**INSTRUCTIONS FOR COMPETITORS USING THE VHF**

1. **BOAT NOTIFYING THE RACE COMMITTEE WHEN CROSSING THE FINISH LINE IN THE DARK** – use VHF channel 08 (range 3 nautical miles)

> **RACE COMMITTEE, RACE COMMITTEE, RACE COMMITTEE**
> **THIS IS "BOAT NAME" (3 TIMES), SAIL NO**
> **TAKES FINISH**
>
> *EXAMPLE:*
> *RACE COMMITTEE, RACE COMMITTEE, RACE COMMITTEE*
> *THIS IS MERION, MERION, MERION, EST400*
> *TAKES FINISH*

2. **COMPETING BOAT IS RETIRING FROM THE RACE** – use VHF channel 81

> **RACE COMMITTEE, RACE COMMITTEE, RACE COMMITTEE**
> **THIS IS "BOAT NAME" (3 TIMES), SAIL NO**
> **BOAT RETIRING THIS RACE, THE REASON FOR RETIRING THE RACE IS… NEED/DO NOT NEED ASSISTANCE.**
> **NEEDS A CONFIRMATION FROM THE RACING COMMITTEE**
>
> *EXAMPLE:*
> *RACE COMMITTEE, RACE COMMITTEE, RACE COMMITTEE*
> *THIS IS MARU, MARU, MARU, EST314*
> *RETIRING FROM THE RACE, THE REASON FOR RETIRING: OUR MAST HAS BROKEN, WE DO NOT NEED ASSISTANCE.*
> *NEEDS A CONFIRMATION FROM THE RACING COMMITTEE*

3. **COMPETING BOAT NEEDS ASSISTANCE** – use VHF channel 81 (except distress alert sent out with DSC or on channel 16 „Mayday, Mayday, Mayday")

> **PANPAN, PANPAN, PANPAN**
> **RACE COMMITTEE, RACE COMMITTEE, RACE COMMITTEE**
> **THIS IS "BOAT NAME" (3 TIMES), SAIL NO**
> **BOAT NEEDS FOLLOWING ASSISTANCE: …**
> **NEEDS A CONFIRMATION FROM THE RACING COMMITTEE**
>
> *EXAMPLE:*
> *PANPAN, PANPAN, PANPAN*
> *RACE COMMITTEE, RACE COMMITTEE, RACE COMMITTEE*
> *THIS IS SIRIUS, SIRIUS, SIRIUS, EST1000*
> *BOAT NEEDS TOWING ASSISTANCE.*
> **NEEDS A CONFIRMATION FROM THE RACING COMMITTEE**