

Le 22 juillet 2014

AMENDEMENT n°1 Notice of Race

Modification of the following points in the La Route du Rhum – Destination Guadeloupe's notice of race :

4.2 The RRS are modified as follows:

RRS 50.2: not applicable, except for Class40.

5.2.4 Flags and Pennants

Add :

Any scrim sails is forbidden during the week to Saint Malo (from october 24th to november 2nd)

6.3.4 Each skipper shall provide the organization with the following documents before 1 september 2014:

Modified as follows:

- A valid survival course certificate, completed in an approved ISAF center (ISAF classified as per Category 1 OSR testing). Refer for full information to the French National Authority FFVoile website :
<http://www.ffvoile.fr//ffv/web/services/RSO.asp#StagesSurvie>
- A first Aid Certificate Level 1 which is validated within the last five years, or a valid certificate First Aid at Sea (PSMer). Refer for full information to the French National Authority FFVoile website :
http://www.ffvoile.fr//ffv/web/services/médical/documents/RSO/Presentation_PSMER_FMH.pdf
- The medical commission of the French National Authority FFVoile and the referring doctor of La Route du Rhum Destination Guadeloupe remind that it the full responsibility of the participant:
 - To make sure that his (her) medical and physical state are compatible with the constraints of the race,
 - To inform the referring doctor of any pathology which could to alter his (her) safety or any third party during the event.

La Route du Rhum Destination Guadeloupe is classified as OSR 1, in consequence each skipper shall supply:

- An echocardiography test,
- A full medical check carried on within the last 4 years,
- The medical form (see Appendix 1) completed and with the date, the stamp and signature of the doctor guaranteeing the information, as well as the date and signature of the competitor.

It is also requested :

- A biological check up dating less than 2 years and including at least blood cells counts, ionogram, urea level, creatinine level, liver function tests, fasting blood glucose ;
- A carotid doppler dating less than 2 years for the competitors of 50 years old or more.

Any lack in these informations, tests, will invalide the entry process of the skipper.

All these documents and informations shall be sent to the referring doctor in a confidential sealed envelope for privacy purposes.

When necessary, the referring doctor can ask any additional tests to better appreciate the ability of the skipper to compete.

According to the medical files, and check up, the referring doctor can advise the skipper of an unfavourable notice on his (her) participation.

In this case, the participant has the ability of asking, before any definitive decision, for a second opinion to an expert defined by the National Authority medical committee (COMED).

In the case the conclusions of the COMED would be different from the one from the referring doctor, the decision of the COMED will prevail.

If the conclusions are the same, the organizer will refuse the registration of the participant.

The competitor shall also:

- provide a certificate proving that he (she) has followed the compulsory OSR 1 medical training,
- provide the exhaustive list of medicine (see Appendix 2) complying to OSR 1 with commercial names associated and expiration dates. This list shall be dated and signed.

7.1 The following safety equipment is required on board for the duration of the event:

7.1.8 Modified as follow:

A mini diving bottle of « Spare Air » or equivalent type with an incorporated regulator, of a capacity minimum of 80 liters.

Add to 7.1.14

The following items are compulsory in the survival (grob) bag:

- 1 light with flashes
- 6 bright sticks with chemical reaction (type Cyalume)
- 1 survival blanket
- 1 first aid kit (2 tubes of solar screen and bandages for wet conditions)
- Energy food 5 000 KJ

Add to 7.1.15

Boat shall have on board a spare jerrican of emergency fuel:

- IMOCA : complying the class rules
- Ultimes, Multi 50, Rhum Multi : 10 liters stored in one jerrican, the tap will be sealed,
- Class40, Classe Rhum Mono : 10 liters stored in one jerrican with a sealed tap and sealed in position as well,

Add to 7.1.16

The list of components (equipments) to be sealed will be defined in the sailing instructions.

The propeller shaft of all boats will be sealed according to a selfsealing procedure that will be described in an appendix of the sailing instructions. Boats shall have before their arrival in Saint Malo a mechanism for installing such shaft seal.

Gilles Chiorri
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