

## IOCA List of Safety Equipment for Optimists and Sailors

### General Safety Guidance

Please make sure that all lanyards and bungee ties are neatly stowed away during sailing in order to ensure that they cannot become entangled with sailor or mainsheet block etc. (and so themselves become a safety hazard.)

Ensure that lanyards cannot come free and float around in the boat following a capsize

- Daggerboard - bungee/lanyard is the minimum length necessary
- Bailers - use bungee with minimum length needed for effective bailing
- Paddle lanyard - minimum length for use and is neatly coiled/taped and stowed (e.g. under buoyancy bag strap)
- Painter – coil/tape neatly ready for use and secure in the bow or tuck under a buoyancy bag strap etc.
- Whistle and lanyard – highly recommended to zip into the pocket of buoyancy aid
- Avoid using any hat or visor lanyards which might get caught on the boom

### Compulsory Safety Rules

Item	Requirement	Rule
Bailers	2 large bailers recommended. Each bailer minimum capacity of 1 litre – secured to hull.	CR 4.3 (a)
Boom span for mainsheet	Maximum gap of 100mm between boom and any span rope.	CR 3.5.3.8
Buoyancy Aid	ISO 12402-5 (Level 50).	CR 4.2
Buoyancy Bags	3 buoyancy bags of 45 litres (+ / - 5 litres) serviceable and fixed properly as per Annual Buoyancy Test.	CR 3.2.7.1
Daggerboard	Secured to boat by bungee or lanyard.	CR 3.3.4
Mast clamp	Must be fitted and work properly to prevent mast coming out if capsized.	CR 3.5.2.11
Paddle	“Praddle” type is recommended for use with one arm – must be secured to hull with elastic or lanyard.	CR 4.3 (c)
Painter	Not less than 5mm diameter x 8m long - tied to mast step or thwart – see separate document on this website for recommended arrangement.	CR 4.3 (b)
Rudder	Retaining clip must be fitted to prevent rudder becoming detached when capsized – must be serviceable.	CR 3.4.5.2
Whistle	Securely attached to Buoyancy Aid.	CR 4.2
Mainsheet	Detachable Clip – see separate document on this website for recommended arrangement.	See IODA safety warning