

A Medical Support in Offshore Racing – Workshop on Medical Kit Inventory in Offshore Yacht Racing, 12–13 May 2017, Lorient, France

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INTRODUCTION

The safety and health of sailors offshore is of major concern. World Sailing (WS) and International Maritime Health Association (IMHA) are taking seriously the potential dangers to the safety and health at sea. By the nature of their sport, the sailors' racing in offshore racing environment can be exposed to injuries and other health problems that can endanger their lives. Being aware of the potential dangers caused by the distance from on shore health facilities and lack of professional help on board, IMHA and WS decided to support the activities that are leading to the enhancement of safety and health protection on board.

With common initiative, joint Workgroup on Medical Support in Offshore Racing has been formed and the series of workshop planned.

The First Workshop on Medical Support for Offshore Yacht Races was held from 6 to 7 November 2015, in Sanya, China, during the WS Annual Conference. Its aim was to agree on the WS/ISAF position paper on best practice to promote and maintain health in offshore yacht racing that would set up the goals for further workshops and areas that should be covered and agreed upon with the final aim to reach internationally recognised standard and reference document(s), which address all aspects of medical support for such events. WS/IMHA work group defined several major areas where further work should be taken – possibly in the format of the joined WS/IMHA Workshops: Medical training, Medical kit on board, Medical Manual and Telemedical Maritime Assistance Service (TMAS).

General position on each element was agreed upon before series of workshops were developed.

The Second Workshop on Learning Competences in Medical Training in Offshore Yacht Races was organised during the WS Annual Conference from 4 to 5 November 2016, in Barcelona, Spain. Based on WS/IMHA position paper from Sanya that set up the field of further work, its aim was to produce the WS/IMHA position paper on learning outcomes in medical training for offshore yacht racing. In the context of sailing, having the list of necessary competences of the person designated for providing medical help on board means that, regardless of what training programme a race organiser or national authority chooses, whether it is privately owned company or government run training programme, by reaching the set of agreed outcomes we will be sure that the sailors have appropriate level of medical competences on board. That second workshop produced **expert consensus paper** on learning outcomes in medical training for crews in offshore yacht racing. As the tuning process included some more expert documents and further post-workshop tuning, document was completed and agreed upon as a part of the 3rd WS/IMHA Workshop on Medical Help in Offshore Races held in Lorient, France 12–13 May 2017 and published *in extenso* in “International Maritime Health” (2017; 68, 3: 178–182).

THE THIRD WS/IMHA WORKSHOP ON MEDICAL HELP IN OFFSHORE RACES – MEDICAL KIT INVENTORY

Following the recommendation on further actions from the ISAF/IMHA Position Paper – November 2015 Medical Support for Offshore Yacht Races on examining the “Content of the recommended medical kits for differing ISAF Category of races” (published in “International Maritime Health”

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2016; 67, 4: 255–259), The Third Workshop on Medical Support for Offshore Yacht Races has been held in Lorient France 12–13 May 2017 in Cité de la Voile Eric Tabarly with the aim to produce the consensus WS/IMHA position paper on medical kit for offshore yacht racing. It was organised back to back with the Symposium of The French Society of Maritime Medicine, where the topic of medical problems in offshore sailing was discussed among the French experts and where two PhD theses on such a topic were presented.

The format of the workshop requested that eight participants (four from WS and four from IMHA side) were divided in task groups – each formed of one participant from WS side and one participant from IMHA side.

After the context of use of medical chest on board merchant marine ships and medical kits on yachts in offshore yacht racing was presented by invited speakers from both sides, the current position on medical support for specific offshore races regarding the medical kit used on board was evaluated together with the gathered evidence on medical kit guidelines currently used. The rest of the workshop consisted of the series of tuning sessions among task teams, which discussed and tuned the proposed structure of the medical kit on board yachts to their allocated categories of off shore races, each from his point of view (off shore racing or merchant marine position). At the end of the workshop in the final tuning session, the work group reached the agreement on the content of the recommended medical kits for different WS category of races and established a WS/IMHA interim recommendation.

Tuning of the agreed contents of the medical kit with the Learning Outcomes In Medical Training for Offshore Yacht Racing from the previous workshop (on Learning Competences in Medical Training in Offshore Yacht Races) was performed in the period after the workshop, until the final list with recommended quantities was agreed upon.

WS/IMHA POSITION PAPER ON MEDICAL SUPPORT FOR OFFSHORE YACHT RACES – MEDICAL KIT INVENTORY

This WS/IMHA Workgroup position paper sets out the requirements for medical kit inventory on yachts participating in the various categories of offshore races. These requirements should be regarded as a minimum standard, and not a substitute for national regulations, if these are more comprehensive.

DESIGN OF ON-BOARD MEDICAL KITS

The medical kit should contain medicines and medical equipment to enable the treatment of most illnesses and trauma that may occur during offshore yacht racing. This includes the variable period that a casualty may require treatment and support on-board before professional medical assistance can be obtained or the casualty evacuated. The contents of the medical kit should be appropriate in terms of both variety and quantity of medicines and medical

equipment, reflecting the number of crew and the category of race being undertaken. Additional medicines may be required for crew with specific medical conditions, and such requirements should be managed by a medical professional.

The medical kit on board should reflect, and be integrated with, both the scope of the medical manual used by the crew, the medical training received by the crew, and the telemedical support service used by the yachts.

The medicines included in the requirements include prescription-only medicines and controlled medicines that may be subject to statutory regulation.

The medical kit should include details on the safe usage of all its contents, to optimise benefit and minimise risk, especially in relatively remote locations, where complications of treatments will be challenging to manage. The organisation of the medical kit should allow intuitive usage, possibly utilising colour-coded modular arrangements, and should include a readily accessible list of contents. Medications should be listed by generic name and ATC Code (The Anatomical Therapeutic Chemical [ATC] Classification System used for the classification of active ingredients of drugs according to the organ or system on which they act and their therapeutic, pharmacological and chemical properties), followed by indication for use, and recommended dosage. The medical training programme of the crew should be based upon instruction on what resources are in the medical kit, how it is laid out, and how to use the contents to the best effect. The overall emphasis on training should be on teaching practical skills.

Consideration should be given to including a 'Medical grab bag' as part of the medical kit inventory. The purpose of the medical grab bag would be to provide a pragmatic resource of medicines and medical equipment that may well be required in a life raft in the event of vessel abandonment.

CATEGORIES OF EVENTS

The requirements for medical kit inventory are proportionate to the category of event, as set out in Section 2 – Application and General Requirements: 2.01 Categories of Events of the 2018–2019 WORLD SAILING OFFSHORE SPECIAL REGULATIONS Governing Offshore Racing for Monohulls (Mo) and Multihulls (Mu):

- **Category 0:** MoMu 0 – Trans-oceanic races, including races which pass through areas in which air or sea temperatures are likely to be less than 5 °C (41 °F) other than temporarily, where boats must be completely self-sufficient for very extended periods of time, capable of withstanding heavy storms and prepared to meet serious emergencies without the expectation of outside assistance.
- **Category 1:** MoMu1 – Races of long distance and well offshore, where boats must be completely self-sufficient for extended periods of time, capable of withstanding heavy storms and prepared to meet serious emergencies without the expectation of outside assistance.

- **Category 2:** MoMu2 – Races of extended duration along or not far removed from shorelines or in large unprotected bays or lakes, where a high degree of self-sufficiency is required of the boats.
- **Category 3:** MoMu3 – Races across open water, most of which is relatively protected or close to shorelines.
- **Category 4:** MoMu4 – Short races, close to shore in relatively warm or protected waters normally held in daylight.

PROPOSED MEDICAL INVENTORY REQUIREMENTS

WS/IMHA Workgroup on Medical Support for Offshore Yacht Races compiled and evaluated all available evidence on the medical risks of offshore sailing, and the associated use of medicines and medical equipment. The group reached consensus on medical kit inventory appropriate to the various categories of events of offshore yacht racing.

The requirements and recommended inventories are set out in the attached schedules (**Annex 1, Annex 2 and Annex 3**).

Race organisers, owners and teams may, on the advice of a qualified medical practitioner or pharmacist, determine whether any additional quantities, medicines or equipment are required, taking into account factors such as length of race, size of yacht, number of crew, pre-existing crew medical conditions, level of telemedical support and possible ports of call.

The proposed inventory of medicines and medical equipment is presented in three formats:

- **Annex 1 – Descriptive format** used for easier identification of the contents according to their common use and arrangement in typical medical kits currently widely used on board racing yachts (First Aid, Emergency/Allergy, Analgesics, Antibiotics, Gut/Seasickness, Skin Repair, Eyes/Mouth/Skin, Dressings/Splints, Equipment);
- **Annex 2 – World Health Organisation (WHO) format** where contents are presented in alphabetical order but arranged in two major groups: Medicines and Equipment. The Medicines group includes subgroups of: Resuscitation Equipment, Dressing and Suturing Equipment, Instruments, Examination and Monitoring Equipment, Equipment for Injection, Infusion and Catheterisation, General Medical and Nursing Equipment, Immobilisation and Transportation Equipment, Dressings/Splints;
- **Annex 3 – Therapeutic class format** where contents are presented according to their therapeutic application and mode of action. Organisation of drugs is based on their therapeutic use in treating specific diseases. Drugs in each group may not be chemically similar and may have different mechanisms of action.

ATC Classification System is applied to all three formats. Each item (in column II) in this recommended list of contents, is tagged with an ATC code.

The ATC code (ATC: **A**natomy, **T**herapeutic properties, **C**hemical – pharmacological properties) is an international system for identifying medicines (and their use) that may have varying names (and indications for use) in various countries. The ATC system will enable race organisers in different countries to appropriately formulate medical kit inventories that will accurately comply with WS requirements.

In **Annex 1** the columns are as follows:

- **Column I** – Is the module name of groups of medicines and equipment that reflects intuitive organisation of the medical kit, enabling more practical use.
- **Column II** – Are the treatment indications for use.
- **Column III** – Is the recommended medicine and dosage strength representing best practice on board off-shore racing yachts. Owners and race organizers may substitute exact equivalents on the advice of a qualified medical practitioner or pharmacist, provided they are satisfied that an equivalent level of treatment is provided.
- **Column IV** – Is the recommended quantity of medicine/ /equipment which the WS/IMHA Workgroup considers sufficient to provide treatment for a crew of 10 sailors, for each specific category of event (as defined in WS Special Regulations 2.01). The recommended quantities may not always reflect standard pack sizes. In such cases, the recommendation is for the nearest available larger dispensing pack size to be provided, thus above the minimum recommended quantity. All packs of medicines must include the patient information leaflet.

In **Annex 2** and **3** columns are as follows:

- **Column I** – Is the reference number that can be used for identification of treatments when seeking or receiving radio medical advice. In all three lists, each drug is numbered with the number corresponding to the WHO format list of inventories of medicines.
- **Column II** – Is the recommended medicine and dosage strength representing best practice on board off-shore racing yachts. Owners and race organisers may substitute exact equivalents on the advice of a qualified medical practitioner or pharmacist, provided they are satisfied that an equivalent level of treatment is provided.
- **Column III** – Is the recommended quantity of medicine/ /equipment which the WS/IMHA Workgroup considers sufficient to provide treatment for a crew of 10 sailors, for each specific category of event (as defined in WS Special Regulations 2.01). The recommended quantities may not always reflect standard pack sizes. In such cases, the recommendation is for the nearest available larger dispensing pack size to be provided, thus above the minimum recommended quantity. All packs of medicines must include the patient information leaflet.
- **Column IV** – Are the treatment indications for use.

LIST OF RECOMMENDED MEDICINES AND EQUIPMENT ON BOARD OFF-SHORE RACING YACHTS – WORLD HEALTH ORGANISATION FORMAT

I Item No.	II Recommended Medicine and Dosage Strength Representing Best Practice on Board Off-shore Racing Yachts	III					IV Indications on Board Off-shore Racing Yachts
		Recommended Quantity for 10 Sailors on Board Off-shore Racing Yachts (WS OSR Cat. 0-4)					
MEDICINES		0	1	2	3	4	
1.	Acetylsalicylic acid 300 mg tablet N02BA01	30	30	20	20	20	To inhibit formation of blood clots in angina pectoris, myocardial infarction, stroke
2.	Acyclovir 5% cream (10 g) D06BB03	2	2				To treat cold sores
3.	Adrenaline auto-injector 0.5 mg C01CA24	2	2	2			To raise blood pressure in anaphylaxis; to dilate airways in severe asthma or anaphylaxis
4.	Adrenaline 1 mg/mL ampoule C01CA24	10	10	10		10	To raise blood pressure in anaphylaxis; to dilate airways in severe asthma or anaphylaxis
5.	Amethocaine 5% eye drops (10 mL) S01HA03	1	1				For eye examination and procedures
6.	Amoxicillin + clavulanate 500/125 tablet J01CR02	60	60	10			To treat infections responsive to this antibiotic
7.	Amoxicillin + clavulanate 1000/200 ampoule J01CR02	10	10				To treat infections responsive to this antibiotic
8.	Antacid alginate sodium tablet 500 mg A02AX	60	60	20			Heartburn relief
9.	Azithromycin 500 mg J01FA10 or doxycycline 100 mg tablet J01AA02	15 (50)	15 (50)	3 (10)			To treat infections responsive to this antibiotic
10.	B-panthenol ointment 30 g D03AX03	3	3	1			Skin care
11.	Beclomethasone inhaler (200 doses) R03BA01	1	1				To control symptoms of asthma
12.	Bisacodyl 5 mg tablet A06AB02	60	60				For treatment of constipation
13.	Ceftriaxone 1 g ampoule J01DD04	10	10				To treat infections responsive to this antibiotic
14.	Chloramphenicol S01AA01 or tetracycline eye ointment (4 g) S01AA09	2	2	1	1	1	Eye infections
15.	Chlorphenamine 10 mg/mL ampoule R06AB04	5	5	5			For acute urticaria; control of allergic reactions
16.	Choline salicylate gel (15 g) N02BA03 and other agents for local oral treatment A01AD11	1	1				To relieve pain, inflammation, lesions and ulcers in the mouth
17.	Cinnarizine 15 mg N07CA02 or dimenhydrinate + caffeine (30/10 mg) tablet R06AA52	170	170	20	20	20	To prevent and treat motion-sickness
18.	Ciprofloxacin 500 mg tablet J01MA02	30	30				To treat infections responsive to this antibiotic
19.	Clotrimazole 500 mg pessary G01AF02	2	2				To treat vaginal fungal infections
20.	Cyclizine 50 mg/mL ampoule R06AE03	10	10	10			Treating motion-sickness and vomiting
21.	Dexamethasone eye drops 0.1% (10 mL) S01BA01	1	1				To treat eye inflammation
22.	Diazepam 5 mg tablet N05BA01	60	60	30			To treat alcohol withdrawal; to treat anxiety and psychosis
23.	Diazepam 10 mg/2 mL ampoule N05BA01	10	10				To treat anxiety and seizures

I Item No.	II Recommended Medicine and Dosage Strength Representing Best Practice on Board Off-shore Racing Yachts	III Recommended Quantity for 10 Sailors on Board Off-shore Racing Yachts (WS OSR Cat. 0-4)					IV Indications on Board Off-shore Racing Yachts
		0	1	2	3	4	
		24.	Diclofenac 1 g suppository M02AA15	10	10		
25.	Flucloxacillin 500 mg tablet J01CF05	80	80				To treat infections responsive to this antibiotic
26.	Furosemide 40 mg tablet C03CA01	20	20				Diuretic
27.	Fusidic acid 2% ointment (30 g) D06AX01	4	4				To treat skin infection
28.	Glyceryl trinitrate 400 mcg spray (200 metered sprays) C01DA02	1	1				To treat angina pectoris (chest pain) to treat myocardial infarction
29.	Haemorrhoid preparations – proprietary preparation of choice C05AX	2	2				Haemorrhoid preparations
30.	Hydrocortisone 1% cream (15 g) D07AA02	3	3				To treat allergy and some other inflammatory skin conditions
31.	Hydrocortisone 100 mg/mL (5 mL) ampoule H02AB09	5	5	5			To treat life-threatening and severe asthma; to treat anaphylaxis; to treat severe allergic reactions
32.	Hyoscine hydrobromide 1.5 mg patch A04AD01	5	5	3			To prevent motion sickness
33.	Ibuprofen 400 mg tablet M01AE01	100	100	20			To treat inflammation; to reduce mild to moderate pain, especially if associated with inflammation
34.	Lansoprazole 30 mg tablet A02BC03	60	60				To treat gastro-oesophageal reflux; to treat ulcer disease
35.	Lignocaine 2% 5mL ampoule N01BB02	10	10				Local anaesthesia
36.	Lignocaine gel (6 mL) N01BB02	1	1				Local anaesthetic
37.	Loperamide 2 mg tablet A07DA03	60	60	20			To treat symptoms of diarrhoea
38.	Loratadine 10 mg tablet R06AX13	30	30	30			To treat allergy symptoms
39.	Macrogol oral powder (sachets) A06AD15	16	16				For treatment of constipation
40.	Metronidazole 400 mg tablet P01AB01	20	20				To treat intestinal infections responsive to this antibiotic
41.	Metronidazole 1 g suppository G01AF01	10	10				To treat intestinal infections responsive to this antibiotic
42.	Miconazole 2% ointment (30 g) D01AC02	2	2				To treat fungal skin infections
43.	Miconazole 2% D01AC02 + hydrocortisone ointment (30 g) D01AC20	2	2				To treat fungal skin infections
44.	Oral rehydration salts sachets A07CA	20	20				To prevent or treat dehydration
45.	Paracetamol 500 mg tablet N02BE01	100	100	40	40	40	To reduce pain and fever
46.	Permethrin lotion 5% (60 g) P03AC04	2	2				To treat scabies
47.	Petroleum Jelly 30 g D02AC	3	3				To treat chapped skin. For lubricating rectal thermometer
48.	Phloroglucinol 80 mg A03AX12 or hyoscine butylbromide 10 mg tablet A03BB01	20	20	10	10	10	To relieve intestinal or urinary spasms
49.	Prednisone 5 mg tablet A07EA03	100	100	100			To treat severe asthma; to treat other inflammatory conditions
50.	Prochlorperazine 3 mg oral dispenser (50) N05AB04	1	1				To control severe nausea and vomiting



I	II	III				IV	
		Indications on Board Off-shore Racing Yachts					
Item No.	Recommended Medicine and Dosage Strength Representing Best Practice on Board Off-shore Racing Yachts	Recommended Quantity for 10 Sailors on Board Off-shore Racing Yachts (WS OSR Cat. 0-4)					
		0	1	2	3		4
51.	Salbutamol aerosol (inhaler – 200 doses) R03AC02	1	1			To treat asthma; to treat other lung diseases	
52.	Silver sulfadiazine cream (50 g) D06BA01	2	2	1	1	Treatment of burns	
53.	Sodium chloride 0.9% infusion (plastic-bottle 1 litre or 2 x 500 mL plastic bottle) B05XA03	10	10			For fluid replacement	
54.	Tobramycin/dexamethasone eye/ear drops (10 mL) S01CA01	2	2			To treat eye and ear infections	
55.	Tramadol 50 mg N02AX02 or oxycodone 15 mg tablet N02AA05	100	100	20	20	Against severe pain	
56.	Tramadol 100 mg/2 mL ampoule N02AX02	20	20	20		Against severe pain	
57.	Water for injection ampoule 5 mL V07AB	10	10			Reconstitution of injectable drugs provided as powders	
EQUIPMENT							
RESUSCITATION EQUIPMENT							
58.	Oropharyngeal airway (Guedel/Mayo-tube) size 3 and 4 (medium and large)	2	2	2	2	Oropharyngeal airways	
59.	Pocket face mask	1	1	1	1	1	For mouth-to-mouth resuscitation
60.	Manual aspirator (including 2 catheters)	1	1			Mechanical aspirator to clear upper airways	
DRESSING MATERIAL AND SUTURING EQUIPMENT							
61.	Wound closure strips	30	30	20	20	Adhesive skin closures	
62.	Sutures, silk non-absorbable with curved non-traumatic needle 2/0	10	10			Suturing equipment	
63.	Sutures, absorbable with curved non-traumatic needle 3/0	10	10			Suturing equipment	
64.	Skin stapler x 15 staples	2	2	1		Wound staplers	
65.	Stapler remover	1	1	1		Wound staplers	
66.	2-octyl cyanoacrylate 0.7 mL ampoule	6	6	2		Skin (wound) adhesive	
67.	Assorted wound plasters	30	30	20	20	Adhesive dressing	
68.	Adhesive wound dressing 10 x 10 cm	25	25	5	5	Adhesive dressing	
69.	First aid absorbent gauze covered cotton pad sewn onto a cotton bandage small	1	1	1	1	1	Sterile compressive bandages
70.	First aid absorbent gauze covered cotton pad sewn onto a cotton bandage medium	1	1	1	1	1	Sterile compressive bandages
71.	First aid absorbent gauze covered cotton pad sewn onto a cotton bandage large	1	1	1	1	1	Sterile compressive bandages
72.	Sterile gauze compresses 10 x 10 cm	20	20	5	3	3	Sterile gauze compresses
73.	Low adherent dressing 10 x 10 cm	20	20	2	2	2	Gauze dressing with non-adherent surface

I	II		III					IV	
	Item No.	Recommended Medicine and Dosage Strength Representing Best Practice on Board Off-shore Racing Yachts	Recommended Quantity for 10 Sailors on Board Off-shore Racing Yachts (WS OSR Cat. 04)					Indications on Board Off-shore Racing Yachts	
			0	1	2	3	4		
74.	Iodine non-adherent dressing 10 × 10 cm		10	10	2				Gauze dressing with non-adherent surface
75.	Burn dressing 10 × 10 cm		2	2	2				Burn dressing
76.	Burn bag for hands (sterile)		1	1					Burn dressing
77.	Haemostatic dressing		4	4	1	1	1		Haemostatic agent
78.	Elastic fixation bandage 6 cm × 4 m		5	5	2	2	2		Bandage
79.	Tubular bandage 5, 8, 10 cm × 10 m		3	3					Bandage
80.	Adhesive surgical tape 2.5 cm × 10 m		1	1	1	1	1		Bandage
81.	Wound wipes (Chlorhexidine)		4	4	4	4	4		Antiseptic
82.	Sterile gauze swabs 5 × 5 cm		20	20					Sterile swabs
83.	Adhesive elastic bandage 7.5 cm × 4.5 m		2	2	2	2	2		Bandage
84.	Cohesive bandage 7.5 cm × 4.5 cm		1	1					Bandage
85.	Trauma tourniquet		1	1	1	1	1		Compressing device (bandage), to control bleeding
86.	Eye bath		1	1					To wash away particles – to cleanse the eyes
87.	Eyewash sterile (20 mL)		4	4	4	4	4		To cleanse the eyes
88.	Eye pad		1	1					Dressing
89.	Eye shield		1	1					To cover (protect) the eye
90.	Surgical gloves sterile, in pairs M		10	10					Gloves
91.	Surgical gloves sterile, in pairs L		10	10					Gloves
92.	Gloves non-sterile, disposable		10	10					Gloves
INSTRUMENTS									
93.	Bandage scissors (tough cut scissors)		1	1	1				Scissors
94.	Scissors surgical 12 cm		1	1	1	1	1		Scissors
95.	Artery clamp		1	1					Haemostatic clamp
96.	Needle holder		1	1					Needle holder
97.	Teeth tissue forceps		1	1					Forceps
98.	Splinter forceps (tweezer)		1	1					Forceps
99.	Razor, disposable		2	1					To cut the clothes
100.	Scalpel, sterile, disposable		4	4					Disposable scalpels



I	II	III	IV				
			Recommended Medicine and Dosage Strength Representing Best Practice on Board Off-shore Racing Yachts		Indications on Board Off-shore Racing Yachts		
			Recommended Quantity for 10 Sailors on Board Off-shore Racing Yachts (WS OSR Cat. 0-4)				
		0	1	2	3	4	
EXAMINATION AND MONITORING EQUIPMENT							
101.	Disposable tongue depressor	10	10				
102.	Stethoscope	1	1				
103.	Otoscope	1	1				
104.	Sphygmomanometer manual	1	1				Blood pressure set
105.	Sphygmomanometer automatic	1	1				Blood pressure set
106.	Large blood pressure cuff	1	1				Blood pressure cuff
107.	Thermometer digital	1	1	1			Thermometer
108.	Pulse oximeter	1	1	1			For monitoring of oxygen saturation
109.	Urine testing strips 10 parameters	25	25				Reactive strips for urine analysis
110.	Blood glucose testing kit/25 strips + 25 needles	1	1				Reactive strips for blood analysis
111.	Pregnancy testing kit	2	2				Reactive strips for urine analysis
EQUIPMENT FOR INJECTION, INFUSION AND CATHETERISATION							
112.	Syringes 5 mL	10	10				Equipment for injection
113.	Syringes 2 mL	10	10				Equipment for injection
114.	Needle 23G hypodermic	20	20				Equipment for injection
115.	Intravenous infusion cannula 16 G and 22 G, Luer lock connection	6	6				Equipment for infusion
116.	Intravenous giving set, Luer lock connection	3	3				Equipment for infusion
117.	Urinary catheters 14 G and 16 G silicone	2	2				Equipment for catheterisation
118.	Urine drainage bag	1	1				Equipment for catheterisation
119.	Nasogastric tube 12 F, 16 F	2	2				For nutritional support and therapeutic purposes
GENERAL MEDICAL AND NURSING EQUIPMENT							
120.	Ethanol 70% hand cleanser gel 250 mL	2	2	1			An alternative to hand washing
121.	Head torch	1	1	1			
122.	Foil blanket	1	1				To retain body heat
123.	Cling film	1	1				
124.	Cold pack	2	2	2	2	2	To reduce swelling and pain
125.	Dental repair kit	1	1				



I	II		III					IV	
	Item No.	Recommended Medicine and Dosage Strength Representing Best Practice on Board Off-shore Racing Yachts	Recommended Quantity for 10 Sailors on Board Off-shore Racing Yachts (WS OSR Cat. 0-4)						Indications on Board Off-shore Racing Yachts
			0	1	2	3	4		
IMMOBILISATION AND TRANSPORTATION EQUIPMENT									
126.	Malleable splint		2	2	2	2	2	For immobilising bone and soft tissue injuries	
127.	Inflatable splints arm and leg		1	1				For immobilizing bone and soft tissue injuries	
128.	Traction splint		1	1				To treat severe midshaft fractures of the femur	
129.	Neck collar, semi-rigid, adjustable		1	1	1	1	1	For neck immobilization	
130.	Pelvic binder		1	1				For initial management of pelvic ring injuries	
131.	Casting tape fiberglass 10 cm x 3.5 m, foam and wrap		1	1				For immobilizing broken or fractured limbs	
132.	Crepe bandage 7.5 cm		2	2				To offer support and compression for joints and strained muscles	
133.	Triangular bandage		2	2				For use as a sling, for splinting or for general padding and protection	
134.	Safety pins		6	6					
135.	Evacuation stretcher		1	1				Stretcher	