

# GFS Emergency Safety Card

Boat Name ..... Design ..... Sail Number ..... Owner/Skipper.....

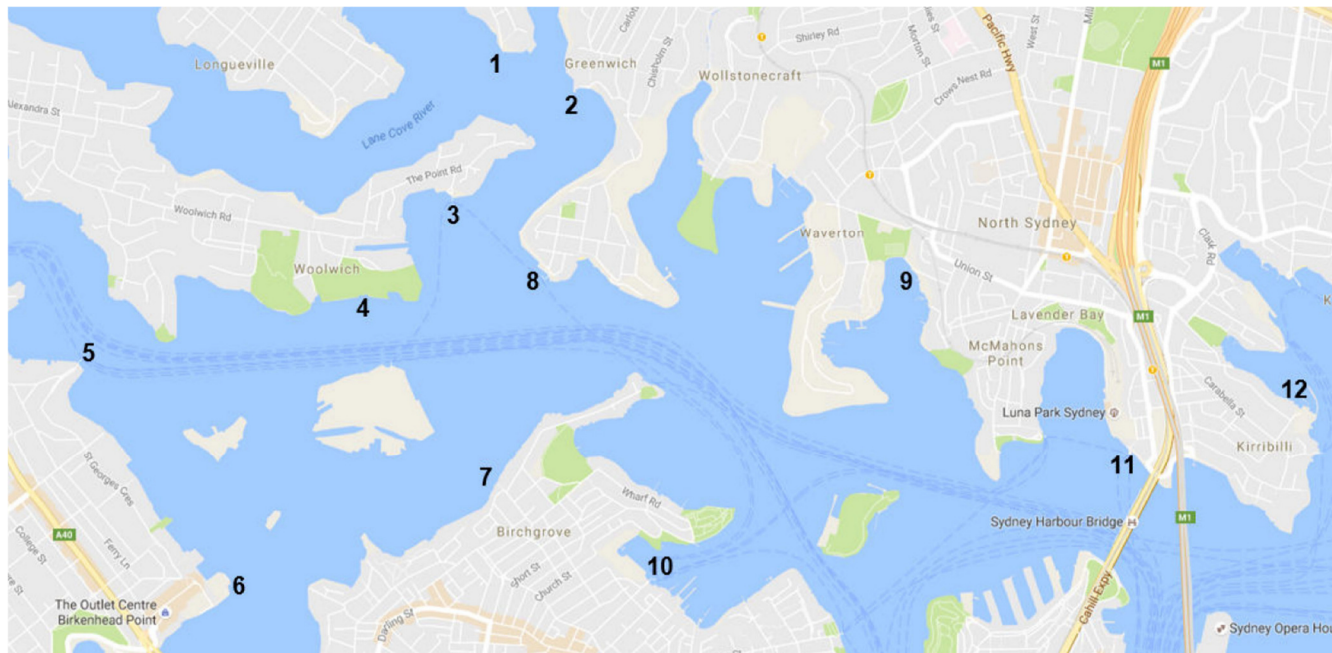
Hull Colour ..... Length ..... Displacement (tonnes) ..... RMS Registration No .....

Emergency Contact Numbers      Skipper.....Alternate Number .....

Shore Contact Name ..... Number ..... Alternate Contact Name .....Number .....

## 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) (business hours, 7 days a week)
- 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 – McMahon's Point (02-9925 0306)**, 6 John Street McMahon's 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 locations.

**You must give specific details to Emergency Services.**

## Emergency Contacts – in order of priority

- |   |  |
|---|--|
| 1. <b>Emergency Services VHF Ch16</b>                 | 4. <b>North Sydney Police (02) 9956 3199</b>           |
| 2. <b>Water Police (Balmain) (02) 9320 7499</b>       | 5. <b>GFS Race Control VHF Ch 72 or (02) 9436 1901</b> |
| 3. <b>Marine Rescue Middle Harbour (02) 9969 3270</b> | 6. <b>Emergency Services 000</b>                       |
| 7. <b>Royal North Shore Hospital (02) 9926 7111</b>   |  |

# 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 ?

A description of injury or illness must often be given to a doctor who cannot see the patient.

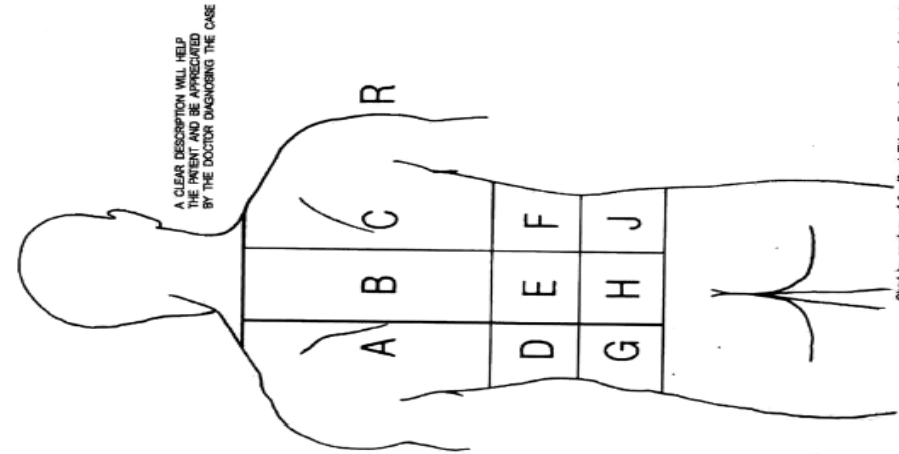


Chart by courtesy of the Royal Flying Doctor Service of Australia

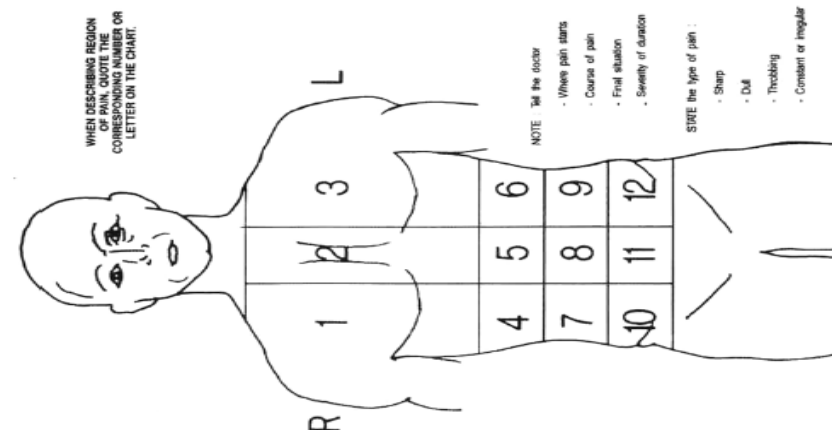


Chart by courtesy of the Royal Flying Doctor Service of Australia

## 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?*