

## SASC Emergency Safety Card

Boat Name ..... Design ..... Sail Number ..... Owner/Skipper.....

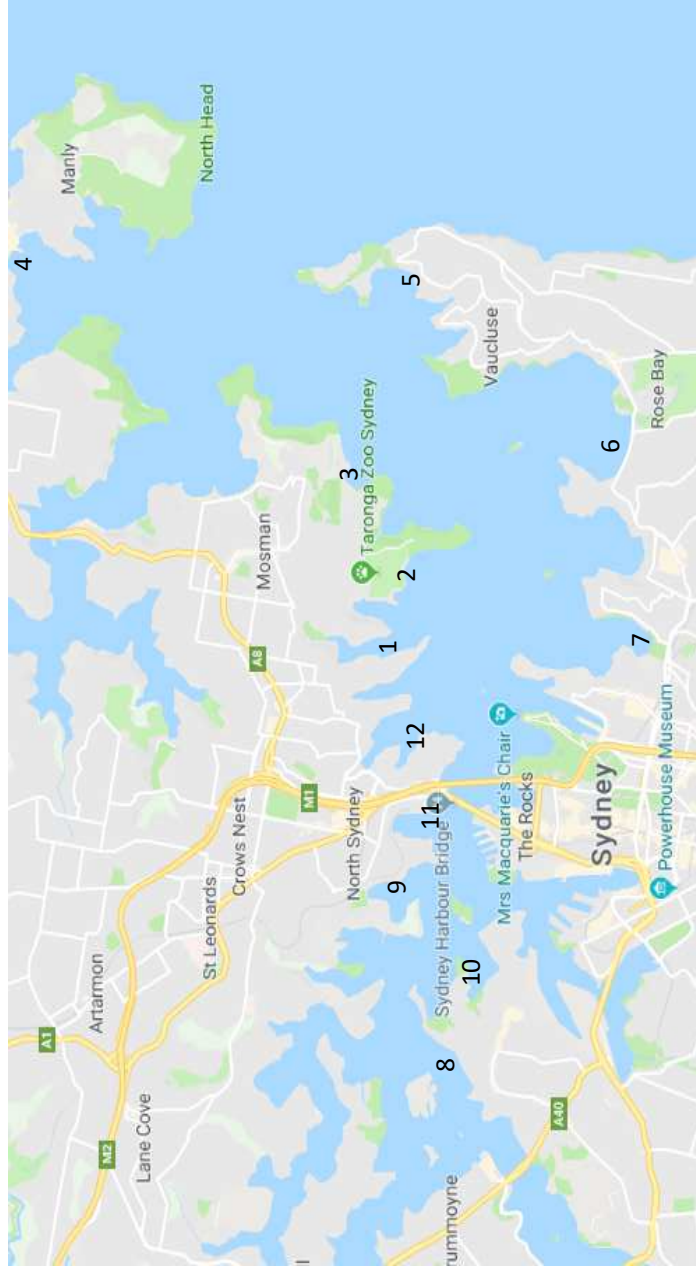
Hull Color ..... Length ..... Displacement (tons) ..... RMS Registration No .....

Emergency Contact Numbers ..... Skipper..... Alternate Number .....

Shore Contact Name ..... Number ..... Alternate Contact Name ..... Number .....

### Emergency Pick-up Locations

1. **SASC**, Green Street, Cremorne (nearest cross street Kareela Road)
2. **Taronga Zoo Ferry Wharf**, Athol Wharf Road, Mosman (nearest cross street Bradley's Head Road)
3. **Clifton Gardens Wharf**, Morella Rd, Clifton Gardens (nearest cross street David Street)
4. **Manly Wharf / Manly Yacht Club East** Esplanade Manly (nearest cross St - Wood Street)
5. **Watsons Bay Wharf**, Military Rd Watsons Bay (nearest cross street Cliff St)
6. **Rose Bay Marina, (02-9327 7847)** 594 New South Head Rd, Rose Bay (nearest cross street Cranbrook Rd) (business hours, 7 days a week)
7. **CYCA Sailing Club**, New Beach Road, Darling Pt.
8. **Balmain Sailing Club**, Water Street, Birchgrove (River St)
9. **Noakes – McMahoons Point (02-9925 0306)**, 6 John Street McMahoons Point (nearest cross street Dumbarton Street) (Mon-Sat – business hours)
10. **Balmain Wharf, (Mort Bay)**, Thames Street Balmain East (nearest cross street Mort Street)
11. **Milsons Point Wharf (Luna Park)**, Olympic Drive Milsons Point (nearest cross street Alfred Street)
12. **RSYS (02-9955 7171)**, 33 Peel Street, Kirribilli (nearest cross street Elamang Street)



These locations are places where ambulance services may pick up a person requiring urgent medical treatment for a serious injury or illness. There are other suitable safe areas, **don't just rely on this list.** Familiarise yourself with these and other possible locations.

### **You must give specific details to Emergency Services.**

### **Emergency Contacts – in order of priority**

1. Emergency Services VHF Ch16
  2. Water Police (02) 9320 7499
  3. Marine Rescue Middle Harbour (02) 9969 3270
  4. North Sydney Police (02) 9956 3199
  5. SASC Race control VHF Ch 73 / MB 0419 625 883
  6. Emergency Services 000
- Royal North Shore Hospital (02) 9926 7111

# DRSABCD action plan

In an emergency call triple zero (000) for an ambulance



**D DANGER**  
Ensure the area is safe for yourself, others and the patient.

**R RESPONSE**  
Check for response — ask name — squeeze shoulders  
**No response**  
 • Send for help.  
**Response**  
 • make comfortable  
 • check for injuries  
 • monitor response.



**S SEND for help**  
Call Triple Zero (000) for an ambulance or ask another person to make the call.

**A AIRWAY**  
Open mouth — if foreign material is present:  
 • place in the recovery position  
 • clear airway with fingers.  
 Open airway by tilting head with chin lift.



**B BREATHING**  
Check for breathing — look, listen and feel.  
**Not normal breathing**  
 • Start CPR.  
**Normal breathing**  
 • place in recovery position  
 • monitor breathing  
 • manage injuries  
 • treat for shock.



**C CPR**  
Start CPR — 30 chest compressions : 2 breaths  
 Continue CPR until help arrives or patient recovers.

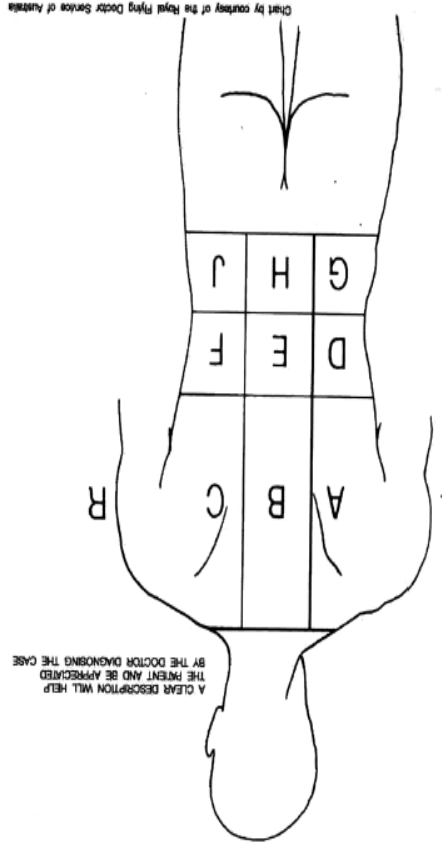


**D DEFIBRILLATION**  
Apply defibrillator if available and follow voice prompts.

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A CLEAR DESCRIPTION WILL HELP THE DOCTOR DIAGNOSING THE CASE BY THE DOCTOR DIVING ON THE CASE

A description of injury or illness must often be given to a doctor who cannot see the patient.



## WHERE DOES IT HURT ?

### YACHTING AUSTRALIA SPECIAL REGULATIONS PART 1

### ADVISORY APPENDIX F

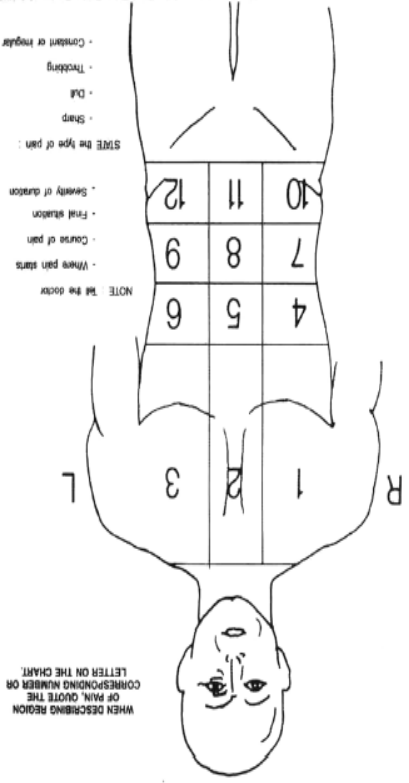
WHEN DESCRIBING REGION OF PAIN, QUOTE THE CORRESPONDING NUMBER ON LETTER ON THE CHART.

NOTE: Tell the doctor

- Where pain starts
- Cause of pain
- Front situation
- Severity of duration

SURE the type of pain:

- Sharp
- Dull
- Throbbing
- Constant or regular



## Crew Safety Equipment Check List – Where are these items located? How do you use them?

Lif jackets, First Aid Kit, SASC Safety Card, Fire Extinguisher(s), Flashlight, Signaling Device, VHF Radio, Fuel Shut-off Valve, Fire Blanket.

When was the last time you practiced Man Overboard Drill?