

AUSTRALIAN SAILING
Amendment to the Special Regulations

Issued on 3 October 2022
Effective from 3 October 2022

PART 2, SECTION 4 PORTABLE EQUIPMENT AND SUPPLIES

Regulation 4.07.9 MEDICAL KIT

Delete the text that has been ~~struck-out~~ and insert the text that has been underlined.

- 4.07.9** The first aid kit shall be stored in a waterproof container(s) which shall have the contents listed so as to be visible without opening and shall contain the items listed below. Medical kits that were compliant with the Special Regulations from 18 November 2021 remain compliant until further notice. In the following list the generic product is indicated with common brand names in brackets. The quantities for each category are indicated under the category column (Refer 4.07.5).
Alternate pharmaceuticals in equivalent amounts and having similar action to those stated are acceptable.

1 2 3 4 5 6 7

WARNING

IN AN EMERGENCY, MEDICAL ADVICE SHOULD FIRST BE OBTAINED FROM THE COAST RADIO OR BY CONTACTING A DOCTOR THROUGH THE CONDUCTING CLUB. THIS IS PARTICULARLY IMPORTANT:

1. BEFORE ADMINISTERING PRESCRIPTION DRUGS, OR
2. BEFORE ADMINISTERING ASPIRIN OR GLYCERYL TRINITRATE (NITROLINGUAL) SPRAY FOR A SUSPECTED CARDIAC EMERGENCY (OTHER THAN WHEN USING THE VICTIM'S PERSONAL MEDICATION), OR
3. TREATING AN EYE INJURY, OR
4. TREATING SEVERE PAIN, OR
5. TREATING DIARRHOEA WHERE THE PATIENT ALSO HAS A FEVER, OR
6. TREATING SEVERE BURNS.

THE ADMINISTRATION OF ALL PRESCRIPTION DRUGS GIVEN UNDER MEDICAL ADVICE MUST BE DOCUMENTED IN THE BOAT'S LOG AND WITNESSED, DETAILING THE DOCTOR'S NAME, TREATMENT ADMINISTERED, DATE AND TIME.

NOTE:

Check Expiry Date of all medications.

- * Ask a pharmacist for this medication.
- ** Requires a prescription.
- *** Mandatory only when required by notice of race for long ocean races.

It should be noted that most prescription medication must be stored at a temperature of 25 °C or less.

As the temperature in an enclosed yacht during the summer months can exceed 50 °C it is recommended that all prescription medication be replaced at least annually.

All drugs are to be stored in a safe cool environment and morphine should be removed from the boat when the boat is not racing or the drug is not required for that race category.

The Australian Resuscitation Council (ARC) recommends that all those trained in CPR should refresh their CPR skills at least annually. CPR is the most fundamental skill in first aid and repeated training is important to improve the effectiveness of basic life support at sea.

FOR VARYING DEGREES OF PAIN

Mild Pain

Paracetamol 500 mg (e.g. Panadol) OR Ibuprofen 200 mg (e.g. Nurofen)

Moderate to Severe pain

** Codeine 30 mg + Paracetamol 500 mg (e.g. Panadeine Forte)

Very Severe Pain

** Oxycodone 5 mg (e.g. Endone) OR

** Oxycodone suppositories (per rectum) 30 mg (e.g. Proladone)

*** Morphine 10 mg/1 ml

Opioid Overdose

*** Naloxone Hydrochloride ampoules 400 mcg/ml

Cardiac Emergencies

Soluble Aspirin (e.g. Disprin)

[Glyceryl Trinitrate Spray \(e.g. Nitrolingual\)](#) ~~Spray (e.g. Anginine)~~

[Glyceryl Trinitrate Tablets \(e.g. Anginine\)](#)

FOR WOUNDS AND LIMBS

Butterfly or Steristrips (Strips of 5)

Disposable Gloves

Crepe bandages 75 mm x 1.5 m

Crepe bandages 100 mm x 1.5 m

Triangular bandage

High Absorbency non-adherent dressing (e.g. Exu-Dry)

Low Absorbency non-adherent dressing/plain gauze (e.g. Melolin)

Band-aids or equivalent roll of bandaid

Sports/Strapping tape 50 mm x 2.5 m (e.g. Leukoplast)

Antiseptic skin solution 15 ml (e.g. Betadine)

Antiseptic cream with Lignocaine HCL (e.g. Medcream)

RACE CATEGORY							
1	2	3	4	5	6	7	
QUANTITY							
40	40	40	20	20			
20	20						
20	20						
10	10						
10	10						
5	5						
20	20	20	20	20	20	20	
1	1						
30	30						
10	10	5	5				
20	20	20	20	10	10	10	
2	2	2	2	2	2	2	
2	2						
2	2	1	1				
10	10						
10	10	10	10	5	5	2	
20	20	20	20	20	20	20	
1	1						
1	1	1	1				
1	1	1	1				

FOR EYES

- Normal saline (for washing) 250 ml
- Normal saline (for washing) 30 ml
- ** Chloramphenicol eye ointment 1% 4 g ~~mg~~ (e.g. [Chlorsig](#) or [Chloromycetin](#))
- Sterile eye patches

1	1	1	1			
				2	2	2
1	1					
5	5					

ANTIBIOTIC

Severe infection

- *** Ciprofloxacin 500 mg (e.g. Ciproxin, C-Flox, ~~CiloQuin~~, ~~Piprol~~, ~~Profloxin~~)

14

For infection

- ** Cephalixin 500 mg tabs (e.g. Keflex)

20 20

Fungal skin infection

- Clotrimazole cream (e.g. [Canesten](#), [Clonea](#) ~~Lamisil~~, ~~Daktarin~~)

1 1

FOR BURNS

- Superficial** - Hydrogel wound dressing 100 g (e.g. Solosite, Duoderm Gel, Purilon)

1 1

- Severe** - Cool, then cover with a non-adherent dressing and obtain hospital treatment as soon as possible.

- ** Silver sulphadiazine cream 100 g (e.g. Flamazine)

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SUNSCREEN

- 30+ SPF 250 ml

1 1 1 1 1 1 1

FOR DIARRHOEA/GASTRIC PROBLEMS

- Anti-diarrhoea treatment [i.e. loperamide](#) (pkt) - (e.g. Imodium, ~~Lomotil~~)

1 1

- Antacid tablets (pkt) or liquid (bottle) (e.g. Mylanta, Gaviscon)

1

FOR DEHYDRATION

- Electrolyte replacement 4.9g sachet - pkt of 10 (e.g. Gastrolyte)

1 1

FOR SEASICKNESS

- Crews should consider carrying some form of seasickness remedy for all racing categories. It should be noted that all types of seasickness remedy available may produce drowsiness and/or disorientation.

- Travel/seasickness tablets [i.e. promethazine theoclate](#) (e.g. Avomine) or [dimenhydrinate + hyoscine hydrobromide + caffeine](#) (e.g. Travacalm)

10 10 10 10

FOR ALLERGY

- Known allergy sufferers should carry their own auto-injector (e.g. EpiPen, Anapen) or similar and advise the crew of its location and method of administration

- ** Antihistamine [tablet i.e. promethazine](#) 25 mg ~~tablet~~ (e.g. Phenergan)

25 25

** Adrenaline ampoules 1:1000

INSTRUMENTS

Scissors, stainless steel

Thermometer, clinical

Forceps, splinter, stainless steel

Appropriately sized disposable syringes and needles (*to be increased to 20 if Morphine and Naloxone Hydrochloride ampoules are required by the Notice of Race*).

Alcohol swabs for injection preparation

*** Stapling kit/wound glue

EMERGENCY MEDICAL EQUIPMENT

Malleable or fixed splints appropriate for arms and legs (e.g. inflatable, SAM, Flex-All)

CPR mask or 6 Face shields

5	5						
1	1	1	1	1	1	1	
1	1						
1	1						
5	5						
10	10						
1							
1	1						
1	1	1	1	1	1	1	1