

# APPENDIX E

## C TYPE MINIMUM FIRST AID KIT FOR A D OR C LEVEL RACE

Minimum products and quantities. Any additional first aid kit is left to the initiative of the skipper, depending on the health risks he may identify in the preparation of the planed navigation.

<u>Products</u>	<u>Quantity</u>	<u>Expiration date</u>
<b>SKIN – DISINFECTIONS - BURNS</b>		
<u>DERMAL BETADINE(povidone iodine) or HIBISCRUB (chlorhexidine)</u>	<u>1 5 ml single dose sachet</u>	
<u>Hydroalcooloc solution</u>	<u>75 ml bottle</u>	
<b>PLASTERS – COMPRESSES – LITTLE SURGERY - IMMOBILIZATION</b>		
<u>Self adherent elastic bandage such as COHEBAN 10 cm x 3,5 m</u>	<u>1 roll</u>	
<u>Non woven dressing that can be cut such as URGODERM</u>	<u>1 roll</u>	
<u>Sterile compresses 10/10 ou 20/20</u>	<u>3 bags of 2</u>	
<u>Hemostatic cushion</u>	<u>1</u>	
<u>Sterile sticking 4 sides. Several sizes including 10cm x 8 cm</u>	<u>1 pack of assorted sizes(min.20)</u>	
<b>MISCELLANEOUS</b>		
<u>Non sterile examination gloves</u>	<u>1 box</u>	
<u>Survival blanket</u>	<u>1</u>	
<b><u>PERSONAL TREATMENT</u></b>		

THEY ALL HAVE TO BE PACKED IN 1 OR 2 WATERPROOF BAGS OR BOXES, THE DIFFERENT DRUGS BEING GOUPEE ACCORDING TO THE DIFFERENT CATEGORIES IN SMALL BAGS SUCH AS FREEZER BAGS  
 QUANTITIES, PRESCRIPTIONS AND POTENTIAL CONTRA-INDICATIONS TO SEE WITH ON'S REGULAR DOCTOR.  
 EXPIRING DATES TO BE CHECKED BEFORE EVERY RACE

## B TYPE MINIMUM FIRST AID KIT FOR A B LEVEL RACE

Minimum products and quantities. Any additional first aid kit is left to the initiative of the skipper, depending on the health risks he may identify in the preparation of the planned navigation.

Products	Quantity	Expiring date
<u>C TYPE first aid kit</u>	<u>1</u>	<u>See list above</u>
<b>SKIN – DISINFECTIONS - BURNS</b>		
DERMAL BETADINE(povidone iodine) or HIBISCRUB (chlorhexidine)	1 125 ml bottle or 9 single dose sachets	
Physiological salt solution to clean the wounds	Single dose sachets	
Total protection sun cream	1 tube	
Rehydrating and protective ointment such as BIAFINE (trolamine)	1 186 g tube	
Tulgras compresses	1 box	
<i>Optional :</i> <i>Subcutaneously injectable anaesthetic</i> <i>Biaderm for protection and prevention</i> <i>Duoderm burn dressings</i> <i>Foam dressings</i> <i>Compresses such as burnshield</i>		
<b>PLASTERS – COMPRESSES – LITTLE SURGERY - IMMOBILIZATION</b>		
Self adherent elastic bandage such as COHEBAN 10 cm x 3,5 m	1 roll	
Crepe bandage 10 cm x 4 m	1 bandage	
Non woven dressing that can be cut such as URGODERM	1 Roll	
Sterile compresses 10/10 ou 20/20	12 bags of 2	
Self-adhesive elastic tape such as ELASTOPLAST	2 rolls 6 and 3 cm	
Adhesive hypoallergenic wound closure strips such as STERI-STRIP 3M, 3mm x 75mm	5 bags of 3	
Splinter forceps	1	
Scissors	1	
Safety pins	3	
<i>Optional</i> <i>1 rigid ankle splint</i> <i>1 triangular scarf</i> <i>1 cervical collar</i>		

<b>FEVER – ANTI-INFLAMMATORY - PAINS</b>		
Powerful anti-pain such as CODOLIPRANE (paracetamol + codeine) or IXPRIM (paracetamol + tramadol)	32 tablets ou 40 tablets (if IXPRIM)	
Anti-inflammatory tablets such as IBUPROPHENE, 200 mg	30 tablets	
Paracetamol, 1g tablets	3 boxes of 8	
<i>Optional :</i> <i>Cold pack or cold spray</i> <i>Per os morphine such as SKENAN</i>		
<b>DIGESTIVE – DIARROEA - VOMITING</b>		
Stomach antacid such as aluminium/magnesium hydroxyde (MAALOX)	20 tablets or bags	
Anti-diarrheal such as TIORFAN (racecadotril ) or IMODIUM (loperamide)	20 capsules	
Antiseasickness such as SCOPODERM (scopolamine) or other according to personal habits	1 box of 5 patches	
Anti nausea and vomiting such as MOTILYO (domperidone)	15 tablets	
Antispasmodic such as SPASFON-LYOC (phloroglucinol)	10 tablets	
Laxative such as FORLAX 10 g (macrogol 4000)	10 bags	
<b>INFECTIONS - ANTIBIOTICS</b>		
Such as penicillin: AUGMENTIN (amoxicillin and clavulanic acid) 1g, or in case of allergy to penicillin: macrolides such as JOSACINE (josamycin) 1g	24 tablets or bags	
<b>ALLERGY</b>		
Such as CELESTENE 2 mg (betamethasone)	20 tablets	
Such as VIRLIX (cetirizine)	30 tablets	
<b>EYES - EARS</b>		
Simple eye lotion such as DACRYOSERUM (boric acid)	15 single dose sachets	
<b>MISCELLANEAOUS</b>		
First aid manual	1	
Small mirror	1 (double handed races) 2 (single handed races)	
Thermometer (non rectal)	1	
NATISPRAY (tinitine) 0,15 mg/ dose for skippers of more than 35	1 spray bottle	
<i>Optional:</i> <i>Dental kit such as DENTANURSE</i>		

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QUANTITIES, PRESCRIPTIONS AND POTENTIAL CONTRA-INDICATIONS TO SEE WITH ON'S REGULAR DOCTOR. EXPIRING DATES TO BE CHECKED BEFORE EVERY RACE

## A TYPE MINIMUM FIRST AID KIT FOR A A LEVEL RACE

Minimum products and quantities. Any additional first aid kit is left to the initiative of the skipper, depending on the health risks he may identify in the preparation of the planed navigation.

Products	Quantity	Expiring date
<u>B TYPE first aid kit</u>	<u>1</u>	<u>See above lists</u>
<b>SKIN – DESINFECTIONS - BURNS</b>		
Antibiotic cream such as FUCIDINE (fusidic acid)	1 tube	
Anti-fungus cream such as PEVARYL 1% (econazole)	1 tube	
Antiseptic cream such as FLAMMAZINE (silver sulfadiazine)	1 tube	
Ointment to prevent and heal skin irritations such as ALOPASTINE (talc, zinc oxide, glycerol)	1 90 g tube	
<b>PLASTERS – COMPRESSES – LITTLE SURGERY - IMMOBILIZATION</b>		
Skin stapler such as PRECISE with staple remover (i.e; two elements) or suture kit (3 threads needles, 3 lancet blades, 1 needle holder in case or curved needle, forceps), if the skipper knos how to use it	1 set of 5 staplers and 1 stapler remover or 1 entire suture kit	
Bande de crêpe 10 cm x 4 m	1 bandage	
Healing hydrocolloid dressings such as URGOMED (5x7 cm) or DUODERM (10x10 cm), or fatty dressings such as JELONET (5x7cm)	5 dressings	
<b>FEVER – ANTI-INFLAMMATORY - PAINS</b>		
Strong anti-pain such as TOPALGIC 50 mg (tramadol)	30 tablets	
Myorelaxant such as COLTRAMYL (thiocolchococide)	12 capsules	
<b>DIGESTIVE – DIARROEA - VOMITING</b>		
Antiulcerous such as MOPRAL (omeprazole), full dosis (20 mg)	14 capsules	
<b>INFECTIONS - ANTIBIOTICS</b>		
OFLOCET 200 mg (ofloxacin). To use carefully as it is photosensitizing	10 tablets	
<b>EYES - EARS</b>		
Antibiotic ointment or antibiotic eye lotion such as TOBEX (tobramycine)	1 tube ou 1 bottle	
Ear lotion such as POLYDEXA (neomycine, polymyxin, dexamethasone)	1 bottle	

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