(CATEGORY 1) - Offshore and Remote FIRST RESPONDER KIT CONTENTS

VESSEL NAME: _____

CAPTAIN & ADMINISTRATOR: _____

RESPONDER: _____

		YACHT CAT 1	Script Required Y - Yes	First Aid Kit Pouch Colour	Used Yes	Date used	First Responder Name & Initials	Doctor Name
FOR VARYING DEGREES OF PAIN								
Mild Pain								
	Paracetamol 500 mg (e.g. Panadol) OR Ibuprofen 200 mg (e.g. Nurofen)	40		YELLOW				
Moderate to Severe pain								
**	Codeine 30 mg + Paracetamol 500 mg 20 (e.g. Panadeine Forte)	20	Y	ORANGE				
Very Severe Pain								
**	Oxycodone 5 mg (e.g. Endone),	20	Y	SAFE				
***	Morphine 10 mg/1 ml	10	Y	SAFE				
Opioid Overdose								
***	Naloxone Hydrochloride ampoules 400 mcg/ml 5	5	Y	RED				
Cardiac Emergencies								
	Soluble Aspirin (e.g. Disprin)	20		YELLOW				
	Chewable Aspirin (e.g. Disprin) *(Editor: not a requirement)*	24		YELLOW				
	Glyceryl Trinitrate Spray (e.g. Nitrolingual)	1		ORANGE				
	~~Glyceryl Trinitrate Tablets (e.g. Anginine)~~ - *ADMINISTRATOR: note 'No longer available'*	30		ORANGE				
FOR WOUNDS AND LIMBS								
	Butterfly or Steristrips (Strips of 5)	10		BLUE				
	Disposable Gloves	20		BLACK				
	Crepe bandages (7.5cm x 1.5m)	2		BLUE				
	Crepe bandages (10cm x 1.5m)	2		BLUE				
	Triangular bandage	2		BLUE				
	High Absorbency non-adherent dressing 10 (e.g. Exu-Dry)	10		BLUE				
	Low Absorbency non-adherent dressing/plain gauze (e.g. Melolin or sylatulle)	10		BLUE				
+	Gauze Dressings, sterile (7.5 x 7.5cm)	17		BLUE				
+	Gauze Swabs, sterile, (7.5 x 7.5cm), 2/packet	6		BLUE				
+	Zinc Oxide Adhesive Fabric Tape (2.5cm x 5m)	1		BLUE				
+	BactiGras Cotton Gauze Impregnated white paraffin 0.5% chlorhexidine	3		BLUE				
+	Crepe bandages (4cm x 10m)	8		BLUE				
+	Crepe bandages (10cm x 4.5m)	1		BLUE				
+	Fabric Dressing, Breathable, 1m	1		BLUE				
+	Gauze Compression Pads (7.5cm x 7.5cm)	10		BLUE				
	Bandaids, **OR** equivalent roll of bandaid	20		BLUE				
	Sports/Strapping tape 5cm x 2.5m (e.g. Leukoplast)	1		BLUE				
	Antiseptic skin solution 15 ml (e.g. Betadine)	1		YELLOW				
	Antiseptic cream with Lignocaine HCL (e.g. Medicreme) 30g	1		YELLOW				
+	CELOX First Aid	1		BLUE				
FOR EYES								
	Normal saline (for washing) 250 ml	1		YELLOW				
**	Chloramphenicol eye ointment 1% 4 g mg (e.g. Chlorsig or Chloromycetin)	1	Y	ORANGE				
	Sterile eye patches	5		BLUE				
ANTIBIOTIC								
Severe infection								
***	Ciprofloxacin 500 mg (e.g. Ciproxin, C-Flox)	14	Y	ORANGE				
For infection								
**	Cephalexin 500 mg tabs (e.g. Keflex)	20	Y	ORANGE				
Fungal skin infection								
	Clotrimazole cream (e.g. Canesten, Clonea)	1		YELLOW				

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FOR BURNS & SKIN DAMAGE								
Superficial								
	Hydrogel wound dressing 100 g (e.g. Solosite, Duoderm Gel, Purilon)	1		ORANGE				
Severe								
	Cool, then cover with a non-adherent dressing and obtain hospital treatment as soon as possible.	Requires evacuation to a Hospital						
+	Burn Gel Dressing (10cm x 10cm)	1		BLUE				
+	Silver Sulphadiazine cream 100g (eg Flamazine)	1		ORANGE				
SUNSCREEN								
	30+ SPF 250 ml	1		See YACHT				
FOR DIARRHOEA/GASTRIC PROBLEMS								
	Anti-diarrhoea treatment i.e. loperamide (pkt) - (e.g. Imodium)	1		ORANGE				
	Antacid tablets (pkt) or liquid (bottle) (e.g. Mylanta, Gaviscon)	1		YELLOW				
FOR DEHYDRATION								
	Electrolyte replacement 4.9g sachet - pkt of 10 (e.g. Gastrolyte)	1		YELLOW				
FOR SEASICKNESS								
Crews should consider carrying some form of seasickness remedy for all racing categories. It should benoted that all types of seasickness remedy available may produce drowsiness and/or disorientation.								
	Travel/seasickness tablets tablets i.e. promethazine theoclate (e.g. Avomine) or dimenhydrinate + hyoscine hydrobromide + caffeine (e.g. Travacalm)	10		ORANGE				
FOR ALLERGY OR BREATHING								
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 (e.g. Phenergan)	25	Y	RED				
**	Adrenaline ampoules 1:1000	5	Y	RED				
	Epipen	1		ORANGE				
+	Ventolin **OR** Asmol	1		ORANGE				
+	Volumatic Spacer (for Ventolin or Asmol)	1		ORANGE				
INSTRUMENTS								
	Scissors, stainless steel	1		BLACK				
	Thermometer, infra red Forehead or ear, and digital clinical thermometer (under tongue) *(Editor: not a requirement)*	2		BLACK				
	Forceps, splinter, stainless steel	1		BLACK				
	Splinter Probes	5		BLACK				
+	Appropriately sized disposable syringes and needles (to be increased to 20 if Morphine and Naloxone Hydrochloride ampoules are required by the Notice of Race) - *ADMINISTRATOR discretion: note 'NOT required'.*	5		BLACK				
	Alcohol swabs for injection preparation	10		BLUE				
+	Blood Pressure/Heart Monitor							
***	Stapling kit, **OR**			BLACK				
	Wound glue (Hystoacryl)	5	Y	BLACK				
+	Israeli Bandage	1		RED				
+	Tourniquet - Rapidstop EMS Orange	1		RED				
+	Thermal Survival Blanket	1		BLACK				
EMERGENCY MEDICAL EQUIPMENT								
+	Malleable, or fixed splints appropriate for arms and legs (e.g. inflatable, SAM, Flex-All). NOTE: LOGIKAL Air Splint Pack (6 splint types) flat on base of First Aid Kit floor.	1		INSIDE KIT (on floor)				

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	CPR mask, or 6 Face shields	1		BLACK				

ADDITIONAL EQUIPMENT/INFORMATION (to Category 1 requirement)

	Medical Manual	1		ZIPPER COVER				
+	Offshore Medical Book	1		ZIPPER COVER				
+	Kit Contents Card	1		ZIPPER COVER				
	Service batteries in all digital units annually - *ADMINISTRATOR initial:* _____							

PRACTITIONER ADVICE:

	Expired or Updated Requirement. Request ordering							
	Red with line through. Infers a *'change from the Special Regulations - refer section NOTES as this medication has changed, no longer approved or been removed'.*	~~tablet~~						
	Blue. Infers a *'change from the Special Regulations - refer section NOTES'.*	prometh azine						

Doctor Name & Ph Number:

Kit Administrator: _____

Pharmacist Name & Ph Number:

NOTES:

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 actions to those stated are acceptable.
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 the expiration date of all medications.
+ Additional to the requirements.
* Ask a pharmacist for this medication.
** Requires a prescription.
***** Mandatory only when required by notice of race for long ocean races (refer 'dot point 1' below).**
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. References:

1. ***Rally Entry Requirement***: Many Rallies require Category 1 Offshore & Remote Medical Kit.
2. ***Legislation***: https://www.sailingresources.org.au/safety/specialregs (Part 1 section 4.07),
3. ***Administering***: https://www.sailingresources.org.au/safety/specialregs (Part 1 section 4.07.9),
4. ***Contents***: https://www.sailingresources.org.au/safety/specialregs (Part 1 section 4.07.9).

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