**RYS REGATTA INJURY PROCEDURES**

Dealing with casualties while afloat if a crew member is unfortunate enough to sustain an injury while out racing, it is up to you to determine the level of assistance you may require. If you need rapid assistance to come to you, then you should use your marine band VHF radio transceiver (a mandatory piece of safety equipment for all competitors in RYS regattas) to call the Coastguard on channel 16 or 67, make an emergency DSC call or dial 999 and **ask for the coastguard.**

**Landing a casualty** If you are going to land a casualty ashore yourselves, the closest place to do this is at Trinity Landing (in front of Cowes Parade). If you are not confident about landing at Trinity Landing and want one of the RYS launches to come to you in the river fairway to disembark a casualty, you should call the RYS launch service on channel 37a, using the call-sign “Squadron Lodge”.

If a crew member needs a stretcher to get off the boat, you will either need to come ashore or, in extreme situations, call the Coastguard and request a lifeboat or helicopter.

Incidents may occur a considerable distance away from the Medina River however and you should consider Hamble river (Warsash Harbour Masters pontoon) to access the emergency services if appropriate. It is worth pre-thinking these options whilst reading this document. If urgent attention is required, call the emergency services on 999 and **ask for the coastguard.**

If you need a doctor while in Cowes, the nearest medical centre is half a mile away, along Newport Road (Cowes Medical Centre number 01983 295251). For out of hours service, St Mary’s hospital in Newport has an out-of-hours doctor on duty in the A&E department.

The Isle of Wight also operates an urgent but non-emergency telephone service on telephone number 111. This gets you through to the same control room as used for emergency 999 calls but allows you to talk to a trained member of staff without necessarily initiating an ambulance response.