

Beneteau Pittwater Regatta SATURDAY 3RD – SATURDAY 31ST MAY 2024



Sailing Instructions

Organised by the Royal Prince Alfred Yacht Club

- 1. Rules See NoR 1
- 2. Eligibility See NoR 4
- 3. **Communication** See NoR 7 (VHF Ch.77)
- 4. Scoring See NoR 13
- 5. **Berthing** See NoR 14
- 6. Trophies & Prizes See NoR 16
- 7. **Disclaimer of Liability** See NoR 17

8. Notices to Competitors & Changes to Sailing Instructions

- 8.1. Notices to Competitors shall be posted on the Official Noticeboard, located in the hallway adjacent to reception. Notices may be repeated on the RPAYC website.
- 8.2. Changes to the schedule will be posted by 2000 on the day before they will take effect. Other changes will be posted before 0900hrs on the day they take effect.
- 8.3. Changes to the Sailing Instructions made afloat will be indicated by the display of Code Flag 3rd Substitute accompanied by two sound signals. This may be communicated orally.

9. Signals Made Ashore

9.1. Signals made ashore will be displayed on the flagstaff on the Sundial Lawn in front of the clubhouse.

10. Areas that Rank as Obstructions

10.1. While racing in Pittwater, boats shall not sail within the area of water between registered moorings (including Police or NSW Maritime moorings) and the adjacent shoreline inside Pittwater. These areas rank as obstructions.

11. Schedule

Date	Race	First Warning Signal
Saturday 10 th May 2025	Beneteau Regatta	1155hrs

12. Class Pennant, Backstay Flag & Scheduled Starting Order

Cidoo i Cililani, D	acholay i lag a colleadica i	otal tillig of act	
Division	Numeral Pennant	Backstay Flag	Scheduled Start Time
Division 4	Numeral Pennant 4	White	1200hrs
Division 3	Numeral Pennant 3	Pink	1205hrs
Division 2	Numeral Pennant 2	Green	1210hrs
Division 1	Numeral Pennant 1	Blue	1215hrs



Royal Prince Alfred Yacht Club

RPAYC

- 12.1. The starting order may be changed depending on the weather conditions. The RC will announce the new starting order over the VHF radio.
- 12.2. General Recall: a division subject to a General Recall will be moved to the end of the sequence.

13. Start & Finish Line

- 13.1. The starting and finishing area will be south of Longnose Point.
- 13.2. The race committee will announce on VHF Ch.77 the approximate position of the start and finish lines, which may be different.
- 13.3. The Start and Finish lines shall be between a staff displaying, an orange flag at the start and a blue flag at the finish, on the Race Committee Vessel and a nearby **orange** inflatable mark.
- 13.4. The finishing vessel may be different to the starting vessel.
- 13.5. Boats retiring from a race shall notify the Race Committee as soon as practicable after the decision is made.

14. Courses

- 14.1. The Course to be sailed shall be taken from the current RPAYC Course list. (Copies available from the website or RPAYC Reception).
- 14.2. The course to be sailed shall be announced by the Race Committee no later than the Warning Signal.
- 14.3. Mark descriptions and locations are as per the RPAYC 2024-2025 Sailing Handbook available from reception or online: https://rpayc.com.au/sailing/race-documents/

15. Shortening Course

- 15.1. RRS 32.2 is amended by adding:
- 15.1.1. On a leg of the course, between the Race Committee Vessel displaying flag "S" and a nearby inflatable mark.

16. Penalties

- 16.1. The penalty for breaking a rule or RRS Part 2 shall be a One-Turn Penalty, except the penalty for breaking a rule of RRS Part 2 occurring within the zone, as defined in the RRS, shall be a Two-Turn Penalty. Changes RRS 41.1.
- 16.2. The penalty for an infringement of the rules other than RRS Part 2 is at the sole discretion of the protest committee and may be other than disqualification. Changes RRS 63.5.

17. Time Limit

17.1. The Time Limit for each race is 1630hrs.

18. Protests & Requests for Redress

- 18.1. The protest time limit is 90 minutes after the last boat of the protester's division finishes the race.
- 18.2. Notices will be posted no later than 20 minutes after the protest time limit, informing competitors of hearings in which they are parties or named as witnesses.
- 18.3. The penalty, if any, for any infringement of the rules other than RRS Part 2 is at the sole discretion of the Protest Committee and may be other than disqualification. This changes RRS 63.5.
- 18.4. On the last day of the series a request for reopening a hearing or redress shall be delivered no later than 30 minutes after the decision was posted. Changes RRS 61.2(a).

NM		7.	10.8	3	8.0	9.8	0	7	∞.	∞.	00	00	00	6.	3	0.	0	9	4	4	6.	1.	6	.2	9.	0	7.	7	7.	6	5.	9.	1	6
Z		13.2	10	9.3	∞i	∞i	8.0	6.2	12.8	11.8	9.8	7.8	11.8	10.9	8.3	12.0	9.0	9.9	7.4	8.4	13.9	11.1	8.9	12.2	11.6	11.0	14.7	14.2	12.7	10.9	11.5	13.6	12.1	8.9
																				FIN	FIN													
																				-	-													
																			FIN	AV	0													
																			1	-	- WP(I													
		FIN			,	FIN													TP	TB	TP	FIN												
		-				1														-	-	-												
		ISP	FIN			AV	FIN									FIN			RP		AV													
		- 15	-			- A	1													AV		WP(P												
	RO	RP	ISP													>			- 0		(P) -	-	7											
	y the					TB	AV									AV			TP	TB	MB(P)	T	HIN											
	To Be Announced by the RO		- d		7	0		7	7	7	7					1	7		_	-	P) -	-	- (d											
	onno	TP	RP		FIN	SPC	TB	FIN	FIN	FIN	FIN					RP	FIN		IN	RP	SP(P)	AV	WP(P)											
	Ann		-	7	1	- /	1	- /	-	1	-1					P) -	_ /		1	-	P) -	P) -	1	_										
	To Be	ISP	L	FIN	ISP	AV	AV	AV	TB	TB	TB					SP(P)	AV		RP	TP	MB(P)	MB(P)	TP	FIN							FIN			
		RP -	RP	- ISP	RP -	TB -	- 8T	- 8	-) ₍	- J	-) ₍	Z	z	Z	z	- d	- д	Z	1	Р -	P) -	P) -	-	(P) -			7	7	7	7	- (c			
		- R	- R	- 15	- R		- -	- TB	- SP(- SPC	- SPC	- FIN	- FIN	- FIN	- FIN	- RP	- RP	- FIN	- TP	- RP	- SP(P)	- SP(P)	- AV	- WP(- FIN	- FIN	- FIN	- FIN	- P(P)			
		ISP	TP	RP	TP	AV	SPC	AV	MB(P)	CR(P)	TB		MB(P)	CR(P)		SP(P)	SP(P)	AV	RP	TP			(P)		z		(P)					z	z	
		- 18		-			S		- ME	- CR	_ T	- TB	- ME	- CR	LN				R	_	EB(P	EB(P	MB(P)	AV	FIN		MB(P)	J(P)	P(P)	P(P)	(I)(P)	FIN	FIN	
		RP	ISP	ISP	LN	TB	AV	TB	TP	TP	()	SPC			(P)	Р -	RP -	Р -	Р.	\ \	B -	8	(P)	(P) -	(P) -		P) -	(P) -	(P) -	(P) -	(P) -	- (c	P) -	z
		R	5)	-	1	-	A -		-		- SP(- SF	- SPC(P)	- SPC(P)	- SPC(P)	- RP	- R	RP	TP	AV	TB	TB	SP(P)	MB(P)	MB(P)		P(P)	02(P)	02(P)	01(P)	BH(P)	(A)(P(P	E
		TP	RP	RP	RP		TB	SPC	MB(P)		200		COMMON COMM		Name and Address of the Owner, where			(P) -	- 7	- 8	(P) -	(P) -	(P)	P) -	P) -	z	P) -	-	1	8	8	P) -	P) -	P) -
		_				SPC	-			CR(P)	CR(P)	CR(P)	MB(P)	CR(P)	MB(P)	(A) AS	SP(P)	SP(P)	LN	TB	SPC(P)	SPC(P)	EB(P)	(I)	(I)	FIN	(I)	CR	CR	CR	CR	LI(P)	(P)	LI(P)
		ISP -	- d	- d	- д	_ ^	>	- ^	(P) -	(P) -	(P) -	(P) -	(P) -	(P) -	(P) -	- 0	- 0	- 0	- 0		(P) -	(P) -	- 8	~	- >	- (d	~	P) -	P) -	P) -	P) -	(P) -	(P) -	(P) -
		- IS	- ISP	ISP.	ISP.	AV	AV	AV	SPC(P)	SPC(P)	SPC(P)	SPC(P)	SPC(P)	SPC(P	SPC(P)	RP	RP	RP	RP	RP	WP(P)	WP(P)	TB	CR	CR	LI(P)	CR	SP(P)	SP(P)	SP(P)	SP(P)	SPC(P)	SPC(P)	SPC(P)
	IRT		RT -	RT -	RT -	RT -	RT	RT -	RT -	RT -	RT -	RT -	RT -	RT -	RT -	RT -	RT -	RT -	RT -	RT -	RT -	RT -	RT -	RT -	RT -	RT -	RT -	RT -	RT -	RT -	RT -	RT -	RT -	RT -
	START	START	START	START	START	START	START	START	START	START	START	START	START	START	START	START	START	START	START	START	START	START	START	START	START	START	START	START	START	START	START	START	START	START
Wind	ALL	NE	NE	NE	NE	E	ш	E	SE	SE	SE	SE	S	S	S	SW	SW	SW	>	W	NN	NN	NW	NE	NE	SE	All	NE	NE	NE	NE	SE	SE	SE
3	A			_					0,	5)	0)	5)				S	S	S	-	>	Z	Z	Z	2	Z	S	A	Z	Z	Z	Z	S	S	S
Course	0	1	2	3	4	5	9	7	8	9	10	11	12	13	14	15	16	7	18	19	20	1	2	3	4	5	9	7	00	6	0	1	2	3
Co											1	1	1	1	1	1	1	17	1	1	2	21	22	23	24	25	26	27	28	29	30	31	32	33

Laid inflatable Mark

GREEN

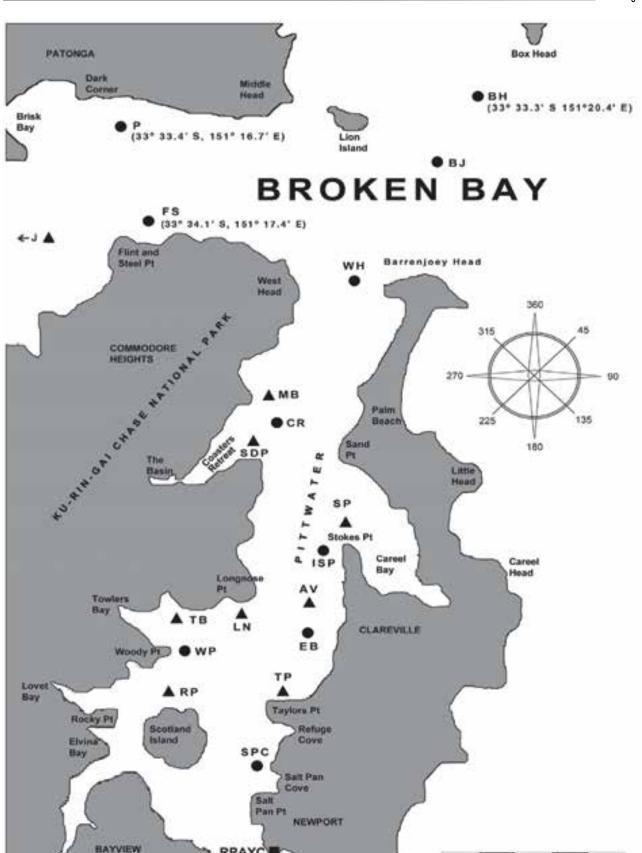
RPAYC Courses Tuesday and Thursday Twilights 2024-2025 v1

O ALL 81 N-NE 82 N-NE	od Start Area											COLUMN TWO IS NOT THE OWNER, THE	The state of the s	THE RESERVE AND ADDRESS OF THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN COLUMN TWO IS NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN COLUMN TWO IS NAMED IN COLUMN TWO IS N
	-													
				To	Be Annor	To Be Announced by the RO	the RO							
	VE Salt Pan Cove	START -	SP(P) -	RP	- SP(P)	- RP	L -	- FIN				S	Salt Pan Cove	9.3
	VE Salt Pan Cove	START -	SP(P) -	RP	- SP(P)	- FIN						S	Salt Pan Cove	7.8
83 N-NE	VE Salt Pan Cove	START -	SP(P)	RP	LN -	- FIN						S	Salt Pan Cove	0.9
84 N-NE	VE Salt Pan Cove	START -	EB(P)	- RP	- SP(P)	- FIN						S	Salt Pan Cove	5.7
85 N-NE	NE Salt Pan Cove	START -	EB(P)	- RP	- LN	- FIN						S	Salt Pan Cove	4.4
86 S-SE	SE Salt Pan Cove	START -	TB	- SP(P)	- MB(P)	- ТР	- WP(P)	NIE -				S	Salt Pan Cove	7.4
87 S-SE	SE Salt Pan Cove	START -	MB(P)	- ТР	- WP(P)	- FIN						S	Salt Pan Cove	6.8
88 S-SE	SE Salt Pan Cove	START -	SDP(P)	4	- WP(P)	- NE						0,	Salt Pan Cove	6.2
89 S-SE	SE Salt Pan Cove	START -	- 18	- AV	- TP	- WP(P)	- FIN					0,	Salt Pan Cove	3.9
90 E&W	W Salt Pan Cove / Taylors Point	START	- RP	- 18	- EB	- TP	- RP	18	- EB	- TB	EB	Z E	Taylors Point	7.2
91 E&W	W Salt Pan Cove / Taylors Point	START -	- RP	- ТР	- RP	- TB	EB -	- TB	- EB	- H			Taylors Point	0.9
92 E&W	Salt Pan Cove / Taylors Point	START	- RP	- TB	- EB	- TB	EB -	- FI					Taylors Point	4.3
	Laid inflatable Mark													



CHART OF PITTWATER







26.4. To satisfy the requirements of RRS 63.2, notification of the time and place of a hearing and the parties involved shall be by email and or/text message. Failure to receive such communication shall not be grounds for redress.

27. **PRIZES**

- 27.1. Prizes may be awarded at the discretion of the Organising Authority.
- 27.2. Prizes may be awarded for each race at a daily presentation.
- 27.3. At daily presentations, a boat may only be awarded a prize for a single handicap category.
- 27.4. If there are three (3) or less starters in a race held, only the first place may be awarded.
- 27.5. 'Series' prizes will not be issued where there are less than three (3) boats in a class or division.
- 27.6. Perpetual Series trophies will be awarded at the conclusion of the series for Women's Tuesday Series; Wednesday Series and Winter Saturday Series.
- 27.7. Saturday Inshore, Offshore, Passage, Coastal, and Sprints events may be awarded at the Annual Yachting Presentation, along with the nominated Special Club Awards, if applicable.

28. **DESCRIPTION OF MARKS**

- 28.1. Inflatable Marks may be orange, yellow, pink, red, green or blank and white check coloured.
- 28.2. All marks are designated as rounding marks except when a mark is designated as a passing mark, indicated by 'mark description' (pass).

29. MARK LOCATIONS

- 29.1. The Latitudes, Longitudes, Distances, Compass Bearings shown herein are intended to assist the competitors locate various rounding marks and shall be regarded as approximate only. All compass bearings are magnetic.
- 29.2. The approximate magnetic bearing from the BJ mark to the 01, 02, 04, or 08 mark may be displayed from the Committee Vessel.
- 29.3. Below are the approximate locations of the marks:

CODE	NAME	DESCRIPTION	Approximate Position
01	1 Nautical Mile	Inflatable mark laid approximately 1NM to seaward from the BJ mark	
02	2 Nautical Mile	Inflatable mark laid approximately 2NM to seaward from the BJ mark	
04	4 Nautical Mile	Inflatable mark laid approximately 4NM to seaward from the BJ mark	
08	8 Nautical Mile	Inflatable mark laid approximately 8NM to seaward from the BJ mark	
1PT	First Point	Inflatable mark laid at approximately;	33° 29.6′ S, 151° 29.2′ E
2PT	Second Point	Inflatable mark laid at approximately;	33° 30.8′ S, 151° 27.6′ E
AV	Avalon	Fixed yacht mark, either an orange can or yellow pyramid positioned northwest of Avalon Sailing Club;	33° 37.6′ S, 151° 18.6′ E



ВН	Box Head	Inflatable mark laid east of Lion Island, at approximately;	33° 33.3′ S, 151° 20.4′ E
BJ	Barrenjoey	Inflatable mark laid in the vicinity of Bar- renjoey Head, at approximately;	33° 33.9′ S, 151° 20.4′ E
CR	Coasters Re- treat	Inflatable mark laid approximately 200m southeast of Mackerel Beach fixed yacht mark;	33° 35.85′ S, 151 18.45′ E
ЕВ	Ellis Buoy	Inflatable mark laid west or southwest of the Avalon mark	
ESM	Eastern Sea Mark	Inflatable mark laid approximately 7.2NM east of Barrenjoey Lighthouse, at approximately;	33° 37.0′ S, 151° 29.0′ E
F	Windward Mark	Code Flag 'F' - Refer NoR / SI 19.4.	
FS	Flint & Steel	Inflatable mark laid northeast of Flint & Steel Point, at approximately;	33° 34.1′ S, 151° 17.4′ E
ISP	Inner Stokes Point	Inflatable mark laid approximately 100m southwest of Stokes Point fixed yacht mark	
J	Juno	Fixed yacht mark, either an orange can or yellow pyramid positioned around 100m east of Juno Point, at approximately;	33° 34.01′ S, 151° 15.9′ E
LI	Lion Island	Lion Island situated between West Head and Box Head	
LN	Longnose Point	Fixed yacht mark, either an orange can or yellow pyramid positioned southwest of Longnose Point, at approximately;	33° 37.4′ S, 151° 18.0′ E
LR	Long Reef	Inflatable mark laid approximately 10NM southeast of Barrenjoey Headland, at approximately;	33° 45.0′ S, 151° 22.0′ E
МВ	Mackerel Beach	Fixed yacht mark, either an orange can or yellow pyramid positioned between Currawong and Great Mackerel Beach, at approximately;	33° 35.7′ S, 151° 18.3′ E
MR	Maitland Reef	Inflatable mark laid approximately 0.7NM east of Maitland Reef, at approximately;	33° 32.1′ S, 151° 24.4′ E
NR	Newport Reef	Inflatable mark laid approximately 1.0NM east of Newport Reef at approximately;	33° 40.0′ S, 151° 21.0′ E
Р	Patonga	Inflatable mark laid south of Eastern Point or Brisk Bay, at approximately;	33° 33.4′ S, 151° 16.7′ E
РВ	Palm Beach	Inflatable mark laid approximately at;	33° 35.7′ S, 151° 20.5′ E
RP	Rocky Point	Fixed yacht mark, either an orange can or yellow pyramid positioned northeast of Rocky Point, at approximately;	33° 37.9′ S, 151° 17.4 ′ E



	1	1	
SDP	Soldiers Point	Fixed yacht mark, either an orange can or yellow pyramid positioned north of Soldiers Point, at approximately;	33° 36.0′ S, 151° 18.3′ E
SP	Stokes Point	Fixed yacht mark, either an orange can or yellow pyramid positioned around 200m northwest of Stokes Point, at approximately;	33° 36.7′ S, 151° 18.8′ E
SPC	Salt Pan Cove	Inflatable mark laid northwest of Salt Pan Cove Maritime Beacon, towards Scotland Island	
ТВ	Towlers Bay	Fixed yacht mark, either an orange can or yellow pyramid positioned around 400m from Morning Bay, at approximately;	33° 37.5′ S, 151° 17.6′ E
TGL	Terrigal	Inflatable mark laid approximately at;	33° 27.6′ S, 151° 30.0′ E
TP	Taylors Point	Fixed yacht mark, either an orange can or yellow pyramid positioned northwest of Taylors Point Wharf, at approximately;	33° 37.9′ S, 151° 18.3′ E
WH	West Head	Inflatable mark laid in the vicinity of First Head and Shark Rock (Barrenjoey and West Head)	
WP	Woody Point	Inflatable mark laid approximately 150m east of Woody Point	



Need Crew or Wanting to Crew?

Join the Facebook Crew Group https://www.facebook.com/groups/crewatrpayc





- Need Crew?
- Want to Crew?
- Post live
 - Add Boat Name
 - Time/Date
 - Meeting location
 - My crew info, days available, inshore/offshore, FT/Casual
- JOIN TODAY



EMERGENCY RESPONSE & NOTIFICATION OF INCIDENTS



NOTIFICATION OF INCIDENTS

The RPAYC is not able to provide primary emergency response. The NSW Water Police (or AMSA, depending on the incident location) shall coordinate the Emergency Response for boats requiring external medical assistance or requiring assistance when in grave or imminent danger to the safety of the vessel or crew. For any incident requiring Emergency Service assistance the persons at the sight of the incident should contact '000'.

Advising the Race Official Team and the RPAYC Club House should then follow.

At all times the RPAYC should be contacted to advise an incident has occurred and an incident report lodged by those parties involved.

The RPAYC may be able to provide assistance in non-emergency situations and/or as directed by the Emergency Services.

For any incident requiring assistance, parties involved should updated Emergency Services, the Race Officials and Club on the situation.

EMERGENCY RESPONSE

Where a vessel and/or its crew requires **Emergency Response** the vessels crew should use the standard marine radio emergency call procedures (**MAY DAY** or **PAN PAN**).

- MAY DAY Only used if a vessel or person is in grave and imminent danger and requires immediate
 assistance.
- PAN PAN Used when a Mayday distress signal is not fully justified vessel requires assistance but
 is not in grave or imminent danger or if an urgent safety message concerning safety of the vessel or
 person.
- If the incident does not merit a May Day or Pan Pan call, but emergency assistance is required,
 Emergency Services should be called by dialing "000". The NSW Water Police Marine Area Command
 (MAC) are the primary Agency responsible for coordinating Emergency Responses. Incidents requiring
 Ambulance services refer to Pick up Point for your closest suitable location.

First Response - contact Emergency Services on:

- VHF Ch. 16 and/or "000" or
- Water Police, Sydney 02-9692 5411 or Broken Bay 02-9979 4044 / Duty Officer 0412 162 093
- Marine Rescue VHF 16 or 02 9999 3554



In the case of an incident <u>not requiring</u> Emergency Services contact should be made with:

- Alfred's 1 on VHF Ch 77 or on 0428 276 409; or
- Alfred's 2 on VHF Ch 72 or on 0458 787 500; or
- RPAYC Reception on 9998-3700

NOTIFICATION OF VESSEL ACCIDENTS AND PERSONAL INJURY

If a boating accident occurs in any port or navigable water in NSW, the master of the vessel must:

- Stop the vessel immediately
- Give any assistance which may be necessary
- Produce any boat or PWC driving licence required to be held to authorities and parties
- Give details to any person having reasonable grounds for requesting them e.g. other persons involved in the accident
- Details must include the master's name and address as well as any distinguishing number which is required to be displayed on the vessel e.g. registration number or permit number.

If requested by a Roads and Maritime Officer or any NSW Police Officer, provide the following details:

- Full identification
- Time, place and nature of accident
- Name and registration number of every vessel involved in the incident
- Name and address of every person who was concerned with or witnessed the accident
- Extent of any injury or damage resulting from the accident
- Produce a boat driving licence or Certificate of Competency.

There is a NSW legislative requirement for skippers (and/or Persons-in-Charge of boats) to provide a written report to Roads and Maritime within 24 hours setting out the particulars of the incident if one of the following applies:

- The incident has resulted in the death, or injury to, a person
- The incident has result in damage in excess of \$5000 to a vessel of any other property
- Damage or risk to the environment has occurred.
 - The relevant NSW RMS Sailing Incident Report form may be found on the RPAYC website in the Incident Procedures section or on the NSW RMS Maritime website. http://www.rms.nsw.qov.au/maritime/
- Copies should also be submitted to the RPAYC and or a Protest Form submitted if the incident occurred during an official event.





Royal Prince Alfred Yacht Club

Broken Bay NSW Phone: 02 9998 3700 VHF: 77

EMERGENCY GUIDE FOR BROKEN BAY

AMBULANCE | POLICE | FIRE: 000 or 112

WATER POLICE BB: 0412 162 093 WATER POLICE BB: 9910 7899 RMS (MARITIME): 13 12 36 MARINE RESCUE BB: 9999 3554

MONA VALE POLICE: 9998 0699
MV ALFREDS I: 0428 276 409
MV ALFREDS II: 0458 787 500
RPAYC RECEPTION: 9998 3700

VHF MARINE RADIO -

EMERGENCY VHF RADIO CH 16

AMBULANCE PICK UP POINTS

A. TAYLORS POINT WHARF

Lot 7132 Taylors Pt Road, CLAREVILLE NSW 2107 Cross Street - Hudson Parade

B. CAREEL BAY WHARF

4 George Street, AVALON BEACH NSW 2107 Cross Street - Therry Street

C. PALM BEACH FERRY WHARF

1151 Barrenjoey Road, PALM BEACH NSW 2108 Cross Street - Palm Beach Road

D. ROYAL PRINCE ALFRED YACHT CLUB

16 Mitala Street, NEWPORT NSW 2106 Cross Street - Prince Alfred Parade

E. CHURCH POINT WHARF

1860 Pittwater Road, CHURCH POINT NSW 2105 Cross Street - McCarrs Creek Road

F. PATONGA BEACH WHARF

6/8 Patonga Dr, PATONGA NSW 2256 Cross Street - Bay Street

G. BROOKLYN WHARF

7 Dangar Road, BROOKLYN NSW 2083 Cross Street - Karoola Street

H. ROYAL MOTOR YACHT CLUB

46 Prince Alfred Parade, NEWPORT NSW 2106 Cross Street - Herbert Ave



Be aware that the tide may impact depths at the above listed Pick Up Points. Commercal traffic at Palm Beach may also impact access.

Taylors Point Wharf may not always be a suitable evacuation location due to depth and/or weather limitations. From a medical perspective, it is desirable in a multiple casualty situation, that medical tretament be provided at one location.

When using the RPAYC as a Pick Up Point, direct parties and emergency services to access the Services Wharf. Remember to contact the RPAYC to advise of the incident.

The following items of medical equipent are at the RPAYC Clubhouse:

Medical Kits | AEDs | Oxygen Kits | Spinal Board | Applied First Aiders | Wheel Chair

EMERGENCY GUIDE FOR BROKEN BAY



CALLING AN AMBULANCE - FLOW CHART

When you call Triple Zero (000), you will speak with a Telstra Operator who will ask you which service you require - police, fire or ambulance.



If you say AMBULANCE, you will transferred to one of our control centres



To ensure you receive the most appropriate care quickly, the Ambulance control centre officer will ask you the following standard set of questions.

- What is the exact address of the emergency? (The officer will ask for the suburb name, street address and nearest cross street or location you are calling from)
- What is the phone number you are calling from? 2. (This information is important in case the control centre needs to call back to obtain further information)
- 3. Tell me exactly what happened?
- 4. How old is s/he? (Approximate age if unsure)
- 5. Is s/he awake?
- 6. Is s/he breathing?

Answering these questions to the best of your ability ensures we have the most accurate information about the patient's condition and can assess the situation quickly



From your responses to the questions above, Ambulance will determine the most appropriate service for you.

Ambulance uses the internationally recognised Medical Priority Dispatch System (MPDS) to determine the level of response required based on the severity of the patient's condition. Not all callers will require an ambulance.

Life-threatening medical emergency. Urgent assistance required



Medical assistance required but not life-threatening



Not an emergency but may require further medical assessment.



DO NOT



The control centre officer questions to assist paramedics en route

and sirens.

The control centre officer can also provide further assistance and/or medical instructions depending on the medical emergency.

medical emergency



Paramedics will be sent without lights and sirens when available. This may be as soon as 30 minutes or up to 90 minutes during busy periods.

Your call is transferred to a registered nurse for assessment.

The nurse can provide advice over the phone and identify other methods of transport, or treatment by other health professionals.

The nurse can also return the call to the Triple Zero (000) control centre officer at any time if they believe an ambulance is required.

If your call falls into one of the above categories, you should call Triple Zero (000) again if the patient's condition changes in any way.



Resuscitation Chart

D



Danger

Check for **Danger** to Yourself, the Patient and Bystanders.

R



Response

Check for Response by talk and touch.

S





If unresponsive, **Send** for help by calling **Triple Zero (000).**

A



Airway

Open **Airway** and ensure it is clear. If not, roll patient onto their side and clear the airway.

B



Breathing

Check Breathing

If patient is not breathing or breathing is not normal, commence CPR.

C



CPR (30:2)*

Start CPR*

Give 30 Chest Compressions followed by 2 rescue breaths.

If unwilling or unable to perform rescue breaths continue chest compressions.

*For drowning, give 2 initial rescue breaths before starting compressions.

Ensure adequate backward head tilt when giving rescue breaths.

Compressions should be at a rate of 100-120 per minute in the centre of the chest and be 1/3 of the patient's chest depth.

For Infants do not tilt head when administering breaths. Use 2 fingers to compress chest.

D



Defibrillation 💅

Attach an Automated External Defibrillator (AED) as soon as it is available and follow its

Continue CPR until:

- The patient responds or begins breathing normally
- It is impossible to continue (e.g. exhaustion)
- A health care professional arrives and takes over CPR
- A health care professional directs that CPR be ceased

To get involved and learn to save a life, enrol at surflifesaving.com.au or call 1300 766 257

This information is not a substitute for first aid training.
Surf Life Saving recommends that everyone be trained in first aid.



