

GFS Emergency Safety Card

Boat Name / Design Sail Number Owner/Skipper

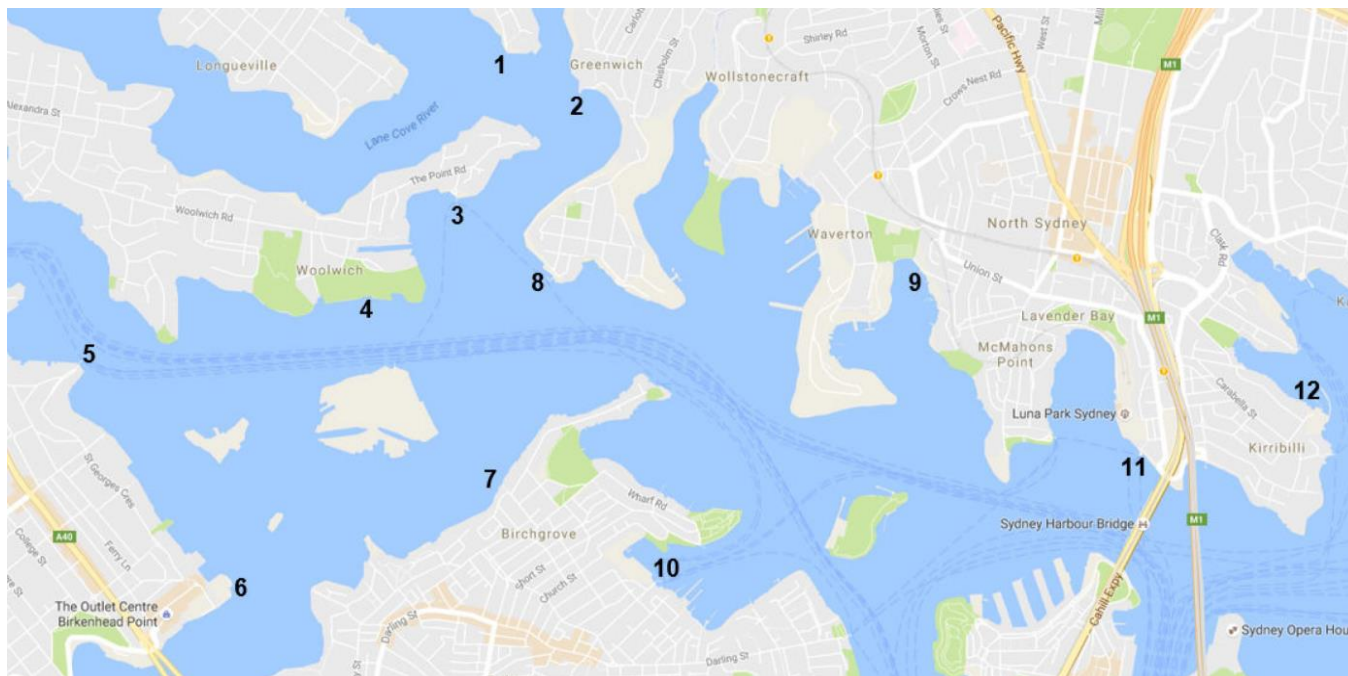
Hull Colour Length Displacement (tonnes) RMS Registration No.

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

GFS Race Control VHF Ch 72 or (02) 9436 1901

Water Police (Balmain) (02) 9320 7499

North Sydney Police (02) 9956 3199

Marine Rescue Middle Harbour (02) 9969 3270

NSW Roads & Maritime 13 12 36

Royal North Shore Hospital (02) 9926 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 ?

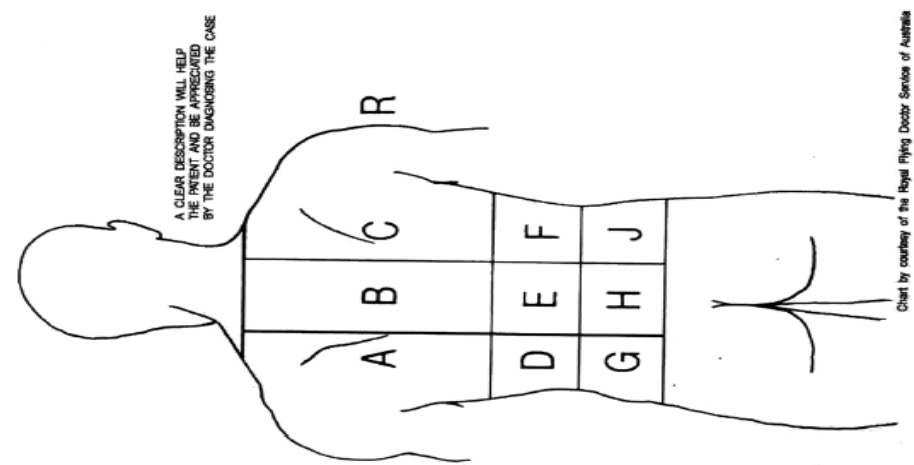
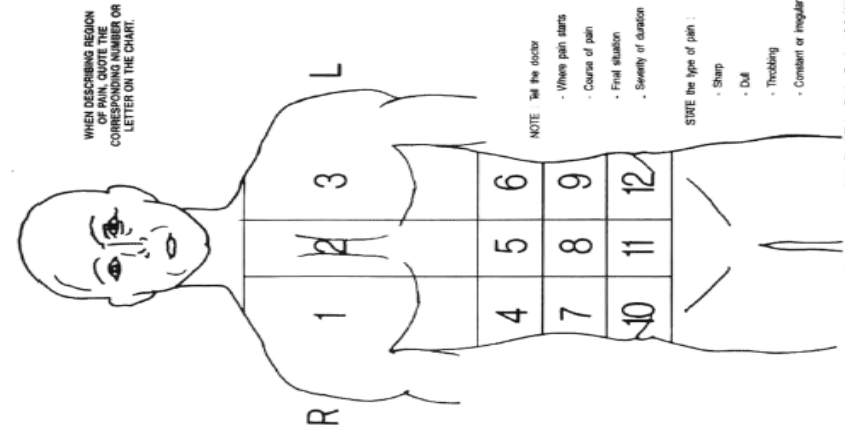


Chart by courtesy of the Royal Flying Doctor Service of Australia

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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?