



SAFETY PLAN

ILCA Senior European Championships 10-16 augusti 2025



**In case of emergency call 112 or call "Sweden Rescue" on VHF ch. 16.
Thereafter contact the Race Management**

1 Safety Organisation

Safety Officer	Johan Westling	+46 708-519 820	VHF 69,72
<u>Course A "Alpha"</u>			
Safety Leader – course A	Karl Sunesson	+46 767-978 008	VHF 69
Race Officer– course A	Robert Olsson	+46 708-673 577	VHF 69
<u>Course B "Bravo"</u>			
Safety Leader – course B	Calle Björkman	+46 708-128 384	VHF 72
Race Officer– course B	Tobias Hinton	+46 705-201 085	VHF 72
Race Director – Media Contacts	Thomas Rahm	+46 702-688 311	
Race Office – Medical Assistance	Yvonne Malmsten	+46 709-870 289	

Other safety- and race committee vessels in staffing plan. Course map in appendix 1.

1.1 Vessels will be marked as follows:

Safety Team	Orange flag with "S"
Race Committee Alpha	Red flag "GKSS"
Race Committee Bravo	Green flag "GKSS"
Technical Committee	White flag "MEASURE"
Press, media	White flag "MEDIA"
Jury	White flag "JURY"
Support boats	Flag with a unique number

2 Safety Directions

The safety work aims to prevent incidents and accidents and to minimize the effects of such. This is done through rapid initial care of injured persons and effective damage limitation measures.

All officials must be familiar with the function and use of the assigned safety equipment. Worn safety equipment must be replaced as soon as possible.

All officials, media and support boats are part of the safety organization according to the instructions of the safety leader. All officials who are on the sea must wear a life jacket. Furthermore, open boat drivers must connect an engine kill cord.

Support personnel are responsible for the safety of their supporting boats, including which of them are at sea and their safe return to port.

If a boat is abandoned, it will be marked with a hazard tape tied through the bow eye to signal that the competitor is safe. Hazard tape must be collected by support boats from the Race office.

At all times, the skipper of a support boat shall follow the directions given by the Race Committee. This particularly applies to assisting in rescue operations when requested.

In the event of an accident, the unit closest to the scene will intervene and, if necessary, call for reinforcements via the security leader. It is important that other units remain in their places and carry out their regular tasks until otherwise notified.

3 Emergency situation

3.1 Emergency alert

Alert the Rescue Service (SOS Alarm) by **calling phone 112** or calling **“Sweden Rescue” on VHF channel 16**. Anyone who observes an emergency should immediately alert the Maritime Rescue Service (Sweden Rescue) or the Rescue Service (SOS Alarm). For time reasons, alarms should not be made via the race management. However, the race management and the race office should be informed as soon as possible. In the event of an emergency, efforts should primarily focus on rescuing people.

3.2 Own organisation

Course setting boats and jury boats become safety boats after a decision by the Course Race Officer. Other boats may be given information from the safety leader or another person, e.g. Sweden Rescue.

All available boats have an obligation to assist in an emergency.

3.3 In case of serious personal injury

- 1.1 Take care of the injured person (in order: Breathing, Bleeding, Shock)
- 1.2 Call 112 or call “Sweden Rescue” on VHF channel 16
- 1.3 Inform safety officer (VHF channel 69 or 72 or phone).

3.4 Defibrillator

Locations:

- Guest harbour office Marstrandsön
- Villa Maritime
- On Marstrand ferry

3.5 Handover point for ambulance etc.

Collection point and handover boat-ambulance is at Gulf petrol dock.

Address: Hedvigsholmsgatan 31, 442 66 MARSTRAND

Coordinates: 57°53'11.3N 11°35'38.2E

Handover point for helicopter according to guidance from Sweden Rescue or Rescue Service.

3.6 Medical Assistance

Nurse or doctor are reached through Race Office.

Marstrand Health Care Center is located on Lilla Varvsgatan 40, 442 66 Marstrand

3.7 Emergency Collection Point

Emergency collection point for race officials are:

- On land: Backyard of "Korvetten" with shoolyard as alternative.
- At sea: Starting vessel



A = Handover point boat-ambulance
R = Race Office
H = Marstrand Health Care Center
K = Emergency Collection Point Korvetten
S = Emergency Collection Point shoolyard

4 Communication

Communication between race officials should primarily be done by VHF radio. A mobile phone can also be used as a supplement. VHF channel 16 is the calling and emergency channel.

4.1 Contact with Vessel Traffic Service (VTS Marstrand)

The Safety Officer maintains regular contact with VTS Marstrand via VHF and telephone to receive updated information about vessel traffic. The Safety Officer keeps Race Officers informed about traffic on the Marstrandsfjord. Race Officers can contact VTS directly if necessary.

4.2 Contacts with sailors, coaches, media etc.

Race Director Thomas Rahm handles all communication with sailors, coaches and the media in connection with emergencies or urgent events. Statements for the Eur-ILCA Championship in the press and media are made only by Thomas Rahm or someone else designated by him.

Other officials are asked to politely but firmly refer journalists and photographers to the above.

5 Radio and phone

	Call Sign	Radio	Phone
Emergency call Ambulance/Police/Fire	(SOS Alarm)	n/a	112
Emergency call Sea (JRCC)	"Sweden Rescue"	VHF 16	112
Safety Team course Alpha	"Safety Alpha"	VHF 69	n/a
Safety Team course Bravo	"Safety Bravo"	VHF 72	n/a
Safety Officer	"Safety Officer"	VHF 69+72	+46 (0)708 519 820
Medical Assistance (Race Office)			+46 (0)709-870 289
Start vessel/RO course Alpha	"Race Officer Alpha"	VHF 69	+46 (0)708-673 577
Start vessel/RO course Bravo	"Race Officer Bravo"	VHF 72	
Beach Master			+46 (0)739 031 842
Race Director - Media contacts			+46 (0)702-688 311
Vessel Traffic Service	"VTS Marstrand"	VHF 10	+46 (0)104 784 952
Coast Guard	"Coast Guard"	VHF 16	+46 (0)776 707 000
Swedish Sea Rescue Society (Sjöräddningssällskapet)	"Sweden Rescue"	VHF 16	+46 (0)200 290 090
- RS Rörö	"RS Rörö"	VHF 16	+46 (0)705 808 145
- RS Skärhamn	"RS Skärhamn"	VHF 16	+46 (0)708 733 974
Police – not emergency			114 14
Marstrand Harbour			+46 (0)303 610 53
Illnesses, care and health information	www.1177.se		1177
Marstrand Health Care Center			+46 (0)303 601 42
Kungälv Hospital			+46 (0)303 980 00
Sahlgrenska ER			+46 (0)313 421 000

6 Support Vessels

Support vessels are boats with coaches and other support persons.

Support vessels shall not be positioned:

- Closer than 100 meters of any boat racing;
- Within 100 meters leeward from the starting line, its extensions and marks, from the time of the preparatory signal for the first fleet until all boats have left the starting area, or the race committee signals a postponement or abandonment for all fleets at this course;
- Between any boat racing and the next mark of the course;
- Between the inner loop and outer loop trapezoid courses when boats are racing on both courses;
- Within 100 meters of any mark of the course while boats are in the vicinity of that mark;
- Within 100 meters of the finishing line and marks while boats are finishing;
- When boats are finishing coach/support boats shall stay more than 100 meters outside and to Leeward of the finish line until all boats in all fleets have finished.

In addition, support vessels that are motoring above 5 knots shall remain at least 150 meters from any boat racing.

In cases where a support vessel does not comply with these regulations or repeatedly violates them, the safety boat must report the support vessel's number to the Race Officer.

7 Mandatory equipment in safety and support vessels

- First-aid kit
- VHF radio
- Device for making a sound signal
- Compass
- Adequate anchor and tackle for conditions and depth
- Tow rope (minimum 15m long and 10mm thick)
- Operational engine kill cord (also known as a safety lanyard or automatic engine immobilizer). And a second kill cord as spare.
- Knife

The kill cord shall be used at all times when the engine is running.

Support persons are responsible for overseeing the safety of their support vessels on the water, including knowledge of who is afloat and ensuring their safe return to the venue.

At all times, the driver of a support vessel shall comply with directions given by a race official. In particular, this includes assisting in rescue operations when requested to do so.

Appendix 2 –Course Map

