

## HCYC GUIDE TO STAYING SAFE ON THE WATER

A boater's guide to the federal requirements for recreational boats and safety tips:

<https://www.uscgboating.org/images/420.PDF>

General safety and regulations (even your guests should view before being part of a day out on the water):

<https://boatoncourse.com/safety-videos>

US Coast Guard – Boating safety:

<https://www.uscgboating.org/recreational-boaters/index.php?m=rbl>

US Coast Guard – Aids to navigation:

<https://www.uscgboating.org/images/486.PDF>

Storm Trysail Club – Sailing and racing safety videos on YouTube (Including man overboard – MOB):

<https://stormtrysail.org/sas-resources/>

Weather Conditions & Navigating Rough Seas:

<https://www.boaterexam.com/boating-resources/boating-weather-rough-water.aspx>

Minimum safety equipment needed on a boat (boat lengths specified):

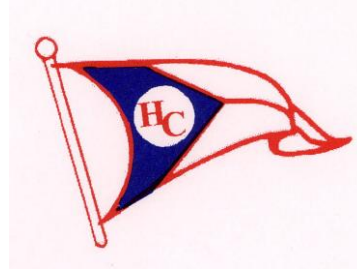
[https://www.usps.org/national/vsc/conductvsc\\_file/USCGMinReq\\_2012.pdf](https://www.usps.org/national/vsc/conductvsc_file/USCGMinReq_2012.pdf)

State boating regulations:

<https://www.uscgboating.org/regulations/state-boating-laws.php>

Storing food safely on a Boat:

<https://theboatgalley.com/tag/food-storage/>



### Basic Components to include in your first aid kit:

#### First Aid/Medical Guide Inventory checklist:

- Nitrile or latex gloves
- Pocket mask
- Gauze pads (small, medium, and large)
- Absorbent dressings / abdominal dressings
- Adaptic or Telfa non-adherent dressings
- Kerlix or roller gauze
- Adhesive bandages (Band-Aids)
- Coban (vet wrap)
- Elastic bandages (ACE Wrap)
- Tape
- Tincture of benzoin extra tincture of benzoin to help bandages stick to skin
- Meclizine or dimenhydrinate for seasickness
- Silicon tape to help keep wounds dry
- Hot and cold packs for pain relief after stings
- Aloe gel to soothe sunburn & extra sunscreen
- Triangular bandages (cravats)
- Antiseptic solution (povidone-iodine or chlorhexidine)
- Antiseptic wipes (alcohol prep pads)
- Safety pins
- Irrigation syringe
- Tweezers or forceps
- Shears
- Aspirin & Antacid
- Loperamide (Imodium)
- Diphenhydramine (Benadryl) & Double antibiotic ointment
- Hydrocortisone cream
- Ibuprofen (Motrin/Advil)
- Acetaminophen (Tylenol)