

NOTICE TO COMPETITORS

Number	Time	Date
4	12:00	03 Mar 2019

From
The Organizing Authority

Delete NoR/SI 13.3 and add new NoR/SI 13.4 as follows:

- 13.3 A helmet to the minimum standard EN1385 or EN1077 or equivalent with at least 300 square centimeters of the exterior surface in a high visibility colour (except green and blue colours) shall be worn at all times when afloat, except briefly while changing or adjusting clothing or personal equipment.
- 13.4 Body protection (Impact vest) which may also act as a personal flotation device in accordance with CR C.3.2(b) shall be worn at all times when afloat, except briefly while changing or adjusting clothing or personal equipment.