

AUSTRALIAN SAILING
CHANGES TO
 Australian Sailing
 2017-2021 Special Regulations

Issued on 9 July 2019 as Amendment no. 2
 Effective from 31 July 2019

SPECIAL REGULATIONS

PART 1 – SECTION 4 – MEDICAL KIT AND MANUAL

Regulation 4.07.9

Delete the text that has been ~~struck-out~~

- * Ask a pharmacist for this medication.
- ** Requires a prescription.
- *** Mandatory only when required by notice of race for long ocean races.

FOR VARYING DEGREES OF PAIN

	QUANTITY				
<u>Mild Pain</u>					
Paracetamol 500 mg (e.g. Panadol) OR	40	40	40	20	20
Ibuprofen 200 mg (e.g. Nurofen)					
<u>Moderate Pain</u>					
* Codeine 8 mg + Paracetamol 500 mg	40	40	20		
(e.g. Panadeine)					
<u>Moderate to Severe pain</u>					
** Codeine 30 mg + Paracetamol 500 mg	20	20			
(e.g. Panadeine Forte)					
<u>Very Severe Pain</u>					
** Oxycodone 5 mg (e.g. Endone) OR	20	20			
** Oxycodone suppositories (per rectum) 30 mg	10	10			
(e.g. Proladone)					
*** Morphine 10 mg/1 ml	10	10			
<u>Opioid Overdose</u>					

*** Naloxone Hydrochloride ampoules 400 mcg/ml

Cardiac Emergencies

Soluble Aspirin (e.g. Disprin)

Nitrolingual Spray (e.g. Anginine)

5 5

20 20 20 20 20 20 20

1 1