

Tolken, The Lane, West Mersea, Colchester, Essex. CO5 8NT Tel: 01286 385071 Email; sailing@offshore.org.uk Registered Charity No 1035015

On Board Medication Policy.

Offshore is required by law to have certain medications on board, this includes items such painkillers including paracetamol and ibuprofen, anti-sickness such as Kwells or Stugeron. These requirements are detailed in MCA publication MSN 1905 (normal operation is to Category C but occasionally we hold Cat B on longer voyages). We also carry rehydration remedies such as Dioralyte.

If a participant under or over 18 has a minor condition such as a headache, sea sickness etc or asks for medication and the skipper feels that this is appropriate then they will issue the medication to participants as needed with due consideration. These medications may also be issued if advised by a doctor where external medical advice is sought. A record will be kept of any such issue. It is recommended that participants come with normal day to day medications themselves. The skipper is to be informed if any medication is taken (including prescription) during the voyage so that any side effects can be identified and accounted for. Please bring a copy of the prescription for any prescription medications.

If there any concerns, such as allergies or other restrictions that are needed then please discuss with the office during the booking process. Please indicate that you are happy with this process.









