

Amendment n°2 to Notice of Race

June 17th, 2024

Modify or delete text as follows in the following articles (modification in red, text crossed out for deletion) :

6. ELIGIBILITY – ENTRIES

6.3.4.3 Documents to be provided by ~~29th September 2024~~ **31st August 2024** at the latest:

- The items listed in NOR 6.3.4.2
- An in-date World Sailing Training certificate (Offshore Personal Survival Training + First Aid), gained at a World Sailing recognised course or an Offshore Personal Survival Training certificate as required by OSR 6.01 (« World Sailing Approved ») and a certificate which meets OSR 6.05.
- 2024 Advertising card if need be;
- Short Range Radio Certificate or equivalent;
- Ship's Radio Licence

Documents to be provided by 12th August 2024 at the latest :

- The medical file as described in NOR 6.3.5

6.3.5 Skippers' medical files

The FFVoile's Medical Commission reminds competitors that it is the responsibility of each skipper to ensure that his/ her medical and physical condition is compatible with the demands of the race, to faithfully inform the race doctor of any medical condition of which he/she is aware which could affect his/her safety or that of a third party during the event. Each skipper entered must provide the following documents by ~~29th September 2023~~ **12th August 2024** at the latest:

- The medical form, filled out and stamped and signed by the doctor confirming the required information, as well as signed and dated by the competitor (this medical form is appended),
- The results of a cardiogram,
- ~~The results of an exercise stress test within the past 4 years.~~
- ~~A biological assessment dated within the past 2 years and comprising the results of at least a blood cell count, an ionogram, urea and creatinine levels, liver function, fasting blood glucose.~~



All these medical documents shall be sent to the race doctor by email, or in a sealed envelope to preserve confidentiality to the race doctor's address. The race doctor's name and contact details will be provided as soon as possible.

These medical documents must be sent by email to Dr. **Denis HERESBACH**, the race doctor, at the following address: denis.heresbach@orange.fr. (phone: 06 75 51 88 67)

These medical documents can be in French or English (at least the conclusions) and preferably in PDF format.

The race doctor may request additional information for each skipper if deemed necessary.

Missing or insufficient information will revoke the participation of a competitor on medical grounds.

The standard list of drugs in the onboard first aid kit compliant with OSR **Category 2** can be found on the FFVoile website in Appendix 6 of the medical commission's regulations:

<https://www.ffvoile.fr/ffv/web/services/medical/Reglement.asp>

Race Management,

17th of June 2024

Guillaume Rottée

A handwritten signature in black ink, appearing to read 'Rottée', is written over a horizontal line.