4,

\*

	follow Special Regulations regarding pulpits, stanchions, lifelines, the	
	regulations for monohulls shall be followed as closely as possible with the	
2 1 4 2	aim of minimising the risk of people falling overboard.	**
3.14.2	Lifelines required in Special Regulations shall be "taut".	**
a)	As a guide, when a deflecting force of 50 N (5.1 kgf, 11.2 lbf) is applied to a lifeline midway between supports, the lifeline should not deflect more	
	than 50 mm.	
3.14.3	The following shall be provided:	**
c)	lifelines (guardlines) supported on stanchions, which, with pulpits, shall	**
•	form an effectively continuous barrier around a working deck for man-	
	overboard prevention. Lifelines shall be permanently supported at intervals	
	of not more than 2.20m (86.6") and shall not pass outboard of supporting	
	stanchions	
d)	upper rails of pulpits at no less height above the working deck than the	**
,	upper lifelines as in Table 7.	ale ale
e)	Openable upper rails in bow pulpits shall be secured shut whilst racing	**
f)	Pulpits and stanchions shall be permanently installed. When there are	<i>ተ</i> ተ
	sockets or studs, these shall be through-bolted, bonded or welded. The pulpit(s) and/or stanchions fitted to these shall be mechanically retained	
	without the help of the life-lines. Without sockets or studs, pulpits and/or	
	stanchions shall be through-bolted, bonded or welded.	
g)	The bases of pulpits and stanchions shall not be further inboard from the	**
37	edge of the appropriate working deck than 5% of maximum beam or 150	
	mm (6 in), whichever is greater.	
h)	Stanchion or pulpit or pushpit bases shall not be situated outboard of a	**
	working deck. For the purpose of this rule the base shall be taken to	
	include a sleeve or socket into which the tube is fitted but shall exclude a	
	baseplate which carries fixings into the deck or hull.	
i)	Provided the complete lifeline enclosure is supported by stanchions and	**
	pulpit bases effectively within the working deck, lifeline terminals and	
÷\	support struts may be fixed to a hull aft of the working deck	**
j)	Lifelines need not be fixed to a bow pulpit if they terminate at, or pass through, adequately braced stanchions set inside and overlapping the bow	ጥጥ
	pulpit, provided that the gap between the upper lifeline and the bow pulpit	
	does not exceed 150 mm (6 in).	
k)	Lifelines shall be continuous and fixed only at (or near) the bow and stern.	**
,	However a bona fide gate shall be permitted in the lifelines on each side of	
	a yacht. Except at its end fittings, the movement of a lifeline in a fore-and-	
	aft direction shall not be constrained. Temporary sleeving in 3.14.6 (c)	
	shall not modify tension in the lifeline.	
l)	Stanchions shall be straight and vertical except that:-	**
i	within the first 50 mm (2 in) from the deck, stanchions shall not be	**
	displaced horizontally from the point at which they emerge from the deck	
::	or stanchion base by more than 10 mm (3/8 in), and	**
ii	stanchions may be angled to not more than 10 degrees from vertical at any	ጥጥ
m)	point above 50 mm (2 in) from the deck.  It is strongly recommended that designs also comply to ISO 15085	**
3.14.4	Special Requirements for Pulpits, Stanchions, Lifelines on	Mu0,1,2,3,4
J.1	Multihulls	1140/1/2/0/1
	The following shall be provided:-	
a)	on a trimaran - a bow pulpit on the main hull, with lifelines around the	Mu0,1,2,3,4
,	main hull supported on stanchions. The lifelines may be interrupted where	
	there are nets or crossbeam wings outboard of the main hull	
b)	on a trimaran - where a net joins the base of a bow pulpit on the main hull,	Mu0,1,2,3,4
	an additional lifeline from the top of the pulpit to the forward crossbeam at	
	or outboard of the crossbeam mid-point.	
c)	on a trimaran - at a main or emergency steering position on an outrigger	Mu0,1,2,3,4
	with or without a cockpit, lifelines protecting an arc of 3 meters diameter	
	centred on the steering position. (When measuring between lifelines their	

taut, undeflected positions shall be taken for this purpose). on a catamaran - lifelines from bow to stern on each hull and transverse

lifelines to form an effectively continuous barrier around the working area for man-overboard prevention. The transverse lifelines shall be attached to

bow and stern pulpits or superstructure. A webbing, strop or rope (minimum diameter 6mm) shall be rove zig-zag between the transverse lifelines and the net.

# 3.14.5 Lifeline Height, Vertical Openings, Number of Lifelines

d)

TABLE 7		**	
LOA	earliest of age/seriesdate	minimum requirements	Category
under 8.5 m(28 ft)	before January 1992	taut single lifeline at a height of no less than 450 mm (18 in) above the working deck. No vertical opening shall exceed 560 mm (22 in).	**
under 8.5 m(28 ft)	January 1992 and after	as for under 8.5 m(28 ft) in table 7 above, except that when an intermediate lifeline is fitted no vertical opening shall exceed 380 mm (15 in).	**
8.5 m (28 ft) and over	before January 1993	taut double lifeline with upper lifeline at a height of no less than 600 mm (24 in) above the working deck. No vertical opening shall exceed 560 mm (22 in)	**
8.5 m (28 ft)and over	January 1993 and after	as 8.5 m (28 ft) and over in Table 7 above, except that no vertical opening shall exceed 380 mm (15 in).	**
all	all	on yachts with intermediate lifelines the intermediate line shall be not less than 230 mm (9 in) above the working deck.	**

## 3.14.6 Lifeline Minimum Diameters, Required Materials, Specifications

\*\* Lifelines shall be of: a)

- stranded stainless steel wire or

- Single-braided High Modulus Polyethylene (HMPE)

(Dyneema®/Spectra® or equivalent) rope

\*\* The minimum diameter is specified in table 8 below. b)

Stainless steel lifelines shall be uncoated and used without close-fitting \*\* c) sleeving, however, temporary sleeving may be fitted provided it is regularly removed for inspection.

\*\* When stainless wire is used, Grade 316 is recommended. d)

When HMPE (Dyneema®/Spectra®) is used, it shall be spliced in e)

accordance with the manufacturer's recommended procedures.

\*\* A taut lanyard of synthetic rope may be used to secure lifelines provided f) the gap it closes does not exceed 100 mm (4 in). This lanyard shall be replaced annually at a minimum.

All wire, fittings, anchorage points, fixtures and lanyards shall comprise a g) lifeline enclosure system which has at all points at least the breaking strength of the required lifeline wire.

TABLE 8 \*\*

LOA minimum wire or rope diameter

under 8.5 m (28ft) 3 mm (1/8 in) 4 mm (5/32 in) 8.5m - 13 m over 13 m (43 ft) 5 mm (3/16 in)

#### 3.14.7 **Pulpits, Stanchions, Lifelines - Limitations on Materials**

TABLE 9

Earliest of Age or Series detail

Date

before January 1987 carbon fibre is not recommended in stanchions pulpits and

lifelines.

stanchions, pulpits and lifelines shall not be made of carbon fibre. January 1987 and after

#### 3.15 **Multihull Nets or Trampolines**

The word "net" is interchangeable with the word "trampoline" 3.15.1

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Mu0,1,2,3,4

a) b)	A net shall be:- essentially horizontal made from durable woven webbing, water permeable fabric, or mesh with openings not larger than 5.08cm (2 inches) in any dimension. Attachment points shall be planned to avoid chafe. The junction between a net and a	Mu0.1.2.3.4 Mu0,1,2,3,4 Mu0,1,2,3,4
c)	yacht shall present no risk of foot trapping solidly fixed at regular intervals on transverse and longitudinal support lines	Mu0,1,2,3,4
d)	and shall be fine-stitched to a bolt rope able to carry the full weight of the crew either in normal working conditions at sea or in case of capsize when the yacht is inverted.	Mu0,1,2,3,4
e)	It is recommended that lines used to tie the nets should be individually tied and not continuously connected to more than four attachment points per	Mu0,1,2,3,4
0.450	connecting line	
3.15.2	Trimarans with Double Crossbeams	
a)	A trimaran with double crossbeams shall have nets on each side covering:- the rectangles formed by the crossbeams, central hull and outriggers	Mun 1 2 2 4
b)	the triangles formed by the aft end of the central pulpit, the mid-point of	Mu0,1,2,3,4 Mu0,1,2,3,4
c)	each forward crossbeam, and the intersection of the crossbeam and the central hull	Mu0,1,2,3,4
d)	the triangles formed by the aftermost part of the cockpit or steering	Mu0,1,2,3,4
	position (whichever is furthest aft), the mid-point of each after crossbeam,	
	and the intersection of the crossbeam and the central hull; except that:-	
e)	the requirement in OSR 3.15.2(d) shall not apply when cockpit coamings	Mu0,1,2,3,4
	and/or lifelines are present which comply with the minimum height	
2452	requirements in Table 7	
3.15.3	Trimarans with Single Crossbeams  A trimaran with a single crossbeam shall have note between the central bull	Mun 1 2 2 4
a)	A trimaran with a single crossbeam shall have nets between the central hull and each outrigger:-	Mu0,1,2,3,4
b)	on each side between two straight lines from the intersection of the	Mu0,1,2,3,4
5)	crossbeam and the outrigger, respectively to the aft end of the pulpit on	1 140/1/2/3/ 1
	the central hull, and to the aftermost point of the cockpit or steering	
	position on the central hull (whichever is furthest aft)	
3.16	Catamarans	
	On a catamaran the total net surface shall be limited:	
a)	laterally by the hulls; and	Mu0,1,2,3,4
b)	longitudinally by transverse stations through the forestay base, and the	Mu0,1,2,3,4
	aftermost point of the boom lying fore and aft. However, a catamaran with	
2 10	a central nacelle (non-immersed) may satisfy the regulations for a trimaran <b>Toilet</b>	
<b>3.18</b> 3.18.2	A toilet, permanently installed or fitted bucket	MoMu3,4
3.10.2 3.19	Bunks	Morius, T
3.19.2	Bunks, permanently installed	**
3.22	Hand Holds	
	Adequate hand holds shall be fitted below deck so that crew members may	**
	move about safely at sea.	
	A hand hold should be capable of withstanding without rupture a side force	
	of 1500N - attention is drawn to ISO 15085.	
3.23	Bilge Pumps and Buckets	steste
3.23.1	No bilge pump may discharge into a cockpit unless that cockpit opens aft	**
3.23.2	to the sea.  Bilge pumps shall not be connected to cockpit drains. (OSR 3.09)	**
3.23.2	Bilge pumps and strum boxes shall be readily accessible for maintenance	**
3.23.3	and for clearing out debris	
3.23.4	Unless permanently installed, each bilge pump handle shall be provided	**
5.25.1	with a lanyard or catch or similar device to prevent accidental loss	
3.23.5	The following shall be provided:	
c)	multihulls shall have provision to pump out all watertight compartments	Mu0,1,2,3,4
,	(except those filled with impermeable buoyancy).	, , , , - ,
f)	two buckets of stout construction each with at least 9 litres (2 UK gallons,	**
-	,	

		Each bucket to have a lanyard.		
3.24	Compass			
3.24.1	The following shall be pro			
a)	a marine magnetic compa	**		
	•	correctly adjusted with deviation card, and		
3.25	Halyards.	an true habrarda anch canable of beisting a cail	**	
2 27	No mast shall have less than two halyards, each capable of hoisting a sail. **  Navigation Lights (see OSR 2.03.3)			
<b>3.27</b> 3.27.1	- ·	mounted so that they will not be masked by sails	**	
3.27.1	or the heeling of the yach	·		
3.27.2	,	be mounted below deck level and should be at	**	
512712	5 5	diately under the upper lifeline.		
3.27.3	Navigation light intensity	and apper memor		
	TABLE 11			
	LOA	Guide to required minimum power rating for an ele	ectric bulb in a	
		navigation light		
	under 12 m (39.4 ft)	10 W		
		25 W		
	above			
3.27.5		lights shall be carried, or for lights not	**	
	dependent on bulbs, appr			
3.28	Engines, Generators, F	uel	**	
3.28.1	Propulsion Engines Engines and associated st	vetame shall be installed in accordance with their	**	
a)	-	stems shall be installed in accordance with their and shall be of a type, strength, capacity, and	•	
	_	e size and intended use of the yacht.		
b)		gine when fitted shall: be provided with a	**	
5)		aust, coolant, and fuel supply systems and fuel		
		red; and have adequate protection from the		
	effects of heavy weather.	, , , , , , , , , , , , , , , , , , , ,		
3.28.2	Generator			
	A separate generator for e	electricity is optional. However, when a separate	**	
		Il be permanently installed, securely covered, and		
	. ,	stalled exhaust, cooling and fuel supply systems		
		e adequate protection from the effects of heavy		
	weather.		ale ale	
3.29		ment, EPFS (Electronic Position-Fixing	**	
2 20 1	System), Radar, AIS	vidadı	**	
3.29.1 e)	The following shall be pro	ransceiver, watertight or with a waterproof cover.	MoMu1,2,3,4	
<i>C)</i>		wed in a grab bag or emergency container (see	1101101,2,3,7	
	OSR 4.21)	wed in a grab bag or emergency container (see		
f)	•	dio transceiver, a radio receiver capable of	**	
- /	receiving weather bulletin	·		
3.29.2		no reflector, active or passive, is a guarantee of	**	
	detection or tracking by a	vessel using radar.		
a)	•	in charge is drawn to legislation in force or	**	
	_	rritorial seas of some countries in which the		
		or will be mandatory for certain vessels including		
	relatively small craft.			
		MENT & SUPPLIES for the yacht		
(for war 4.01	ter & fuel see OSR 3.21 Sail Letters & Numbers			
<b>4.01</b> 4.01.1		in ISAF International Class or Recognized Class	**	
T.UI.1		and Appendix G as closely as possible, except		
	• •	by a State authority are acceptable.		
4.01.2		of the size carried on the mainsail must be	**	
<b>-</b>		neans when none of the numbered sails is set.		
4.02	Hull marking (colour b		Mo0,1,Mu0,1,2,3,4	

4.02.1	To assist in SAR location:-	
4.02.2	Multihulls shall show on the underside, where they can be seen when	Mu0,1,2,3,4
	inverted, an solid area of highly-visible colour (e.g. Day-Glo pink, orange,	
	or yellow) of at least 1m^2	
4.03	Soft Wood Plugs	
	Soft wood plugs, tapered and of the appropriate size, shall be attached or	**
	stowed adjacent to the appropriate fitting for every through-hull opening.	
4.05	Fire Extinguishers	
	Shall be provided as follows:	
4.05.1	Fire extinguishers, at least two, readily accessible in suitable and different	**
	parts of the yacht	
4.05.4	A fire blanket adjacent to every cooking device with an open flame	**
4.06	Anchor(s)	
4.06.1	An anchor or anchors shall be carried according to the table below:	**
a)	1 anchor, readily accessible	MoMu4
4.07	Flashlight(s) and Searchlight(s)	1101141
4.07.1	The following shall be provided:-	
a)	A watertight, high-powered searchlight, suitable for searching for a person	**
a)	overboard at night and for collision avoidance with spare batteries and	
	bulbs, and	
h)	a watertight flashlight with spare batteries and bulb	**
b)	for Mu3,4 the watertight flashlight in OSR 4.07.1 (b) shall be stowed in the	
c)		Mu3,4
4.00	grab bag or emergency container  First Aid Manual and First Aid Kit	**
4.08		**
4.08.1	A suitable First Aid Manual shall be provided	**
	In the absence of a National Authority's requirement, the latest edition of	77
<i>(</i> -)	one of the following is recommended:-	14-14-2 2 4
<i>b)</i>	First Aid at Sea, by Douglas Justins and Colin Berry, published by Adlard	MoMu2,3,4
-1	Coles Nautical, London	**
<i>c)</i>	Le Guide de la medecine a distance, by Docteur J Y Chauve, published by	**
Ι ο	Distance Assistance BP33 F-La Baule, cedex, France.	
<i>d)</i>	'PAN-PAN medico a bordo' in Italian edited by Umberto Verna.	MoMu2,3,4
	www.panpan.it	ale ale
<i>e)</i>	Skipper's Medical Emergency Handbook by Dr Spike Briggs and Dr	**
4 00 0	Campbell Mackenzie www.msos.org.uk	dada
4.08.2	A First Aid Kit shall be provided	**
4.08.3	The contents and storage of the First Aid Kit should reflect the guidelines	**
	of the Manual carried, the likely conditions and duration of the passage,	
	and the number of people aboard the yacht.	
4.09	Foghorn	
	A foghorn shall be provided	**
4.10	Radar Reflector	
4.10.1	A passive Radar Reflector (that is, a Radar Reflector without any power)	**
_	shall be provided	
a)	If a radar reflector is:	**
İ	octahedral with triangular plates making up each pocket it must have a	**
	minimum diagonal measurement of 456 mm (18in).	
ii	octahederal with circular sector plates making up each pocket it must have	**
	a minimum diameter of 304mm (12in).	
iii	not octahedral it must have a documented RCS (radar cross-section) of not	**
	less than 10 m2 at 0° elevation and be capable of performance around	
	360° in azimuth.	
_	The minimum effective height above water is 4.0 m (13 ft).	**
<i>b)</i>	The passive and active devices referred to in these notes and in 4.10.1 and	**
-	4.10.2 above are primarily intended for use in the X (9GHz) band	
4.10.2	The most effective radar response from a yacht may be provided by an	MoMu1,2,3,4
	RTE (Radar Target Enhancer) which may be on board in addition to the	, ,-,
	required passive reflector. An RTE should conform to ISO 8729-2:2009. An	
	RTE is strongly recommended.	
_		

<i>b)</i>	The display of a passive reflector or the operation of an RTE is for the	**
1 10 2	person in charge to decide according to prevailing conditions.	**
4.10.3	When available, a passive radar reflector in compliance with ISO8729- 1:2010 will offer improved performance over earlier models and has a size	4.4
	typified by a cylinder of not more than weight 5kg, height 750mm and	
	diameter 300mm.	
4.10.4	S (3GHz) band radar is often used by ships in bad weather to complement	**
	X (9GHz) band radar. On S (3GHz) band a passive reflector offers about	
	1/10 the response obtained on the X (9GHz) band. Unless specifically	
	designed to operate in the S(3GHz) band, an RTE will provide no response	
4.11	at all.  Navigation Equipment	
<b>4.11</b> .1	Charts	
	Navigational charts (not solely electronic), light list and chart plotting	**
	equipment shall be provided	
4.12	Safety Equipment Location Chart	
	A safety equipment location chart in durable waterproof material shall be	**
	displayed in the main accommodation where it can best be seen, clearly	
4.40	marked with the location of principal items of safety equipment.	
<b>4.13</b> 4.13.1	Echo Sounder or Lead Line An echo sounder or lead line shall be provided	MaMul 2.2.4
<b>4.15.1 4.16</b>	Tools and Spare Parts	MoMu1,2,3,4
7.10	Tools and spare parts, including effective means to quickly disconnect or	**
	sever the standing rigging from the hull shall be provided.	
4.17	Yacht's name	
	Yacht's name shall be on miscellaneous buoyant equipment, such as	**
4.40	lifejackets, cushions, lifebuoys, lifeslings, grab bags etc.	
4.18	Marine grade retro-reflective material	**
	Marine grade retro-reflective material shall be fitted to lifebuoys, lifeslings,	1.1.
4.21	liferafts and lifejackets. See OSRs 5.04, 5.08. <b>Grab Bags</b>	
4.21 4.21.1	Grab Bags Grab Bag or Emergency Container for Multihulls Without Liferafts	Mu3,4
	Grab Bags Grab Bag or Emergency Container for Multihulls Without Liferafts A multihull without a liferaft shall have, readily accessible whether or not	<b>Mu3,4</b> Mu3,4
4.21.1	Grab Bags Grab Bag or Emergency Container for Multihulls Without Liferafts A multihull without a liferaft shall have, readily accessible whether or not the yacht is inverted, either a watertight compartment or a grab bag with	•
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<b>4.21.1</b> a)	<b>Grab Bags Grab Bag or Emergency Container for Multihulls Without Liferafts</b> A multihull without a liferaft shall have, readily accessible whether or not the yacht is inverted, either a watertight compartment or a grab bag with the following minimum contents. A grab bag shall have inherent flotation, at least 0.1 m^2 area of fluorescent orange colour on the outside, shall be marked with the name of the yacht, and shall have a lanyard and clip.	Mu3,4
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<b>4.21.1</b> a)  b)  c) d) e) f) g) <b>4.22</b> 4.22.1 a) 4.22.3	Grab Bag or Emergency Container for Multihulls Without Liferafts  A multihull without a liferaft shall have, readily accessible whether or not the yacht is inverted, either a watertight compartment or a grab bag with the following minimum contents. A grab bag shall have inherent flotation, at least 0.1 m^2 area of fluorescent orange colour on the outside, shall be marked with the name of the yacht, and shall have a lanyard and clip. Note: it is not intended to duplicate in a grab bag etc. items required by other OSRs to be on board the yacht - this regulation covers only the stowage of those items  a watertight hand-held marine VHF transceiver plus a spare set of batteries a watertight flashlight with spare batteries and bulb  2 red parachute and 3 red hand flares  a watertight strobe light with spare batteries  a knife  Lifebuoys  The following shall be provided within reach of the helmsman and ready for instant use:  a lifebuoy with a self-igniting light and a drogue or a Lifesling with a self-igniting light and without a drogue.  Each inflatable lifebuoy and any automatic device (e.g. pole and flag extended by compressed gas) shall be tested and serviced at intervals in accordance with its manufacturer's instructions.	Mu3,4 Mu3,4 Mu3,4 Mu3,4 Mu3,4 Mu3,4 **
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<b>4.21.1</b> a)  b)  c) d) e) f) g) <b>4.22</b> 4.22.1 a) 4.22.3	Grab Bag or Emergency Container for Multihulls Without Liferafts  A multihull without a liferaft shall have, readily accessible whether or not the yacht is inverted, either a watertight compartment or a grab bag with the following minimum contents. A grab bag shall have inherent flotation, at least 0.1 m^2 area of fluorescent orange colour on the outside, shall be marked with the name of the yacht, and shall have a lanyard and clip. Note: it is not intended to duplicate in a grab bag etc. items required by other OSRs to be on board the yacht - this regulation covers only the stowage of those items  a watertight hand-held marine VHF transceiver plus a spare set of batteries a watertight flashlight with spare batteries and bulb  2 red parachute and 3 red hand flares  a watertight strobe light with spare batteries  a knife  Lifebuoys  The following shall be provided within reach of the helmsman and ready for instant use:  a lifebuoy with a self-igniting light and a drogue or a Lifesling with a self-igniting light and without a drogue.  Each inflatable lifebuoy and any automatic device (e.g. pole and flag extended by compressed gas) shall be tested and serviced at intervals in accordance with its manufacturer's instructions.	Mu3,4 Mu3,4 Mu3,4 Mu3,4 Mu3,4 ** **
4.21.1 a) b) c) d) e) f) g) 4.22 4.22.1 a) 4.22.3 4.22.4 4.22.5	Grab Bags or Emergency Container for Multihulls Without Liferafts A multihull without a liferaft shall have, readily accessible whether or not the yacht is inverted, either a watertight compartment or a grab bag with the following minimum contents. A grab bag shall have inherent flotation, at least 0.1 m^2 area of fluorescent orange colour on the outside, shall be marked with the name of the yacht, and shall have a lanyard and clip.  Note: it is not intended to duplicate in a grab bag etc. items required by other OSRs to be on board the yacht - this regulation covers only the stowage of those items a watertight flashlight with spare batteries and bulb 2 red parachute and 3 red hand flares a watertight strobe light with spare batteries a knife Lifebuoys The following shall be provided within reach of the helmsman and ready for instant use: a lifebuoy with a self-igniting light and a drogue or a Lifesling with a self- igniting light and without a drogue. Each inflatable lifebuoy and any automatic device (e.g. pole and flag extended by compressed gas) shall be tested and serviced at intervals in accordance with its manufacturer's instructions. Each lifebuoy or lifesling shall be fitted with marine grade retro-reflective material (4.18).  It is recommended that the colour of each lifebuoy be a safety colour in the yellow-red range.	Mu3,4 Mu3,4 Mu3,4 Mu3,4 Mu3,4 Mu3,4 ** **
4.21.1 a) b) c) d) e) f) g) 4.22 4.22.1 a) 4.22.3	Grab Bags or Emergency Container for Multihulls Without Liferafts A multihull without a liferaft shall have, readily accessible whether or not the yacht is inverted, either a watertight compartment or a grab bag with the following minimum contents. A grab bag shall have inherent flotation, at least 0.1 m^2 area of fluorescent orange colour on the outside, shall be marked with the name of the yacht, and shall have a lanyard and clip.  Note: it is not intended to duplicate in a grab bag etc. items required by other OSRs to be on board the yacht - this regulation covers only the stowage of those items a watertight hand-held marine VHF transceiver plus a spare set of batteries a watertight flashlight with spare batteries and bulb 2 red parachute and 3 red hand flares a watertight strobe light with spare batteries a knife Lifebuoys The following shall be provided within reach of the helmsman and ready for instant use: a lifebuoy with a self-igniting light and a drogue or a Lifesling with a self- igniting light and without a drogue. Each inflatable lifebuoy and any automatic device (e.g. pole and flag extended by compressed gas) shall be tested and serviced at intervals in accordance with its manufacturer's instructions. Each lifebuoy or lifesling shall be fitted with marine grade retro-reflective material (4.18).  It is recommended that the colour of each lifebuoy be a safety colour in	Mu3,4 Mu3,4 Mu3,4 Mu3,4 Mu3,4 Mu3,4 ** **

	Chapter III Visual Signals and n				
	any) or if no expiry date stamp red parachute flares LSA III	red hand flares LSA III	s. orange smoke LSA	\ TTT	race
	3.1	3.2	3.3	<b>4</b> 111	category
	6	4	2		MoMu0,1
	4	4	2		MoMu2,3
		4	2		Mo4
	2	4	2		Mu4
4.24	TABLE 13			**	
<b>4.24</b> a)	<b>Heaving Line</b> a heaving line shall be provided	15 m - 25 m (50 ft - 75 ft)	\ longth roadily	**	
a)	accessible to cockpit.	15 111 - 25 111 (50 11 - 75 11)	) length readily		
<i>b)</i>	the "throwing sock" type is reco	ommended - see Appendix	D	**	
4.25	Cockpit Knife	7 P			
	A strong, sharp knife, sheathed	and securely restrained sh	all be provided	**	
	readily accessible from the deck	•			
4.26	Storm & Heavy Weather Sai	ls			
4.26.1 a)	Design it is strongly recommended	that nersons in charge	consult their	**	
a)	designer and sailmaker to d				
	and heavy weather sails. Th				
	safe propulsion for the yach		-		
	intended as part of the racin	-			
	maxima. Smaller areas are I		ts according to		
4.26.2	their stability and other cha High Visibility	racteristics.			
a)	Every storm jib shall either be o	of highly-visible coloured m	aterial (e.g.	**	
,	dayglo pink, orange or yellow)		` -		
	least 50% of the area of the sai	· ·	•		
	on each side; and also that a ro				
	visible coloured patch on each s				
<i>b)</i>	2014 shall have the material of it is strongly recommended that	,	•	**	
D)	or have a patch of highly visible	•	itrici be made or		
4.26.3	Materials				
a)	aromatic polyamides, carbon ar		-	**	
	or storm jib but spectra/dyneen			Ale Ale	
<i>b)</i>	it is strongly recommended that			**	
	aromatic polyamides, carbon ar spectra/dyneema.	iu similar nores outer utan			
4.26.4	The following shall be provi	ded:-			
a)	sheeting positions on deck for e		ther sail;	**	
b)	for each storm or heavy-weather			**	
	independent of any luff-groove	,			
	means of attachment readily av attachment permanently attach		ave the means of		
	Storm and heavy weather jib ar				
	(0.255 x luff length x (luff perpe		)* To apply to		
	sails made in January 2012 and		,		
d)	if a storm trysail is required by				t File Only
	letter(s) shall be placed on both			MoMu	3,4
I s	mast as substitute for a trysail)			**	
f)	a heavy-weather jib (or heavy-varea not greater than 13.5% he	-		-117	
I	area not greater triali 13.3% lie	agnic of the foretrialigie squ	aui Eu,		

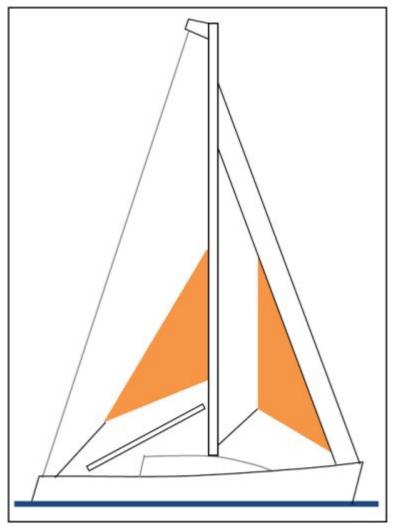


Figure 3 **SECTION 5 - PERSONAL EQUIPMENT** 5.01 Lifeiacket

5.01.1 Each crew member shall have a lifejacket as follows:-

\*\*

a)

In accordance with ISO 12402 – 3 (Level 150) or equivalent, including EN 396 or UL 1180

Lifejackets manufactured after 1 January 2012 shall be in accordance with

ISO 12402-3 (Level 150) and shall be fitted with:-

- an emergency light in accordance with either ISO 12402-8 or SOLAS LSA code 2.2.3.
- a sprayhood in accordance with ISO 12402-8.
- a full deck safety harness in accordance with ISO 12401 (ISO 1095) including a crotch or thigh strap (holding down device) as specified in ISO 12401 (ISO 1095).
- If of an inflatable type either
- automatic, manual and oral inflation or
- manual and oral inflation (b)

Notes: ISO 12402 requires Level 150 lifejackets to be fitted with a mandatory whistle and retro-reflective material. Also, when fitted with a safety harness, ISO 12402 requires that this shall be the full safety harness in accordance with ISO 12401. Any equivalent lifejacket shall have equal requirements.

Persons of larger than average build are generally more buoyant than those of average build and so do not require a lifejacket with greater levels of flotation. Wearing a Level 275 lifejacket may hamper entry into liferafts.

fitted with either a crotch strap(s) / thigh straps or a full safety harness in b) accordance with ISO 12401,

Note: The function of lifejacket crotch/thigh straps is to hold the buoyancy

ii

	element down. A crew member before a race should adjust a lifejacket to	
	fit then retain that lifejacket for the duration of the race. Correct	
	adjustment is fundamental to the lifejacket functioning correctly.	L.L.
c)	fitted with a lifejacket light in accordance with SOLAS LSA code 2.2.3 (white, >0.75 candelas, >8 hours),	**
d)	if inflatable have a compressed gas inflation system,	**
e)	if inflatable, regularly checked for gas retention,	**
f)	compatible with the wearer's safety harness,	**
g)	clearly marked with the yacht's or wearer's name,	**
37	It is strongly recommended that a lifejacket has:	
j)	a splashguard / sprayhood See ISO 12402 – 8,	MoMu1,2,3,4
k)	a PLB unit (as with other types of EPIRB, should be properly registered	MoMu1,2,3,4
	with the appropriate authority)	
<i>I)</i>	if of a gas inflatable type, a spare cylinder and if appropriate a spare activation head	MoMu1,2,3,4
5.01.4	The person in charge shall personally check each lifejacket at least once annually.	**
5.02.6	Warning - a safety line and safety harness are not designed to tow a	**
	person in the water and it is important that the shortest safety line length	
	possible be used with a harness to minimise or eliminate the risk of a	
	person's torso becoming immersed in water outside the boat, especially	
	when working on the foredeck. 1m safety lines or the midpoint snaphook	
	on a 2m line should be used for this purpose. The diligent use of a	
	properly adjusted safety harness and the shortest safety line practicable is	
	regarded as by far the most effective way of preventing man overboard	
	incidents.	
5.04	Foul Weather Suits	
<i>b)</i>	it is recommended that a foul weather suit should be fitted with marine-	**
	grade retro-reflective material, and should have high-visibility colours on its	
	upper parts and sleeve cuffs. See OSR 4.18	
	A buoyant watertight flashlight, one shall be supplied to each crew	MoMu0
	member.	
5.07	Survival Equipment	MoMu0
<i>5.07.2</i>	It is strongly recommended that an immersion suit should be supplied to	<i>Mu1,2,3,4</i>
	each crew member in a multihull in conditions where there is a potential	
	for hypothermia	
	ON 6 - TRAINING	
6.04	Routine Training On-Board	**
6.04.1	It is recommended that crews should practice safety routines at reasonable intervals including the drill for man-overboard recovery	**
6.05.3	At least one member of the crew shall be familiar with First Aid procedures,	MoMu3,4
	hypothermia, drowning, cardio-pulmonary resuscitation and relevant	,
	communications systems (see OSR 6.02.7 and 6.03.3).	
6.05.4	An example model first aid training course is included in Appendix N.	**
	, ετα το το συστο ο πουστασιο που <del>γρ</del> ου <b>σιο</b> το πουστασιο που συστο συστασιο συστα	
ΔPPFN	DICES TO SPECIAL REGULATIONS	

Appendix B - A guide to ISO and other Standards

Appendix C - Standard Inspection Card

Appendix D - Quickstop & Lifesling Appendix E - Hypothermia Appendix F - Drogues and sea anchors

end of file