

SPECIAL REGULATIONS - Extract for Race Category 4 Multihulls

4.26.2 High Visibility

a) It is strongly recommended that every storm sail should either be of highly visible coloured material (eg dayglo pink, orange or yellow) or have a highly visible coloured patch added on each side; and also that a rotating wing mast used in lieu of a trysail should have a highly-visible coloured patch on each side

4.26.3 Materials

a) Aromatic polyamides, carbon and similar fibres shall not be used in a trysail or storm jib but spectra/dyneema and similar materials are permitted.

b) It is strongly recommended that a heavy-weather jib does not contain aromatic polyamides, carbon and similar fibres other than spectra/dyneema.

4.26.4 The following shall be provided:-

a) sheeting positions on deck for each storm and heavy-weather sail;
b) for each storm or heavy-weather jib, a means to attach the luff to the stay, independent of any luff-groove device. A heavy weather jib shall have the means of attachment readily available. A storm jib shall have the means of attachment permanently attached;

f) a heavy-weather jib (or heavy-weather sail in a yacht with no forestay) of area not greater than 13.5% height of the foretriangle squared and without reef points;

g) and either a storm trysail as above, or mainsail reefing to reduce the luff by at least 40%.

j) It is strongly recommended that a heavy-weather jib does not contain aromatic polyamides, carbon and other high modulus fibres

SECTION 5 - PERSONAL EQUIPMENT

5.01 Lifejacket

5.01.1 Each crew member shall have a lifejacket as follows:-

- a) equipped with a whistle
- b) fitted with marine grade retro-reflective material (OSR 4.18)
- c) compatible with the wearer's safety harness
- d) if inflatable, regularly checked for air retention
- e) clearly marked with the yacht's or wearer's name

5.01.2 It is strongly recommended that a lifejacket:-

a) has a lifejacket light in accordance with SOLAS LSA code 2.2.3 (white, >0.75 candelas, >8 hours)

b) at least 150N buoyancy, arranged to securely suspend an unconscious man face upwards at approximately 45 degrees to the water surface- in accordance with prEN ISO 12402 - 3 (Class C) or equivalent (for persons of larger than average build the ISO 275N jacket should be considered);

c) a crotch strap or thigh straps

d) a splashguard./sprayhood is recommended. See EN394

e) if inflatable, has a compressed gas inflation system

5.02 Safety Harness and Safety Lines (Tethers)

5.02.6 Warning - a safety harness is not designed to tow a person in the water and it is important that a harness is used to minimise or eliminate the risk of a person's torso becoming immersed in water outside the boat. The diligent use of a properly adjusted safety harness is regarded as by far the most effective way of preventing man overboard incidents.

5.07 Survival Equipment

5.07.2 It is strongly recommended that an immersion suit should be supplied to each crew member in a multihull in conditions where there is a potential for hypothermia.

6.04 Routine Training On-Board

6.04.1 It is recommended that crews should practice safety routines at reasonable intervals including the drill for man-overboard recovery

APPENDICES TO SPECIAL REGULATIONS

Appendix A - Minimum Specification for Yachtsmen's Liferafts*

Appendix B - A guide to ISO and other Standards*

Appendix C - Standard Inspection Cards*

Appendix D - Quickstop & Lifesling

Appendix E - Hypothermia

Appendix F - Drogues and sea anchors

Appendix G - Model Training Course

Appendix H - ISAF Code for the organisation of Oceanic Races

Appendix J - Category 5

Appendix K - Moveable and Variable Ballast

PREDICTED HIGHEST & LOWEST SPRING AND AUTUMN TIDES 2006

Date	Height(m)	Date	Height(m)
Dover	Mar-2 7.10	Milford Haven	Mar-2 7.74
	Mar-2 0.26		Mar-1 -0.03
	Oct-8 7.20		Sep-9 7.76
Portsmouth	Sep-9 0.40	Tobermoray	Sep-10 0.09
	Mar-2 4.87		Mar-1 5.17
	Mar-1 0.22		Mar-31 0.20
Devonport	Oct 8 5.01	Leith	Sep-9 5.21
	Sep 9 0.28		Sep-9 0.28
	Mar-2 6.04		Mar-2 6.06
	Mar-1 0.18		Mar-1 -0.06
	Sep-9 6.05		Sep-10 6.17
	Sep-10 0.26		Sep-9 -0.02

AFFILIATED GROUPS

Mike Barnsley is MOCRA's new

Affiliated Groups Representative

He is keen to hear from multihull owners' associations. So if you have any events or changed contact details please let him know about it.

Tel: 01420 83782. Email: mike@longlyftimber.co.uk

BCA: Bobcat & Catalac Association.

120 members. Organise a couple of rallies every year. Bembridge in April and Poole at the end of May. Peter Gimson, 196 Harewood Avenue, Queens Park, Bournemouth, BH7 7BQ.

Tel: 01202 773749 Email: P.Gimson@Bmthonline.net

HOA: Hironelle Owners Association.

Earnie Cook, 8 Anthony Close, South Green, Billericay, Essex CM11 2QD. About 100 members.

Tel: 01277 656994. Email: dblast@tiscali.co.uk

TOA: Telstar Owners Association.

Mike Millerchip Tel: 01252 794330

IOA: Iroquois Owners Association.

Dave Lewis (Newsletter editor), 17 Monks Orchard, Petersfield. GU32 2JD.

Tel: 01730 267623. Email: lewis@17mo.ss.net.uk

HTOWOA: Heavenly Twins & Ocean Winds Association.

Colin Maltby (commodore), 54 Park Avenue, Shoreham, West Sussex. BN43 6PH.

Tel: 01273 462670. Email: colinmaltby@fsmail.net