

N° :

Control sheet
CIC NCR 2024

Skipper :	
Co skipper :	
Race name :	
Baptismal name:	
Name on l'AIS :	
Registration number :	
MMSI :	VHF indicative :
Responsible for contrôls :	Tél :
Controller :	Date:
COMMUNICATION tests with PC Course	
	Emission Réception
VHF ASN 25 watts, MMSI to be verified	<input type="checkbox"/> OK <input type="checkbox"/> OK
VHF portable (grab bag)	<input type="checkbox"/> OK <input type="checkbox"/> OK
VHF portable chart table with charger, if any	<input type="checkbox"/> OK <input type="checkbox"/> OK
AIS MMSI vérifié	<input type="checkbox"/> OK <input type="checkbox"/> OK
Portable satellite phone (grab bag)	<input type="checkbox"/> OK <input type="checkbox"/> OK
Other satellite phone	<input type="checkbox"/> OK <input type="checkbox"/> OK
PLUMBING	
LIFE RAFT	in position and closing <input type="checkbox"/> OK
40 liters fixed no structural water tanks	in position at 0,5 m max from the plane de symmetry <input type="checkbox"/> OK
Emergency water reserve (9l)	in position and closing at 1,5m max from the descent <input type="checkbox"/> OK
20 liters safety fuel reserve	in position and closing <input type="checkbox"/> OK
Additional fuel canisters	in position at 0,5 m from the plane de symmetry <input type="checkbox"/> OK
Methanol tanks	in position <input type="checkbox"/> OK
Heavy anchoring	in position <input type="checkbox"/> OK
Préparation for sealing the propeller shaft (installation of any loops)	<input type="checkbox"/> O/N

RSO 2	RC	AC/IC
4.20.2a	2.2	
	2.7.1	
3.21.3	2.7.1	
3.28.3b	2.7.2	
	2.7.2	
	2.2	
	2.2	

No compliant points following the 1st inspection concerning all applicable rules (RSO, RC, AC, ...)

Date and time of the 2nd check :

I undersigned,

recognizes having checked the seals placed.

Good for acceptance

Date and signature:

Reminders :**Présence of the skipper** obligatory during the first inspection**The inspection begins** when all the sails embarked for the race are on the deck with stickers sewn and legible**All the structural characteristics**, stability and fixed equipment of the RSO are not included in the safety checks defined in the sheet but will be subject to a separate check**VISIBILITY FOR SEARCH AND RESCUE****A 1m2 area** of a single piece of highly visible colour (pink, orange, yellow) must be on the deck OK

4.02.2 2.9.5

IDENTIFICATION**On GV** : size, nationality letters and sail number must be in capital letters OK

4.01

Minimum height 450 mm and spaced 90 mm minimum

4.01.1 3

Number on the deck very visible : minimum height 450 mm OK

4.01.2 3

Number on each side of the hull, minimum height 650mm, very visible. OK

4.01.2 3

OFFICIAL RACE MARKING**Boats must display the advertising chosen and provided by the AO.**

Racing flags in the shrouds, minimum height 1,5m above the deck

 OK

Dodgers on each side of the hull

 OK

AC 2.2.2

AC 2.2.3

CHANDELIERS AND BALCONIES IN STELL ONLY. OK

3.14

DIES : (Ø mini 4 mm) stranded stainless steel, except for tranfiling of 100mm max at each and replaced OK

3.14.3

LIFE LINES/ ANNEX POINTS

4.04.1

5 mm Ø min stainless or steel or strap (Dyneema or Spectra or PEHM) with breaking load ≥ 20kN.	OK	4.04.2.c	2.12
Attachment points allowing you to attach yourself before going up on the deck and to unhook yourself after being descended.	OK	4.04.3.b	2.12
Hanging points for 2/3 of simultanément sans dépendre des lignes de vie.	OK	4.04.3.c	
NAVIGATION lights			3.27
Compliant with RIPAM (chapter C and technical annex 1) and installed in accordance with this regulation.	OK	3.27.1	
Replacement bulbs, except LED	OK	3.27.4	
Emergency lights with the same specifications as above and being independently powered.	OK	3.27.3	
Switched on between 7 pm and 11 pm on 12 and 13 september 2024			4.22
LOCATION AND RECOVERY OF MAN OVERBOARD			
Marine grade reflective materials on buoys and collar	OK	4.18	
2 lifebuoys within reach of the helmsman and ready for immediate use with boat name, whistle, self-igniting light and a floating anchor	OK	4.22.3	
A pole equipped with a flag deployed permanently or automatically connected to 1 or 2 buoys.	OK	4.22.3.b	
One of the 2 buoys must have permanent buoyancy	OK	4.22.3c	
1 recovery line , length 15 to 25 m minimum, diameter 6mm, accessible from the cockpit	OK	4.22.3d	
Recovery collar (Lifesling) capable of hoisting a crew member on board, including	OK	4.22.4	
- a floating line : length = 36 m	OK	4.22.5	
- a floating collar (horseshoe) with a minimum buoyancy of 90 N			
1GPS capable of recording and displaying the position of a man overboard within 10 sec	OK	4.22.2a	
BIGLE PUMPS AND BUCKETS			3.23
2 manual bilge pumps (one internal and one external), permanently fixed, one operable on deck, the other inside which can be electric	OK	3.23.1	
The pumps are easily accessible for maintenance and cleaning of debris	OK	3.23.4	
Each pump bilge ball must be fixed	OK	3.23.5	
2 sturdy buckets, equipped with a lanyard, minimum capacity 9 liters	OK	3.23.1.a	
1 emergency pump , minimum flow rate 200 l/mn, fixed or portable, must have a hose long enough to evacuate water directly overboard from all compartments	OK	4.30.a	
If it is electric and portable, the cables must be equipped with crocodile clips	OK	4.30	
	OK	4.30.c	
DESCENT PANELS			3.08
Equipped with a solid, watertight closing system that can be operated from the outside and the inside including when the sailboat is turned over, they must be hinged or attached to the roof or companionway bulkhead on rails	OK	3.08.4	2.17
DESCENT PANELS equipped with a solid watertight closing system that can be operate from the outside and the	OK		2.17
Whatever their position, they must be permanently attached to the bulkhead			2.20
Solid, sharp COCKPIT KNIFE, securely attached and easily accessible from deck or cockpit.	OK	4.25	
LIFE RAFT			4.20
A raft that can be brought up to the level of the dies in less than 15 sec that is :	OK	4.20	2.9.6
or SOLAS containing at least one "SOLAS A" pack	OK	4.20.3.d	2.9.6
With the percussion end of the raft attached to a solid point on the boat, the raft will be sealed.	OK	4.20.2.a	
	PB	4.20.3.c	2.9.6
Brand : Model :	OK		
Last revised : Serial no. :	OK		
For "SOLAS" liferafts, annual overhaul, for ISO 9650 liferafts, overhaul every 3 years	OK	4.20.5.a	
Stored outdoors in rigid containers, stored indoors in bags. It must pass through all partition openings including rear emergency exit	OK	4.20.3.a	
Overhaul certificates (originals or copies) must be on board.	OK	4.20.4b	
Waterproof, heavy-duty STORAGE PLAN, displayed in the main cabin with location of safety equipment	OK	4.12	2.9.2
GAUGE SHEET: waterproof and resistant, displayed (read the sheet and check the information).	OK		2.9.2
The plate World sailing	OK		1.09

CONTAINER or SEALED SURVIVAL BAG in position (maximum 1.5 m from descent)				OK	4.21	2.2	
In the name of the sailboat + end and attachment system, built-in buoyancy and at least 0.1 m ² in fluorescent orange and including				OK	4.21.1		
1 portable waterproof VHF (or in a waterproof case) + spare battery,				OK	3.29.1		
1 portable waterproof GPS (or in a waterproof case) + spare batteries,				OK	3.29.6		
1 waterproof Iridium cell phone + 1 spare battery, recommended				OK			
N° : 00 881				OK			
Pre-registered emergency numbers : 1 - CROSS Gris Nez : +33 321 872 187				OK			
2- Lignes rouges PC : +33 660 048 102				OK			
3 - Team Manager : _____				OK			
1 waterproof flashlight with batteries and spare bulbs (except LED)				OK	4.23.1		
4 red hand-held lights, 2 orange smoke bombs				OK	4.23		D240
1 torch				OK	4.07.b		
2 survival blankets				OK			17.1.3
Fluorescein sachets				OK			17.1.3
1 whistle				OK			D240
A 1st aid kit with at least 2 tubes of sunscreen and effective dressings for wet conditions				OK	4.08		
LIFE JACKETS					5.01.		
3 ISO 12402-3 standard self-inflating lifejackets					5.01.3		
	Gilet 1	Gilet 2	Gilet +				
Type 150 N (min.)	OK	OK	OK		5.01.1		
Mark to note							
Color							
Marked name to note					5.01.1.c		
whistle	OK	OK	OK		5.01.1.a		
Lifting loop	OK	OK	OK		5.01.1.a		
Reflective materials	OK	OK	OK		5.01.1.a		
Inflation system	OK	OK	OK		5.01.1.a		
Subcutaneous strap	OK	OK	OK		5.01.1.a		
Integrated safety harness	OK	OK	OK		5.01.1.a		
Emergency lighting	OK	OK	OK		5.01.1.b		
Face protection	OK	OK	OK		5.01.1.d		
1 spare kit (gas cartridge + percussion head) per system type.					5.01.2		
SAFETY HARNESSES AND LANYARDS					5.02		
2 lanyards (ISO 12401 or equivalent) < 1m with self-closing karabiners and overload indicator OR 2m with an intermediate self-closing karabiner at 1m.				OK	5.02.3.a		
INDIVIDUAL BEACONS							
PERSONAL AIS BEACONS							
Name :	N°id :			OK			
Name :	N°id :			OK	4.22.1		
Expiry dates OK ?				OK			
Recommended PLB beacons							
Name :	N°id :			OK			
Name :	N°id :			OK			
Expiry dates OK ?				OK			
INDIVIDUAL SURVIVAL EQUIPMENT :							
Survival suits: insulation > 0.75 Clo immersed without fleece undergarment				OK		2.4	7.1
Name :	Color :	Brand :					
Number :	Hand and foot protection			OK			
Name :	Color :	Brand :					
Number :	Hand and foot protection			OK			

COMMUNICATIONS, NAVIGATION, POSITIONING EQUIPMENT, BEACONS			
25W, 56-channel fixed VHF DSC with fixed antenna.	<input type="checkbox"/>	3.29	
VHF callsign :	<input type="checkbox"/>	3.29.6	
Make/type :	<input type="checkbox"/>		
Masthead VHF/AIS antenna for alternating AIS and VHF transmission/reception	<input type="checkbox"/>	3.29.13.a	
with coaxial cable having no more than 40% power loss	<input type="checkbox"/>		
VHF emergency antenna	<input type="checkbox"/>	3.29.5	
1 satellite phone (available 24 hours a day) : +33	<input type="checkbox"/>		AC 7.2
1 numéro Whatsapp : +33	<input type="checkbox"/>		
Portable VHF chart table with charger.	<input type="checkbox"/>		
Make/type :	<input type="checkbox"/>		
AIS transponder	<input type="checkbox"/>	3.29.7	
Type : A or B	<input type="checkbox"/>		
Name read on AIS :	<input type="checkbox"/>		
Send an on-board email to christophe.gaumont@ffvoile.fr	<input type="checkbox"/>		
Masthead-mounted AIS antenna shared with the VHF via a splitter, or	<input type="checkbox"/>	3.29.13.a	
a dedicated antenna (min. 38 cm) with a base at least 3 m above the waterline, using coaxial cable with no more than 40% power loss.	<input type="checkbox"/>	3.29.13.b	
Brand / type :	<input type="checkbox"/>		
Antenna location :	<input type="checkbox"/>		
1 echo sounder.	<input type="checkbox"/>	4.13.2	
1 speedometer.	<input type="checkbox"/>	4.13.1	
1 passive radar reflector with :	<input type="checkbox"/>	4.10.1	
or octahedral circular sector plans with a minimum diameter of 30 cm	<input type="checkbox"/>	4.10.1.a	
or octahedral rectangular planes with a minimum diagonal dimension of 40 cm	<input type="checkbox"/>	4.10.1.b	
or a non-octahedral reflector with a documented RMS value on a surface	<input type="checkbox"/>	4.10.1.c	
2 m ² radar reflector with 360° azimuth and + or - 20° elevation.	<input type="checkbox"/>		
1 permanently installed active radar unit. The antenna must be positioned in the mast at a height of minimum of 4 metres above the waterline.	<input type="checkbox"/>		2.13
1 portable EPIRB distress beacon, long-life (>48 h), water and manual activation, dual-frequency (406 MHz and 121.5 MHz), equipped with GPS and officially coded and registered with boat name and MMSI .	<input type="checkbox"/>	4.19.2	
Encoding :	<input type="checkbox"/>	4.19.2	
Brand/type :	<input type="checkbox"/>	4.19.3	
MMSI	<input type="checkbox"/>	4.19.3	
Water and manual release	<input type="checkbox"/>	4.19.1	
N° AIS :	<input type="checkbox"/>		
Precise location :	<input type="checkbox"/>		
Expires on :	<input type="checkbox"/>		
MATERIAL			
1 permanently installed stove with safety power cut-off.	<input type="checkbox"/>	3.20	
1 fire blanket near the kitchen.	<input type="checkbox"/>	4.05.1	
2 fire extinguishers of 2 kgs dry powder or equivalent, distributed in different areas of the boat.	<input type="checkbox"/>	4.05.2	
Expiry date :	<input type="checkbox"/>		
1 permanently installed magnetic marine compass	<input type="checkbox"/>	3.24.a b	
1 second compass, which may be portable or electronic.	<input type="checkbox"/>	3.24.c	
MOORINGS			
1 heavy anchor comprising: 1 anchor weighing 16 kg, a quick shackle, 15 m of Ø 8 mm chain and 30 m of Ø 14 mm nylon rope. The chain and rope should be bagged close to the anchor, and installed forward of the aft bulkhead. It will be sealed in position.	<input type="checkbox"/>	4.06	2.3
1 light anchor comprising: 1 anchor (heavy or light) suitable for a 12m sailboat, 10 m of Ø 8 mm chain and 25 m of Ø 12 mm nylon or polyester rope.	<input type="checkbox"/>		2.3
Inflatable fenders are forbidden in races.	<input type="checkbox"/>		2.6
1 first aid manual in the skipper's language. Title :	<input type="checkbox"/>	4.08	
1 first-aid kit in accordance with medical regulations.	<input type="checkbox"/>	4.08	
Handrails fixed below deck.	<input type="checkbox"/>	3.22	
Courtesy flags	<input type="checkbox"/>		
1 foghorn	<input type="checkbox"/>	4.09	
Permanently installed valves and flaps on all through-hull openings below the waterline.	<input type="checkbox"/>	3.10	
Fixed WC or 1 bucket (3rd bucket) dedicated solely to this use	<input type="checkbox"/>	3.18.1	
4 permanently installed berths.	<input type="checkbox"/>	3.19	104
1 appropriately sized conical wooden pin, permanently stored near each hull pass.	<input type="checkbox"/>	4.03	
The following paper charts or equivalent of the entire route with chartplotting equipment :	<input type="checkbox"/>		
SHOM 7040-INT 1070 – La Manche 1/560 000	<input type="checkbox"/>	4.11	2.1.a
SHOM 7210-INT 1063 – Atterrage de l'entrée de la Manche-Mer Celtique 1/500 000	<input type="checkbox"/>		
B 1410 – St Georges Channel 1/200 000	<input type="checkbox"/>		
1 high-power searchlight	<input type="checkbox"/>	4.07.a	
1 flashlight.	<input type="checkbox"/>	4.07.b	
Spare parts and tools, including suitable means of disconnecting the rig.	<input type="checkbox"/>	4.16	
1 emergency rudder can be mounted directly on the rudder head, except when an intermediate system is used :	<input type="checkbox"/>	4.15	2.18
the main steering system is an unbreakable metal tiller	<input type="checkbox"/>	4.15.1.a	
OR when there are 2 ways of controlling the rudder that share no components between them.	<input type="checkbox"/>	4.15.1.b	
A proven method of emergency steering, with the rudder unusable	<input type="checkbox"/>	4.15.2	

Heat engine (min. 20 kW).

Batteries must be sealed.

1 battery dedicated to engine starting

Independent generator with fixed fuel supply and tap.

Hydrogenerator fixed to the stern of the boat.

GASOIL

If the fixed diesel tank does not have sufficient capacity, you can fill containers which will be fixed and sealed in position within 500mm of the ship's plane of symmetry.

20 L emergency fuel reserve in a 20l can or 2 x 10l leaded cans, closed and in position

Each fuel tank must have a shut-off valve.

Fuel cell

If yes, ethanol canister(s) must be sealed in position

DRINKING WATER

The maximum quantity of drinking water or other potable beverages carried on board is : 49 liters

Fresh water or other potable beverages must be stored in containers with a maximum capacity of 10 liters if not stored in fixed tanks.

No additional empty cans or jerrycans are allowed on board.

Non-structural fixed water tanks within 0.5 m of the axis of symmetry, sealed in position

9 l emergency fresh water in 1 dedicated container, sealed and positioned at 1.5 m max. from the descent.

Spare equipment to be declared :

SAILS

The total number of sails on board is limited to 8.

Reminder: GV + Solent = 115 m²

1 compulsory storm jib

1 storm jib mandatory

1 cape sail is mandatory if the mainsail luff is not reduced by more than 70% at low reef.

Sail declarations must be submitted to Vanessa Boulaire on sunday, 8 September 2024, 8pm

Technical Committee Chairman: Nathalie Monier. Phone : + 33 6 71 24 77 29 e-mail : n.monier@orange.fr

PB	OK	3.28.1	306	
	OK	3.28.4.b		
	OK	3.28.4.a	2.19	
	O/N	3.28.2		
	O/N			2.7.2
	OK			
	OK	3.28.3.b		
	OK	3.28.3.a		
	O/N			
	OK			2.7.1
	OK			
	OK			
PB	OK	3.21.3.a		
	OK			
	OK			
	OK		2.5	
	OK		2.5	
	OK		2.5	