

AUSTRALIAN SAILING  
Amendment to the Special Regulations

Issued on 29 February 2024  
Effective from 29 February 2024

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 MEDICAL KIT AND MANUAL

4.07.1 Ship Captain’s Medical Guide (21st edition or later).  
OR International Medical Guide for Ships, World Health  
Organization shall be provided.

4.07.2 “First Aid” - Authorised manual of the St. John  
Ambulance Assn. In Australia (current edition)  
OR “The Authorised Manual of the Australian Red Cross  
Society” (current edition).  
OR equivalent First Aid manual shall be provided.

4.07.3 *Injury/Illness Chart*  
*It is recommended that an injury/illness chart be used to  
help in communication over the radio or to ambulance  
officers on shore about what first aid treatment has been  
administered to an injury (See Appendix G for an  
example).*

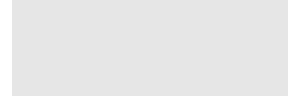
4.07.4 Boats shall carry a first aid kit containing at least the  
items in:  
a) 4.07.9 until 1 December 2028, or  
b) Appendix D as specified by the race documents.  
It is recommended that boats carry a medical kit  
containing the items listed in Appendix D from  
March 2024

*It is recommended that boats should be equipped with a  
first aid kit whose contents and storage reflects the  
likely conditions and duration of the passage and the  
number of people aboard the boat.*

1  
  
2 3 4 5  
  
1 2 3 4 5 6 7  
  
1 2 3 4 5 6 7

<b>4.07.5</b>	<i>Items contained in the first aid kits listed below are BASIC and it is recommended that they be increased on a pro rata basis when more than 10 crew are carried.</i>	1	2	3	4	5	6	7
<b>4.07.6</b>	At least two members of the crew At least one member of the crew Shall hold a current Senior First Aid (Apply First Aid/Provide First Aid) Certificate or equivalent, or be a practising medical practitioner. Each of these crew members shall also have undertaken the training required by SR 6.01. <i>It is strongly recommended that if injectable items are to be carried, that the members of the crew trained in first aid have additional training in the use of injectables.</i> <i>The person in charge of a boat is also recommended to review the specific circumstances of the boat, the race or cruise to be undertaken, the weather and sea conditions likely to be experienced and the time before medical assistance could be available to determine if this minimum level of first aid training is appropriate or whether further training is required.</i>	1	2					
<b>4.07.7</b>	<i>It is recommended that if there is any possibility that special medication is needed, or medication allergies exist for any crew member, that crew member should obtain medical advice before racing and provide any necessary additional medication.</i>	1	2	3	4	5	6	7
<b>4.07.8</b>	The race committee shall recommend increased dosages be carried for those races where a boat is expected to be more than 4 days from a port of refuge where medical assistance can be obtained.	1						
<b>4.07.9</b>	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 <a href="#">4.07.5</a> ).	1	2	3	4	5	6	7

Alternate pharmaceuticals in equivalent amounts and having similar action to those stated are acceptable.



## APPENDIX D to Part 1

### AUSTRALIAN SAILING MEDICAL KITS

From 1 December 2028, boats shall carry a medical kit, designated by the race committee in the notice of race, containing the items listed in Appendix D.

*It is recommended that boats carry a medical kit containing the items listed in Appendix D from March 2024.*

The medical kits are designed to be simple and modular. As the race duration increases, additional medical kits (A + B + C + D) are added, rather than classical Category 1 – 7 etc.

Race committees will choose which kit is required for their races and shall be specified in the notice of race.

**For all significant medical conditions on board, if in doubt, call a Registered Medical Practitioner for help.**

**A Registered Medical Practitioner should supervise the administration of controlled substances (S4 and S8 medications). AMSA can connect a vessel by radio or satellite phone to a Registered Medical Practitioner with the Royal Flying Doctor Service.**

### INTRODUCTION

There are explanatory notes at the end of this document which includes explanations such as when to use either medications or equipment, as well as details of some significant side effects.

It is **VERY important** that the notes are read PRIOR to using the medications or equipment. Note that the numbering in the attached notes correlates to the item number in the kits.

Important: Alternate pharmaceuticals in equivalent amounts and having similar action to those stated ARE ACCEPTABLE.

For two-handed racing: if there is more than ONE item listed, numbers may be halved.

### **All yachts:**

It is assumed that all boats carry the following items and hence these are **NOT** included in the medical kits:

- Sunscreen lotion
- Insect repellent
- Duct tape
- Electrical tape
- Batten material or similar, which may be cut to use as a splint.

### **Defined terms:**

<b><u>Boat Medic</u></b>	<u>The person possessing appropriate medical training and nominated by the person in charge of the boat.</u>
<b><u>Registered Medical Practitioner</u></b>	<u>A doctor registered with the Australian Health Practitioner Regulation Agency (AHPRA).</u>

### **A. INSHORE KIT**

#### **Notes:**

- Also used as a “**Day Kit**” for coastal and offshore races.
  - Inshore Kit is accessible by **ALL crew**.
  - Keep in a watertight container in a position well known to all crew.
1. Iodine based cleaning solution – 100ml (Chlorhexidine recommended if allergic to Iodine)

2. Band-Aids x 20
3. Elastoplast fabric dressing – 1m
4. “Israeli Emergency bandage” or equivalent (such as “Olaes bandage”) – 10cm x 1
5. Paracetamol 500mg x 20
6. Aspirin 300mg x 20
7. “Sea sickness” tablets (Boat Medic’s choice) x 10

## **B. COASTAL KIT ONE**

**For daylight coastal races expecting simple medical evacuation if required.**

**Carry in ADDITION to Inshore Kit. (Inshore Kit becomes the “Day Kit” for crew on coastal races).**

### **Notes:**

- Coastal Kit ONE is accessible by the Boat Medic only.
- Designed for an average crew size of 6 – 8 crew.
- Increase contents as crew size increases (e.g., double for 12 - 16 crew etc.).
- Common sense dictates that for extremely large vessels we set a maximum number, hence capped at doubling the numbers for compliance with audit. These kits are the minimum required and owners may use discretion and add extra quantities.
- Keep together in a watertight container.

1. Panadeine Forte (Paracetamol 500mg + Codeine 30mg) x 20 tabs
2. Adrenaline 1:1000 injection x 5 amps
3. Syringe 5ml x 2
4. Needle 22g x 2
5. Alcohol skin prep x 2

Note: an “EpiPen” may be substituted for Adrenaline / needles / syringes – however note that EpiPen’s are expensive and have a short expiry date.

Note: Items 1 – 5 are recommended to be kept in a separate watertight container, stored securely on the vessel to protect from theft.

6. Paracetamol (500mg) tablets x 20
7. Non-steroidal anti-inflammatory tablets x 10 (various types available, Boat Medic’s choice)
8. Non-sterile gloves x 4 pair
9. “Israeli Emergency bandage” or equivalent 15cm x 1
10. Skin stapler x 1
11. SAM splints (or equivalent) – one 18 x 4.25 inch, two SAM finger splints (or equivalent)
12. Crepe bandage 10cm x 2
13. Paraffin gauze dressing 5 x 5cm x 5
14. “Sea sickness” tablets x 30 tabs (various types available)
15. Chloromycetin eye ointment x 1 tube
16. Mupirocin (Bactroban) ointment x 15g
17. Gladwrap strips – 1 small roll (for burns)
18. Silver sulfadiazine burn cream x 50g.
19. Nitro lingual spray x 1

### **C. COASTAL KIT TWO**

**For overnight coastal races or where medical evacuation is more difficult.**  
**Carry in ADDITION to Coastal Kit ONE**

20. Penthrene “Green Whistle” 1 x 3ml bottle
21. Oxycodone tablets (Oxycodone hydrochloride) 10mg (note strength) or equivalent x 20 tabs

22. Cephalexin 250mg tablets x 20
23. Loperamide tablets x 10 tabs
24. Laxative tablets (suggest Dulcolax 5mg) x 10 tabs

*Note: Items 20 and 21 are recommended to be kept in a separate watertight container, stored securely on the vessel to protect from theft.*

#### **D. OFFSHORE KIT**

**Medical evacuation expected to be twenty-four hours or greater. Carry in ADDITION to Inshore Kit and Coastal Kits 1 and 2**

#### **Notes:**

- Is accessible by the **Boat Medic only**.
- Designed for average crew of 6-8.
- Increase contents as crew size increases (e.g., double for 12 -16 crew etc.).
- Keep together in a watertight container.

1. Penthrene "Green Whistle" one x 3ml bottle
2. Morphine 10mg/ml x 5 amps
3. Naloxone (antagonist to morphine) 400mcg amps x 5
4. Midazolam 5mg injection x 5 amps
5. Oxycodone tablets (Oxycodone hydrochloride) 20mg (note strength) **or equivalent** x 20 tabs.

**Note: this is a more potent dose than in the Coastal Kit 2**

6. Panadeine Forte tablets (Paracetamol 500mg + Codeine 30mg) x 20 tabs
7. 5ml syringes x 5
8. 22g needles x 5
9. Saline ampoules (10ml) for injection x 5
10. Alcohol swabs x 10

Note: Items 1 – 10 are recommended to be kept in a separate watertight container, stored securely on the vessel to protect from theft.

11. "Israeli Emergency bandage" or equivalent – 15cm x 1
12. Elastoplast fabric dressing – 1 metre
13. Large Steri-Strips x 6
14. SAM Splints or equivalent
  - a. one 36 x 4.25 inch,
  - b. one 18 x 4.25 inch,
  - c. one SAM finger splints or equivalent
15. "Sea sickness" tablets x 60 (at least) (various types available) Note: recommend taking a DIFFERENT TYPE of "seasick" tablet to Coastal Kit
16. Ondansetron sublingual (under tongue) 4mg - if not included already
17. Paracetamol (500mg) tablets x 20
18. Non-steroidal anti-inflammatory tablets x 20 (various types available)
19. Chloromycetin eye ointment x 1 tube
20. Framycetin sulphate ear drops x 1
21. Mupirocin (Bactroban) ointment x 30g (2 x 15g)
22. Antifungal cream 30g (e.g., Daktarin or equivalent)
23. Omeprazole 20mg x 10 caps
24. Prednisone 25mg x 10 tabs
25. Antihistamine tablets x 20 tabs (e.g. Loratadine)
26. Metronidazole 200mg x 21 tabs
27. Amoxycillin / Clavulanate Acid 500mg x 21 tabs
28. Ceftriaxone 1g injection x 5 amps (given intramuscularly)
29. Dulcolax tablets x 20 tabs
30. Loperamide tablets x 20 tabs
31. Skin stapler x 1
32. Oil of cloves – 1 bottle
33. Temporary filling material x 1
34. Barrier cream (e.g., Sudocream) at least 30g
35. Rehydration powder or tablets (Boat Medic's choice) – enough for 2 days
36. Scissors



### 37. Forceps

#### Items NOT mandatory - however useful for long races:

1. Pulse Oximeter
2. Thermometer
3. Defibrillator
4. Sharps container
5. First Aid manual, if an electronic version is not carried on boat's computer.

For **offshore racing** an extensive medical kit is required. Depending on duration of the race, destination and size of the crew, there may be a requirement for quantities to be increased.

**A variation to increase the quantities for extremely long races will be included in the notice of race.**

**Any crew member's special medical requirements should be addressed by their own doctor well before the race. Significant chronic conditions (examples: asthma, diabetes etc.) require a well thought out medical plan PRIOR to departure.**

All crew are recommended to have a medical and dental check **prior** to departure for an **offshore race**.

At least two crew members shall have a current medical first aid certificate and a minimum of one crew member (*recommended two crew members*) shall have an advanced first aid certificate or special training, covering the safe use of medications and treatments required for offshore racing. For two handed racing, both crew should be trained. The certificate or training should be re-certified at least every **THREE** years.

## EXPLANATORY NOTES FOR MEDICAL KITS

*Item numbers relate to the item number in the medical kit.*

### INSHORE KIT:

1. Iodine cleaning solution – used for cleaning wounds. May be used in eyes, ears, mouth etc. (Chlorhexidine recommended if allergic to Iodine)
2. Band-Aids
3. Elastoplast fabric dressing – use for larger wounds that a band-aid will cover. Cut to length.
4. Israeli Emergency bandage 10cm – used for large, vigorously bleeding wounds. May be tightened and used as a tourniquet as required. Watch video on how to use prior to departure. As with ALL bandages – check blood flow to fingers/toes below bandage. It may require loosening as bleeding settles. Many examples on internet of how to use e.g. <https://www.youtube.com/watch?v=v6n-mDTsNg8>
5. Paracetamol – a simple pain reliever. Avoid with liver or kidney disease.
6. Aspirin – a simple pain reliever. Also used in suspected heart attack. Avoid with a bleeding disorder, stomach ulcer or asthma.
7. “Sea sickness” tablets – important to try on shore prior to departure to ensure no side effects, as some types have significant side effects.

### COASTAL KITS:

1. Panadeine Forte – has Paracetamol and Codeine – common side effects – nausea, vomiting, dizziness, constipation. Note – Codeine may be a drug of abuse.
2. Adrenaline 1:1000 injection – is used for **SEVERE allergic reactions** to any medication or a bee or wasp sting. It is safely given into the outer edge of the thigh. If severe anaphylaxis, give ALL of one ampoule.
3. Syringe

4. Needle
5. Alcohol
6. Paracetamol – a simple pain reliever. Avoid with liver or kidney disease.
7. Non-steroidal anti-inflammatory tablets – very good pain relief, however, have a number of side effects – avoid with a bleeding disorder, stomach ulcer, kidney or liver failure or asthma.
8. Gloves
9. Israeli Emergency bandage 15cm (LARGE) – used for large, vigorously bleeding wounds. May be tightened and used as a tourniquet as required. Watch video on how to use prior to departure. As with ALL bandages – check blood flow to fingers / toes below bandage. It may require loosening as bleeding settles. Many examples on internet of how to use e.g. <https://www.youtube.com/watch?v=v6n-mDTsNg8>
10. Skin stapler – used for large wounds to draw edges together. Simply push wound edges together, lay stapler against skin and pull trigger. Apply one staple per 0.5cm- 1cm of wound. If a lot of bleeding, use emergency bandage instead until bleeding is under control and staple the next day.
11. SAM splints – various sizes, mold to immobilise limb. For usage see [https://www.youtube.com/watch?v=eqU74O\\_wlik&t=174s](https://www.youtube.com/watch?v=eqU74O_wlik&t=174s)
12. Crepe bandage 10cm – used as a general bandage if bleeding not too severe and emergency bandage is not required.
13. Paraffin gauze dressing 5 x 5 – used for weeping wounds.
14. Sea sickness tablets – important to try on shore prior to departure to ensure no side effects.
15. Chloromycetin eye ointment – for eye infections. If infection due to foreign body in eye, wash out with salt water first. May be used for local skin infections also.
16. Mupirocin (Bactroban) ointment - an antibacterial ointment for an infected wound. Patient may also require oral antibiotics.
17. “Gladwrap” strips – used to cover burns. Firstly, cool burn with immersion in salt water for 20-30 minutes then cover in Gladwrap strips. **Note: These are STRIPS - NOT SPIRAL WRAPPING.** As burns swell, they should **not** be tightly wrapped.
18. Silver Sulfadiazine cream. Recommended, where possible, discuss all significant burns with a Registered Medical Practitioner. Side effects – pain, burning, discoloration of skin, occasional upset stomach.

19. Nitro lingual spray – used in severe chest pain / suspected heart attack. Spray two pumps under tongue, give one aspirin and URGENTLY call a Registered Medical Practitioner for help.
20. Penthrene aka “Green Whistle” - note this is a **POTENT** drug and Boat Medics should be trained in its use. Where possible, discuss with a Registered Medical Practitioner prior to using.

**Do NOT use in confined space as others may inhale. Do not use in following medical conditions:**

- Allergy
  - Kidney or liver failure
  - Heart disease
  - Head injury
  - Adverse reaction to anaesthetic agents
  - Breathing difficulties
  - If pregnant
  - Children less than 5 years
21. Oxycodone tablets (*Oxycodone hydrochloride*) 10mg x 20 tabs. This is a strong pain relief for severe pain. Note: Some countries have Targin 10/5 tablets (*Oxycodone hydrochloride and naloxone hydrochloride anhydrous*) which has a second agent (Naloxone) in it to avoid constipation.
  22. Cephalexin 250mg tablets – this is a general antibiotic for lacerations, chest, or other infections. If allergic to penicillin-type antibiotics, discuss with your GP prior to race.
  23. Loperamide tablets – for diarrhoea. Take 1-2 with each loose motion, maximum of eight per day.
  24. Laxatives – Serious side effects rare, however nausea, vomiting, diarrhoea not uncommon.

## **OFFSHORE KIT:**

1. Penthane aka "Green Whistle" – note this is a POTENT drug and Boat Medics should be trained in its use. Where possible, discuss with a Registered Medical Practitioner prior to using.

## **Do NOT use in confined space as others may inhale. Do not use in following medical conditions:**

- Allergy
  - Kidney or liver failure
  - Heart disease
  - Head injury
  - Adverse reaction to Anaesthetic agents
  - Breathing difficulties
  - If pregnant
  - Children less than 5 years
2. Morphine 10mg/ml – for **SEVERE PAIN**. Where possible, discuss with a Registered Medical Practitioner prior to using. Add to saline in a syringe to make up to 5ml and give 2.5ml, which is 5mg (1/2 syringe) at a time and give into outer aspect of thigh.
  3. Naloxone 400mcg amps – used in severe sedation after morphine or Targin. Used if patient stops breathing or has a large drop in blood pressure. Where possible, discuss with a Registered Medical Practitioner prior to using, ideally in the same initial conversation regarding morphine. Add to saline in a syringe to make up to 5ml and give 2.5ml, which is 200mcg (1/2 syringe) at a time and give into outer aspect of thigh.
  4. Midazolam 10mg injection – used in seizure or to relax muscles to reduce a fractured bone or dislocated joint. Discuss with a medical officer prior to using.  
Add to saline in a syringe to make up to 5ml and give 2.5ml, which is 5mg (1/2 syringe) at a time into outer aspect of thigh.
  5. Oxycodone tablets (Oxycodone hydrochloride) 20mg x 20 tabs. Note: these are STRONGER than the Oxycodone in the coastal kit. Same side effect profile. Note: some countries have Targin 20/10 tablets (Oxycodone

hydrochloride and naloxone hydrochloride anhydrous) which has a second agent (Naloxone) in it to avoid constipation. Targin is the preferred choice (if available) because of this feature.

6. Panadeine Forte – contains Paracetamol and Codeine – usual side effects include nausea, vomiting, dizziness, constipation. Note: Codeine may be a drug of abuse.
7. Syringe
8. Needle
9. Saline
10. Alcohol
11. Israeli Emergency bandage 10cm – used for large, vigorously bleeding wounds. May be tightened and used as a tourniquet as required. Watch video on how to use prior to departure. As with ALL bandages – check blood flow to fingers/toes below bandage. It may require loosening as bleeding settles. Many examples on internet of how to use e.g. <https://www.youtube.com/watch?v=v6n-mDTsNg8>
12. Elastoplast fabric dressing – use for larger wounds that a band-aid will cover. Cut to length.
13. Large Steri-Strips – these are used to close a wound edge however it must have stopped bleeding, or they will not stick. If bleeding, use paraffin gauze dressing and then apply Steri-Strips the next day. If a large wound, use either the emergency bandage to control bleeding or staple it closed.
14. SAM splints – various sizes, mold to immobilise limb. For usage see [https://www.youtube.com/watch?v=eqU74O\\_wlik&t=174s](https://www.youtube.com/watch?v=eqU74O_wlik&t=174s)
15. “Sea sickness” tablets – take a different type of tablet to those in Coastal kit as some tablets work more effectively for different people.
16. Ondansetron sub lingual – very useful if vomiting as the tablets is well absorbed rapidly under tongue. Common side effects are constipation and headache.
17. Paracetamol – a simple pain reliever. Avoid with liver or kidney disease.
18. Non-steroidal anti-inflammatory tablets – very good pain relief, however they have a number of side effects – avoid with bleeding disorder, stomach ulcer, kidney or liver failure or asthma.
19. Chloromycetin eye ointment – for eye infections. If infection due to foreign body in eye, wash out with salt water first. May be used for local skin infections also.

20. Framycetin sulphate ear drops – used for ear infections. Note: some ear infections are very painful.
21. Mupirocin (Bactroban) ointment – an antibacterial ointment for an infected wound. Patient may also require oral antibiotics.
22. Antifungal cream – for fungal skin infections e.g., athlete's foot. If a wound has fungus, it often smells fishy.
23. Omeprazole tablets – for severe heart burn / reflux. **Ensure the pain is not cardiac (heart) first.** Cardiac pain is more likely to be severe and crushing in nature and may move into the patient's jaw or down the arm. If severe pain and possibly cardiac, call a Registered Medical Practitioner for help URGENTLY.
24. Prednisone tablets – for allergic reactions and asthma. If in doubt about use, call a Registered Medical Practitioner for help.
25. Antihistamine tablets – used in allergic reactions or hay fever. Loratadine suggested as it is less sedating, however side effects are sleepiness, dry mouth/eyes, headache, and diarrhoea.
26. Metronidazole tablets – used for many gut infections and giardia (eggy smelling burps and wind). Side effects are numerous – most common are diarrhoea, nausea (made much worse by alcohol), headache and abdominal pain.
27. Amoxycillin / Clavulanate Acid (Augmentin) – a penicillin-based antibiotic for most infections. If allergic to penicillin, take Cephalexin, HOWEVER 30 percent of patients with severe allergy to penicillin will be allergic to Cephalexin. Side effects include nausea, diarrhoea, and rash.
28. Ceftriaxone 1g injection – for the most severe infections. If using suggest, where possible, discuss with a Registered Medical Practitioner. Comes as a powder so mix with saline to 5ml and give into outer aspect of thigh. Side effects are the same as Cephalexin.
29. Dulcolax tablets – for constipation. Not to be used if patient has a bowel obstruction. If unsure, suggest, where possible, discuss with a Registered Medical Practitioner.
30. Loperamide tablets – for diarrhoea. Take 1-2 with each loose motion, maximum of eight per day.
31. Skin stapler – used for large wounds to draw edges together. Simply push wound edges together, lay stapler against skin and pull trigger. Apply one staple per 0.5cm-1cm of wound. For a lot of bleeding, use emergency

bandage instead until bleeding is under control and staple the next day.

See examples on internet – an example is:

<https://www.youtube.com/watch?v=RAVane1yvyU&t=406s>

- 32. Oil of cloves – used for toothache. Apply directly to tooth on your finger.
- 33. Temporary dental filling material – mix together and push into cavity in tooth.
- 34. Barrier cream. Any barrier cream may be used. Sudocream is excellent for treatment and prevention of “Gunnel Bum”.
- 35. Rehydration powder / tablets. Any variety. May be useful after severe vomiting / sea sickness. Note small volumes recommended.
- 36. Scissors
- 37. Forceps

**Note:**

The medical kits are designed to be simple and modular. Boats cannot carry an emergency department on board.

Some medical staff may have different opinions as to what to include/exclude. Hence, if you wish to substitute a medication for a similar medication (i.e., like for like) – this is acceptable under the Special Regulations.