



Appendix ALPHA

A.1 Boats receiving the “live-aboard” crew allowance shall carry while racing the following minimum for each live-aboard crew member, in addition to items required by special and safety regulations:

- sailing clothes for the regatta duration;
- wet/foul weather gear;
- ashore clothes for the regatta duration;
- storage bag/luggage;
- adequate bedding;
- personal items (toiletries, valuables, documents, etc);
- adequate cooking utensils, crockery and cutlery;
- domestic provisions for the regatta duration;
- basic food preparation provisions for the regatta duration;
- canned, dried &/or frozen provisions for the regatta duration;
- fresh food stores maintained throughout the regatta (for breakfast and at least one daily meal aboard);
- an adequate variety of drinks;
- 20 litres (5 gallons) fresh water per live-aboard crew member maintained throughout the regatta.

A.2 The maximum number of live-aboard crew shall not exceed the number of fitted bunks, including settee berths and pipe cots.

A.3 To qualify for the live-aboard allowance, the minimum weight of the items detailed by A.1, plus also other items of a personal nature, and the boat’s spares, tools, emergency fuel etc., but excluding any item required to be carried by special and safety regulations, shall be 140kg per live-aboard crew member. No more than 40 litres of water per live-aboard crew member and 10 litres of fuel per live-aboard crew member shall be included in this weight. Except when in use, all items included shall be properly stowed in appropriate lockers or other storage areas while racing.

A.4 Qualification for live-aboard rating allowance shall only be protested by the Race Committee.



ROLEX SWAN CUP & SWAN 45 WORLD CHAMPIONSHIP

Porto Cervo, 8th – 14th September 2014

CLASS C REQUEST FOR LIVE ABOARD ALLOWANCE

Boats must comply with NoR Appendix A

Boat Name: _____

Sail Number: _____ **TCC:** _____

Number of Crew Live Aboard Allowance requested: _____

Names of Crew living aboard (please print clearly):

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

Owner's/Skipper's name: _____

Please return to Rating & Measurement Team