

GFS Emergency Safety Card

Boat Name / Design Sail Number Owner/Skipper

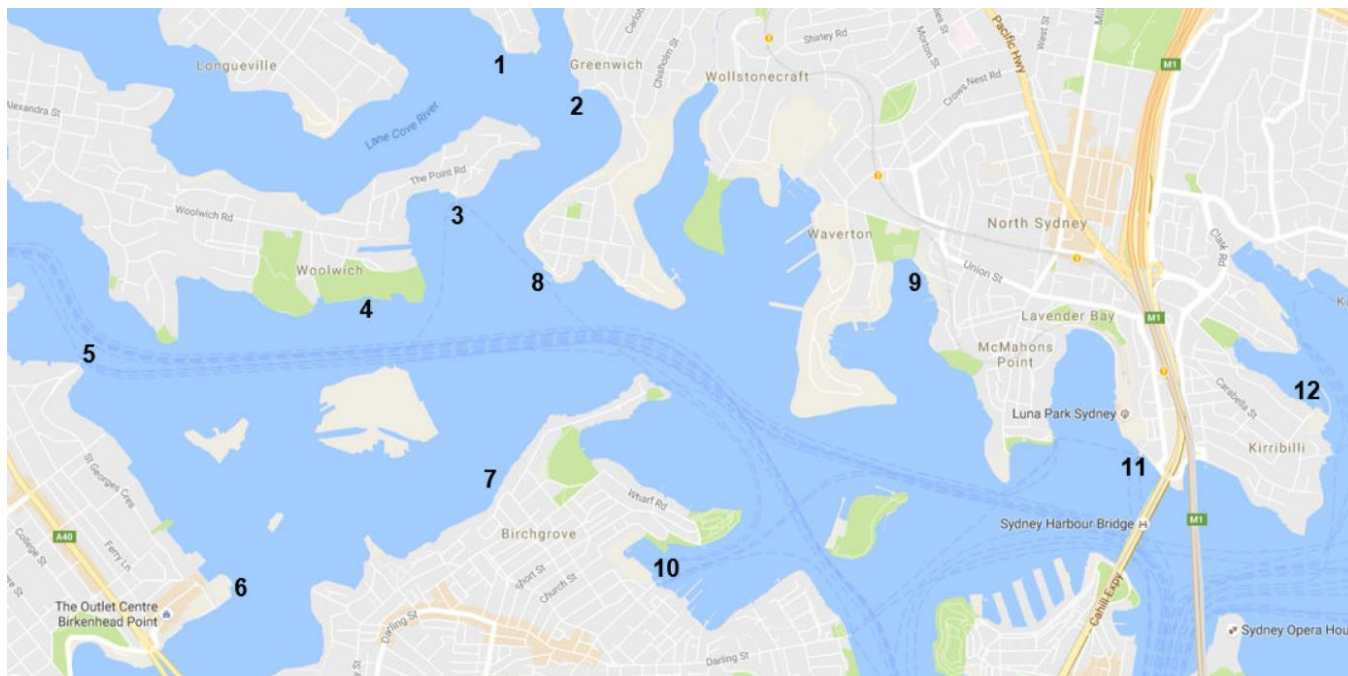
Hull Colour Length Displacement (tonnes) RMS Registration No.

Emergency Contact Numbers – Skipper Alternate Number

Shore ContactNumberAlternate ContactNumber

Emergency Pick-up Locations

1. **Northwood Wharf**, Northwood Road Northwood (nearest cross street Point Road)
2. **Greenwich Flying Squadron**, Bay Street, Greenwich (nearest cross street Carlotta Street)
3. **Valentia Street Wharf**, Valentia Street Woolwich (nearest cross street The Point Road)
4. **Woolwich Marina Public Wharf**
Margaret Street Woolwich (nearest cross street Alfred Street)
5. **Drummoyne Wharf**, Lower Georges Crescent Drummoyne (nearest cross street Wolseley St)
6. **Birkenhead Point Marina, (02-9819 6949)** Roseby Street, Drummoyne (nearest cross street Renwick Street) (8.30am-5pm 7 days)
7. **Balmain Sailing Club**, Water Street, Birchgrove (nearest cross street River St) (public wharf at club)
8. **Greenwich Point Wharf**, Mitchell Street Greenwich (nearest cross street Richard Street)
9. **Noakes – McMahons Point (02-9925 0306)**, 6 John Street McMahons 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 places.

You must give specific details to Emergency Services.

Emergency Contacts

- | | |
|--|---|
| Emergency Services 000 or VHF Ch16 | North Sydney Police (02) 9956 3199 |
| GFS Race Control VHF Ch 72 or (02) 9436 1901 | Marine Rescue Middle Harbour (02) 9969 3270 |
| Water Police (Balmain) (02) 9320 7499 | NSW Roads & Maritime 13 12 36 |
| Royal North Shore Hospital (02) 9226 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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YACHTING AUSTRALIA SPECIAL REGULATIONS PART 1 ADVISORY APPENDIX F

WHERE DOES IT HURT ?

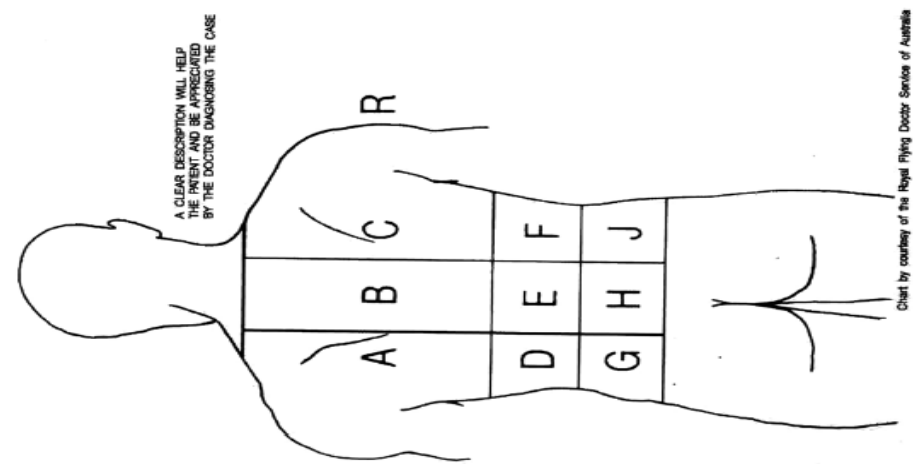
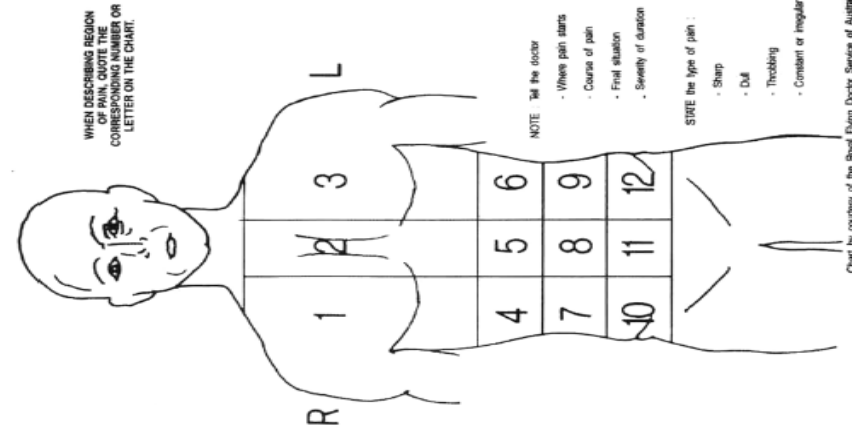


Chart by courtesy of the Royal Flying Doctor Service of Australia

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

Lifejackets, First Aid Kit, GFS 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?