



SELF DECLARATION SAFETY FORM



Boat name:

Sail number:

Boat type:

Num i ISAF OSR	Description in ISAF OSR 2018-2019	Comments	Personal control	Promotor's control	Promotor's approval
2.03.1	Inspect that all security equipment functions properly				
2.03.2	Heavy items shall be securely fastened				
3.02	Watertight integrity of a boat				
3.04	Stability of the boat				
3.08	Hatches & Companionways				
3.09.8	Cockpit drains				
3.10	Sea Coks or Valves				
3.14	Pulpits, Stanchions, Lifelines NB: The lifelines shall be uncoated If coated, 5% time will be added.				
3.17	Toe Rail or Foot - Stop				
3.18	Toilet				
3.19	Bunks				
3.20	Cooking Facilities				
3.21	Drinking Water Tanks & Drinking Water. NB: 9 liters for emergency				
3.23	Bilge Pump and Buckets				
3.24	Compass 2 pc.				
3.27	Navigation Lights				
3.28	Engines, Generators, Fuel and batteries				

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3.29	Communications Equipment. NB: VHF, a hand-held VHF, radio receiver for weather bulletins and GPS. The VHF must be registered on the ship.				
4.03	Soft Wood Plugs				
4.04	Jackstays, Clipping Points Static Safety Lines				
4.05	Fire Extinguishers and fire blanket				
4.06	Anchors				
4.07	Flashlights				
4.08	First Aid Manual and First Aid Kit				
4.09	Foghorn				
4.10	Radar Reflector				
4.11.1	Charts				
4.12	Safety Equipment Location Chart				
4.13	Depth, Speed and Distance Instruments				
4.15	Emergency Steering				
4.16	Tools and Spare Parts/ rig cutter				
4.17	Yacht's name on equipment				
4.22	Lifebuoys and recovery sling				
4.23	Pyrotechnic and Light Signals				
4.25	Cockpit Knife				
4.26	Storm & Heavy Weather Sail. NB: A heavy-weather jib and a main sail with reefing to reduce				



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	to at least 40%				
5.01	Lifejackets				
5.02	Safety Harness and Safety Lines				
	At least one of the crew shall have VHF certificate				
	EPIRB or Certified Raft if start is from Arendal				

The boat is controlled according to the list.

Points that are not ok, but will be fixed before start, has a comment in the colon for comments.

Date:

Skipper/Helmsman:

Sail number:

signature