

**AUSTRALIAN SAILING**  
Amendment to the Special Regulations

Issued on 26 March 2024  
Effective from 26 March 2024

**PART 2, SECTION 6 TRAINING**

**Regulation 6.01.1 TRAINING**

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

**6.01 TRAINING**

**6.01.1**

- (a) At least 50% of the crew
- (b) At least 30% of the crew  
including the skipper or sailing master shall have  
undertaken training in both theoretical and practical  
sessions in accordance with the Australian Sailing  
Safety and Sea Survival Course (SSSC), or a course of  
no less a standard acceptable to the race committee  
that covers as a minimum, the following topics  
**(Australian Sailing strongly recommends that all  
crew members do likewise):**
- Care and maintenance of safety equipment
  - Storm sails
  - Damage control and repair
  - Heavy weather - crew routines, boat handling, drogues
  - Man overboard prevention and recovery
  - Giving assistance to other craft
  - Hypothermia
  - SAR organisation and methods
  - Weather forecasting
  - Liferafts and lifejackets
  - Fire precautions and use of fire extinguishers
  - Distress communications equipment (VHF, GMDSS, satcoms etc.)

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- Pyrotechnics and EPIRBs

The training shall have a five year validity period.

~~Revalidation shall be achieved by completing an update course in accordance with the SSSC.~~

**(c)**

A refresher course may be taken to renew a certificate if the refresher course is completed within 2 years of the expiration of the individual's most recent SSSC certificate.

