## Safety Equipment Requirements

Note: Organizing Authorities may add or delete items based on the conditions of their specific races. Effective Date: January 1, 2017, revision 2017.0

Section Name	#	Requirement	Ocean
		Ocean: Long distance races, well offshore, where rescue may be	
Definition	1.0.1	delayed	Х
		The Cofety Favingsont Deguirements establish uniform minimum	
		The Safety Equipment Requirements establish uniform minimum equipment and training standards for a variety of boats racing in	
		differing conditions. These regulations do not replace, but rather	
		supplement, the requirements of applicable local or national authority for boating, the Racing Rules of Sailing, the rules of Class	
Overall	1.1	, , , , , , , , , , , , , , , , , , , ,	v
Overall	1.1	Associations and any applicable rating rules.	Х
		The safety of a boat and her crew is the sole and inescapable	
		responsibility of the "person in charge", as per RRS 46, who shall	
		ensure that the boat is seaworthy and manned by an experienced	
		crew with sufficient ability and experience to face bad weather.	
		S/he shall be satisfied as to the soundness of hull, spars, rigging, sails	
		and all gear. S/he shall ensure that all safety equipment is at all	
Overall:		times properly maintained and safely stowed and that the crew	
Responsibility	1.2	knows where it is kept and how it is to be used.	x
		A boat may be inspected at any time by an equipment inspector or	
		measurer appointed for the event. If she does not comply with	
		these regulations, her entry may be rejected or she will be subject	
Overall:		to a protest filed by the RC. A Violation of the Safety Equipment	
Inspections	1.3	Requirements may result in a penalty other than disqualification.	X
		All and investment of the life	
		All equipment required shall function properly, be regularly	
		checked, cleaned and serviced, and be of a type, size and capacity	
0 "		suitable for the intended use and size of the boat and the size of the	
Overall:		crew. This equipment shall be readily accessible while underway	
Equipment and		and, when not in use, stored in such a way that deterioration is	
Knowledge	1.4	minimized.	Х
Overall: Secure		A boat's heavy items such as batteries, stoves, toolboxes, anchors,	
Storage	1.5	chain and internal ballast shall be secured.	x
Storage	1.5	chan and meethal banase shall be seed ea.	
		A boat shall be strongly built, watertight and, particularly with	
		regard to hulls, decks and cabin trunks, capable of withstanding	
		solid water and knockdowns. A boat shall be properly rigged and	
		ballasted, be fully seaworthy and shall meet the standards set forth	
Overall: Strength		herein. A boat's shrouds and at least one forestay shall remain	
of Build	1.6	attached at all times.	x
		A boat's hull, including, deck, coach roof, windows, hatches and all	
Overall:		other parts, shall form an integral watertight unit, and any openings	
Watertight		in it shall be capable of being immediately secured to maintain this	
Integrity	1.7	integrity.	Х
		Hull Construction Standards - Scantlings with plan review approval -	
Overall: Scantlings	1.8	(See Appendix)	Х
D. II and		A bookle consensation of A shall be a selected at the selected	
Hull and		A boat's companionway(s) shall be capable of being blocked off to	
Structure: Hull	244	main deck level (sheerline). The method of blocking should be solid,	
Openings	2.1.1	watertight, and rigidly secured, if not permanent.	Х

Section Name	#	Requirement	Ocean
Hull and			
Structure: Hull		A boat's hatch boards, whether or not in position in the hatchway,	
Openings	2.1.2	shall be secured in a way that prevents their being lost overboard.	х
<u> </u>		Shan 20 0000 ou ma may that proteins their 20 mg loot of a 20 mg	
		A boat's entire cockpit shall be solid, watertight, strongly fastened	
Hull and		and/or sealed. Weather-tight seat hatches are acceptable only if	
Structure: Cockpit	2.1.3	capable of being secured when closed.	х
		A boat's cockpit drains shall be capable of draining six inches of	
		water in 5 minutes. One square inch (645mm2) of effective drain	
Hull and		per eight square feet (0.743m2) of cockpit sole will meet this	
Structure: Cockpit	2.1.4	requirement.	Х
		A boat's maximum cockpit volume for cockpits not open to the sea,	
		including any compartments capable of flooding, to lowest points of	
		coaming over which water can adequately escape, shall not exceed	
Hull and		0.06 x LOA x Max. Beam x Freeboard aft. The cockpit sole shall be at	
Structure: Cockpit	2.1.5.1	least 0.02 x LOA above LWL.	Х
	1	A heat's through hull anonings helpsy the waterline shall be	
Hull and		A boat's through-hull openings below the waterline shall be equipped with sea cocks or valves, except for integral deck	
Structure:		scuppers, speed transducers, depth finder transducers and the like;	
Through Hulls	2.1.6	however a means of closing such openings shall be provided.	x
Tillough Hulls	2.1.0	nowever a means of closing such openings shall be provided.	^
Hull and		The boat must have a stability index greater than or equal to 115, or	
Structure: Stability	2.2.1	meet the requirements of ISO 12217-2A	x
<u> </u>			
Hull and		A boat with moveable or variable ballast (water or canting keel)	
Structure: Stability	2.2.3	shall comply with the requirements of Appendix K.	x
Hull and			
Structure:			
Accommodations	2.3.1	A boat shall be equipped with a head or a fitted bucket.	Х
Hull and		A hand also like a second and the second as a second a	
Structure:	222	A boat shall have bunks sufficient to accommodate the off watch	
Accommodations	2.3.2	crew.	Х
Hull and			
Structure:			
Accommodations	2.3.3	A boat shall have a stove with a fuel shutoff.	x
Accommodations	2.5.5	A bode shall have a stove with a fact shaton.	
Hull and		Vessels shall carry water as required by the Notice of Race such that	
Structure:		a single failure of a tank or delivery system will not allow the loss of	
Accommodations	2.3.4	more than half the water.	x
Hull and			
Structure:	1		
Accommodations	2.3.5	A boat shall have adequate hand holds below decks.	x
	]		
Hull and		A boat's deck including the headstay shall be surrounded by a	
Structure:	1	suitably strong enclosure, typically consisting of lifelines and pulpits,	
Lifelines	2.4.1	meeting the requirements in 2.4.2 to 2.4.8.	Х
Hull and			
Structure:		A boat's stanchion and pulpit bases shall be within the working	
Lifelines	2.4.2	deck.	Х

Section Name	#	Requirement	Ocean
Hull and		Bow pulpits may be open, but the opening between the vertical	
Structure:		portion of stanchion pulpit and any part of the boat shall not exceed	
Lifelines	2.4.3	14.2" (360mm).	Х
Hull and		Lifelines shall be - uncoated stainless steel wire. A multipart-lashing	
Structure:		segment not to exceed 4" per end termination for the purpose of	
Lifelines	2.4.4	attaching lifelines to pulpits is allowed. Lifelines shall be taut.	Х
Hull and Structure: Lifelines Hull and	2.4.4.1	Lifeline deflection shall not exceed the following: a) When a deflecting force of 9 lbs (40N) is applied to a lifeline midway between supports of an upper or single lifeline, the lifeline shall not deflect more than 2" (50mm). This measurement shall be taken at the widest span between supports that are aft of the mast. b) When a deflecting force of 9 lbs (40N) is applied midway between supports of an intermediate lifeline of all spans that are aft of the mast, deflection shall not exceed 5" (120mm) from a straight line between the stanchions.	x
		The maximum energing between lifetime connects to a standbing	
Structure:	2 4 5	The maximum spacing between lifeline supports (e.g. stanchions	v
Lifelines	2.4.5	and pulpits) shall be 87" (2.2m).	Х
Hull and Structure: Lifelines	2.4.6	Boats under 30' (9.14m) shall have at least one lifeline with 18" (457mm) minimum height above deck, and a maximum vertical gap of 18" (457mm). Taller heights will require a second lifeline. The minimum diameter shall be 1/8" (3mm).	x
Hull and Structure: Lifelines	2.4.7	Boats 30' and over (9.14m) shall have at least two lifelines with 24" (762mm) minimum height above deck, and a maximum vertical gap of 15" (381mm). The minimum diameter will be 5/32" (4mm) for boats to 43' (13.1m) and 3/16" (5mm) for boats over 43' (13.1m).	x
Hull and Structure: Lifelines	2.4.8	Toe rails shall be fitted around the foredeck from the base of the mast with a minimum height of 3/4" (18mm) for boats under 30' (9.14m) and 1" (25mm) for boats over 30'. An additional installed lifeline that is 1-2" (25-51mm) above the deck will satisfy this requirement for boats without toerails.	x
Hull and Structure: Lifelines	2.4.9	Trimarans are exempted from the lifeline requirement where there is a trampoline outboard of the main hull, except that a lifeline must run from the top of a bow pulpit to the forward crossbeam at the outboard edge of the bow net or foredeck. Catamarans with trampoline nets between the hulls are exempted from the lifeline requirement. All catamarans are exempted from the need for pulpits and lifelines across the bow.	х
Hull and Structure: Dewatering pumps	2.5.1	A boat shall have a permanently installed manual bilge pump of at least a 10 GPM (37.8 liter per minute) capacity and which is operable from on deck with the cabin closed with the discharge not dependent on an open hatch. Unless permanently attached to the pump, the bilge pump handle shall be securely attached to the boat in its vicinity via a lanyard or catch. A bilge pump discharge shall not be connected to a cockpit drain. The bilge pump shall not discharge into a cockpit unless that cockpit opens aft to the sea.	X

Section Name	#	Requirement	Ocean
Hull and			
Structure:		A boat shall have a second permanently installed manual bilge pump	
Dewatering		of at least 10 GPM (37.8 liter per minute) capacity, operable from	
pumps	2.5.2	below deck, meeting the same criteria as above.	Х
Hull and			
Structure: Mast		A boat shall have the heel of a keel-stepped mast securely fastened	
and Rigging	2.6	to the mast step or adjoining structure.	x
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Hull and		A boat shall have a mechanical propulsion system that is quickly	
Structure:		available and capable of driving the boat at a minimum speed in	
Mechanical		knots equivalent to the square root of LWL in feet (1.81 times the	
Propulsion	2.7.1	square root of the waterline in meters) for 10 hours.	X
Hull and			
Structure:			
Mechanical		The boat's engine and generator installation (if so equipped) must	
Propulsion	2.7.3	conform to ABYC, ISO, or U.S. Coast Guard standards.	Х
		Each crewmember shall have a life jacket that provides at least	
		33.7lbs (150N) of buoyancy, intended to be worn over the shoulders	
		(no belt pack), meeting either U.S. Coast Guard or ISO specifications.	
		Alternatively, each crewmember shall have an inherently buoyant	
Safety Equipment:		off-shore life jacket that provides at least 22lbs (100N) of buoyancy	
Personal	3.1.1	meeting either U.S. Coast Guard or ISO specifications.	x
		Life jackets shall be equipped with crotch or leg straps, a	
		whistle, a waterproof light, be fitted with marine-grade retro-	
		reflective material, and be clearly marked with the boat's or	
		wearer's name, and be compatible with the wearer's safety	
Safety Equipment:		harness. If the life jacket is inflatable, it shall be regularly	
Personal	3.1.2	checked for air retention.	Х
		Each crewmember shall have a safety harness and compatible	
		safety tether not more than 6'7" (2m) long with a minimum tensile	
		strength of 4500 lb. (20kN). The tether shall have a snap hook at its	
Safety Equipment:		far end and a means to quickly disconnect the tether at the chest	
Personal	3.1.4	end.	Х
		A boat shall carry jacklines with a breaking strength of at least 4500	
Cofety For		lb. (20kN) which allow the crew to reach all points on deck,	
Safety Equipment:	2 2 4	connected to similarly strong attachment points, in place while	
Deck Safety	3.2.1	racing.	Х
Safety Equipment:		A boat shall have adequate clipping points or jacklines that allow the	
Deck Safety	3.2.2	crew to clip on before coming on deck and unclip after going below.	х
6.6.5		A 191 II	
Safety Equipment:	2 2 2	Multihulls must have jacklines or attachment points that are	
Deck Safety	3.2.3	accessible when the vessel is inverted.	Х
		A boat racing between sunset and sunrise shall carry navigation	
		lights that meet U. S. Coast Guard or applicable government	
Safety Equipment:		requirements mounted so that they will not be obscured by the sails	
Navigation Lights	3.3.1	nor be located below deck level.	x
angation Lights		A boat shall have a second set of navigation lights that comply with	
		US Coast Guard or applicable government requirements and which	
Safety Equipment:		can be connected to a different power source than the primary	
Navigation Lights	3.3.2	lights.	х
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Section Name	#	Requirement	Ocean
Safety Equipment: Fire Extinguishers	3.4	A boat shall carry fire extinguisher(s) that meets U.S. Coast Guard or applicable government requirements, when applicable.	х
Safety Equipment: Sound Producing Equipment	3.5	A boat shall carry-sound-making devices that meets U.S. Coast Guard or applicable government requirements, when applicable.	X
Safety Equipment: Visual Distress Signals	3.6.1	A boat shall carry two SOLAS orange smoke flares not older than the expiration date.	x
Safety Equipment: Visual Distress Signals	3.6.3	The requirement for SOLAS parachute flares has been removed.	Х
Safety Equipment: Visual Distress Signals	3.6.5	A boat shall carry four SOLAS red hand flares not older than the expiration date.	x
Safety Equipment: Visual Distress Signals	3.6.5	Boat flares stored inside of life rafts may not be used to satisfy the flare requirement.	x
Safety Equipment: Man Overboard	3.7.1	A boat shall carry a Lifesling or equivalent man overboard rescue device equipped with a self igniting light stored on deck and ready for immediate use.	x
Safety Equipment: Man Overboard	3.7.2	A boat shall have a man overboard pole and flag, with a lifebuoy, a self-igniting light, a whistle, and a drogue attached. A self-inflating Man Overboard Module, Dan Buoy or similar device will satisfy this requirement. Self-inflating apparatus shall be tested and serviced in accordance with the manufacturer's specifications. These items shall be stored on deck, ready for immediate use, and affixed in a manner that allows for a "quick release".	X
Safety Equipment: Man Overboard	3.7.3	A boat shall have a throwing sock-type heaving line of 50' (15m) or greater of floating polypropylene line readily accessible to the cockpit.	x
Safety Equipment: Man Overboard	3.7.4	A boat shall carry a Coast Guard or applicable government approved "throwable device". If the device carried under 3.7.1 or 3.7.2 satisfies this requirement, then no additional device is needed.	х

Communications 3.8.1 or have an internal GPS, and have the assigned MMSI number (unique to the boat) programed into the VHF.  **Safety Equipment:** **Emergency** **Communications** **Jean Communications** **Jean Commun	Section Name	#	Requirement	Ocean
Safety Equipment: Emergency Communications Safety Equipment: Safety Equipment: Emergency Communications Safety Equipment: Safety Equipment: Emergency Communications Safety Equipment: Safety Equipment: Safety Equipment: Safety Equipment: Navigation Safety Equipment: Navigatio			A boat shall have a permanently installed 25-watt VHF radio	
Safety Equipment: Emergency Communications Safety Equipment: Safety Equipment: Emergency Communications Safety Equipment: Safety Equipment: Emergency Communications Safety Equipment: Safety Equipment: Safety Equipment: Safety Equipment: Navigation Safety Equipment: Navigatio			connected to a masthead antenna by a co-axial feeder cable with no	
Communications 3.8.1 or have an internal GPS, and have the assigned MMSI number (unique to the boat) programed into the VHF.  **Safety Equipment:** **Emergency** **Communications** **Jean Communications** **Jean Commun				
A boat shall have a meterogency VHF and to the deck, and have a minimum antenna length of 15"  Safety Equipment: Emergency Communications  3.8.3  A boat shall have an emergency VHF antenna with sufficient coax to reach the deck, and have a minimum antenna length of 15"  Communications  3.8.3  Modified in NOR - see NOR 14.1  Working Satelite Phone in waterproof container shall be carried aboard.  A boat shall have a method of receiving weather information in addition to the fixed mount and hand held VHF radio.  X  A boat shall carry a GPS receiver.  A boat shall carry a 406MHz EPIRB that is properly registered to the communications  Safety Equipment: Emergency Communications  3.15  A boat shall carry a 406MHz EPIRB that is properly registered to the communications  Safety Equipment: Emergency Communications  3.16  A boat shall carry a 406MHz EPIRB that is properly registered to the boat. This device shall be equipped with an internal GPS.  X  A boat shall have a knotmeter and/or distance-measuring instrument.  Safety Equipment: Navigation  A boat shall have a permanently mounted magnetic compass independent of the boat's electrical system suitable for steering at sea.  A boat shall have a permanently mounted magnetic compass independent of the boat's electrical system suitable for steering at sea.  A boat shall have a second magnetic compass suitable for steering at sea.	Safety Equipment:		have an antenna of at least 15" (381mm) in length, be connected to	
A boat shall have a watertight handheld VHF radio or a handheld VHF radio with waterproof cover. This radio shall have bSC/GPS capability with an MMSI number properly registered to the vessel.  A boat shall have an emergency VHF antenna with sufficient coax to reach the deck, and have a minimum antenna length of 15"  Safety Equipment: Emergency Communications  Safety Equipment: A boat shall have a method of receiving weather information in addition to the fixed mount and hand held VHF radio.  A boat shall have a method of receiving weather information in addition to the fixed mount and hand held VHF radio.  A boat shall carry a GPS receiver.  A boat shall carry a electronic means to record the position of a man overboard within ten seconds. This may be the same instrument listed in 3.14.  A boat shall carry a 406MHz EPIRB that is properly registered to the boat. This device shall be equipped with an internal GPS.  A boat shall have a knotmeter and/or distance-measuring instrument.  A boat shall have a knotmeter and/or distance-measuring instrument.  A boat shall have a permanently installed depth sounder that can measure to depths of at least 200 ft. (6.1m).  A boat shall have a permanently mounted magnetic compass independent of the boat's electrical system suitable for steering at sea.  A boat shall have a permanently mounted magnetic compass independent of the boat's electrical system suitable for steering at sea.	Emergency		or have an internal GPS, and have the assigned MMSI number	
Emergency Communications 3.8.2 capability with an MINSI number properly registered to the vessel.  A boat shall have an emergency VHF antenna with sufficient coax to reach the deck, and have a minimum antenna length of 15"  Safety Equipment: Emergency Communications 3.8.3 (381mm).  Modified in NOR - see NOR 14.1  Emergency Communications 3.9 Modified in NOR - see NOR 14.1  Working Satelite Phone in waterproof container shall be carried aboard.  A boat shall have a method of receiving weather information in addition to the fixed mount and hand held VHF radio.  X  Safety Equipment: Emergency Communications 3.13 A boat shall carry a GPS receiver.  A boat shall carry an electronic means to record the position of a man overboard within ten seconds. This may be the same instrument listed in 3.14.  X  Safety Equipment: Emergency Communications 3.15 Instrument listed in 3.14.  A boat shall carry a 406MHz EPIRB that is properly registered to the boat. This device shall be equipped with an internal GPS.  X  A boat shall have a knotmeter and/or distance-measuring instrument.  A boat shall have a permanently installed depth sounder that can measure to depths of at least 200 ft. (61m).  X A boat shall have a permanently mounted magnetic compass independent of the boat's electrical system suitable for steering at sea.  X Safety Equipment:  Navigation 3.19.1 A boat shall have a second magnetic compass suitable for steering at sea.	Communications	3.8.1	(unique to the boat) programed into the VHF.	х
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	ivavigation	3.19.1	sea.	Х
	Safety Equipment:		A boat shall have a second magnetic compass suitable for steering	
	Navigation	1		x

Section Name	#	Requirement	Ocean
Safety Equipment:		A boat shall have non-electronic charts that are appropriate for the	
	3.20		v
Navigation	3.20	race area.	Х
		A boat shall carry soft plugs of an appropriate material, tapered and	
Safety Equipment:		of the appropriate size, attached or stowed adjacent to every	
Damage Control	3.22	through-hull opening.	v
Damage Control	3.22	A boat shall carry one anchor, meeting the anchor manufacturer's	Х
		recommendations based on the yacht's size, with a suitable	
Gear: Anchoring	3.23	combination of chain and line.	v
Gear. Anchoring	3.23	A boat shall carry a watertight, high-powered searchlight, suitable	Х
		for searching for a person overboard at night or for collision	
Gear: Lights	3.24.1	avoidance.	v
Gear. Lights	3.24.1	avoidance.	Х
		A boat shall carry a watertight flashlight for each crewmember with	
Gear: Lights	3.24.2	spare batteries in addition to the above.	V
Gear. Lights	3.24.2	spare patteries in addition to the above.	Х
		A boat shall carry a first aid kit and first aid manual suitable for the	
Gear: Medical Kits	2 25	likely conditions of the passage and the number of crew aboard.	V
dear. Medical Kits	3.23	likely collultions of the passage and the number of crew aboard.	Х
Gear: Radar		A boat shall carry an 11.5" (292mm) diameter or greater octahedral	
Reflectors	3.26	radar reflector or one of equivalent performance.	v
Reflectors	3.20	A boat shall carry two sturdy buckets of at least two gallons (8 liters)	Х
	2 27 1		.,
	3.27.1	capacity with lanyards attached.	Х
		A heat shall post a durable waterproof diagram or shart locating	
Caam Cafat.		A boat shall post a durable, waterproof diagram or chart locating	
Gear: Safety	2 20	the principal items of safety equipment and through hulls in the	
Diagram	3.28	main accommodation area where it can be easily seen.	Х
Goor: Emorgonou		A heat shall have an emergency tiller canable of being fitted to the	
Gear: Emergency	3.29.1	A boat shall have an emergency tiller, capable of being fitted to the rudder stock.	.,
Steering	3.29.1	rudder stock.	Х
		A boat shall carry tools and spare parts, including an effective means	
Coari Caara Darta	2 20	to quickly disconnect or sever the standing rigging from the hull.	.,
Gear: Spare Parts	3.30	to quickly disconnect of sever the standing rigging from the hull.	Х
		All lifesaving equipment shall bear retro-reflective material and be	
		marked with the yacht's or wearer's name. The exception would be	
		for new equipment or rented equipment (e.g. life rafts) that would	
C		require the unpacking of sealed equipment in order to meet this	
Gear:	2.24	requirement. The boat name shall be added during the first	
Identification	3.31	servicing of any new equipment.	Х
Coor Coolerit		A hoot shall cover a strong shown limits about had and account	
Gear: Cockpit	2 22	A boat shall carry a strong, sharp knife, sheathed and securely	
Knife	3.32	restrained which is readily accessible from the deck and/or cockpit.	Х
Sails: Mainsail			
	2 22 4	Madified in NOR and NOR 44.4	
Reefing	3.33.1	Modified in NOR - see NOR 14.1	X
Sails: Trysail	3.33.2	Modified in NOR - see NOR 14.1	Х
Sails: Headsails	3.33.3	Modified in NOR - see NOR 14.1	х
Sails: Headsails	3.33.4	Modified in NOR - see NOR 14.1	
Julia. Heausalls	3.33.4	A boat shall not be rigged with any halyard that requires a person to	Х
Rigging: Halvarde	3.35		v
Rigging: Halyards	ა.აა	go aloft in order to lower a sail.	Х

Section Name	#	Requirement	Ocean
Rigging: Boom		A boat over 30' LOA (9.14m) shall have a means to prevent the	
Support	3.36	boom from dropping if support from the mainsail or halyard fails.	х
σαρροιτ	3.30	A boat shall carry 1 gallon (3.785 liters) per crewmember of	^
		emergency drinking water in sealed containers in addition to any	
		other water carried aboard the boat and it shall be aboard after	
Supplies: Water	3.37	finishing.	x
		A boat shall carry adequate inflatable life raft(s) designed for saving life at sea with designed capacity for containing the entire crew. The raft shall be SOLAS, ISAF, ISO 9650-1 or ORC approved. The raft shall be stored in such a way that it is capable of being launched within 15 seconds. Boats built after 01/06/2001 shall have the life raft stowed in a deck mounted rigid container or stowed in watertight or self-draining purpose built rigid compartment(s)	
Gear: Life Rafts	3.39	opening adjacent to the cockpit or the working deck. Boats built prior to 01/06/2001 may alternatively stow the life raft in a valise not weighing over 88 lbs. securely below deck and adjacent to the companionway. The life raft(s) shall hold current certificate(s) of inspection.	x
Gear: Life Rafts	3.40	A boat shall have a grab bag with a lanyard and clip for each life raft. The grab bag shall have inherent flotation and be of a bright fluorescent color containing at least an EPIRB, and a watertight handheld VHF radio. The VHF radio and EPIRB need not be in addition to the prior requirements.	x
Skills: Emergency Steering	4.1.1	A boat's crew shall be aware of multiple methods of steering the boat with the rudder disabled, and shall have chosen and practiced one method of steering the boat with the rudder disabled and be prepared to demonstrate said method of steering both upwind and downwind.	x
Skills: Man Overboard	4.2	Annually, two-thirds of the boat's racing crew shall practice manoverboard procedures appropriate for the boat's size and speed. The practice shall consist of marking and returning to a position on the water, and demonstrating a method of hoisting a crewmember back on deck, or other consistent means of reboarding the crewmember.	x
Skills: Safety at Sea Training	4.3.1	At least 30% of those aboard the boat, but not fewer than two members of the crew, unless racing single-handed, including the person in charge, shall have attended a one-day or two-day US Sailing Safety at Sea Seminar within the last 5 years, including online courses when available, or other courses as accepted by US Sailing or other national authority.	x