# ================= Board Regulations ASCN ==================

**1. OWN RISK:** Each crew-member takes part at own risk and on a voluntary basis. Each crew-member will help the best he can but does not have to take actions which makes him/her insecure. Costs for sloppy dealing with materials such as pails, brooms, winch handles, fenders which lead to loss or damage will be paid by the crew member or the entire crew.
**2. SAFETY:** In open sea is mandatory to wear a life jacket, inspection of the life-jacket is carried out in advance by the user. Don’t wear any other clothing on top of your life jacket (that's dangerous!). Lifelines are required from one hour before sunset to sunrise when you move on deck, unless the skipper permits otherwise. Activities on the front deck and at the mast always wear lifeline
Risky operation are: move in the direction of the boom swing, winch usage not in accordance with the given instructions, actions on the foredeck or leeward of the ship or hang entirely or partially outboard. A risky operation is executed only after the permission of the skipper.
**3. SEASICKNESS:** When sailing for safety reasons it’s very important to avoid sea sickness.
When in doubt, take a seasickness pill two hours before departure and repeat after 12 hours.
If you feel unwell, report it to your captain. When the skipper request you to clean for hygienic reasons you do your best to do so.
4. **FORMALITIES:** Every crew-member who leaves a Dutch seaport is required to carry a passport or identity card (license not allowed)!
**5. SMOKE, ALCOHOL:** On board is smoking forbidden. The skipper can make an exception to this rule in case other crew members are not affected. Inside or in the cabin opening smoking is absolutely prohibited. No alcoholic beverages are consumed during sailing.
**6. ATMOSPHERE:** Each crew member is required to provide the necessary effort for a good atmosphere on board. Life on board is not democratic, Skipper decides and orders must be followed.
**7. OTHER ISSUES FOR PROPER CONDUCT**: Follow the toilet instructions given by the skipper. It is not allowed depositing tampons or large amounts of toilet paper the toilet. Also, the waste is not permitted to been tossed overboard. Each crewmember takes part in cleaning and taken care of the ship.
**8.** By signing I declare that I agree with the board rules and the Terms of Sailing Association ASCN
Place date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

================ Health statement =====================
I hereby declare that I am healthy and fit enough to take part in the activity specified by me: “ASCN Sailing”. When in doubt I consult my doctor. I also declare that I am able to swim.
**10.** The next person must be notified in case of an accident.
Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
**11.** Are there specific health issues like for instance epilepsy, diabetes, asthma, joint instability or psychological symptoms, other?
() No () Yes, namely \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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**12.** Please provide the skipper and crew if any, to take into account the above aspects.
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By signing, I declare that I have completed this health truthfully.
Place date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_