

Wind Direction	Strength	Course	Start											Finish	Distance	
N or S	4 - 6	EA	E	3 P ⊕	Gr S	Ro P	Br P	Hs S	Gr S	Ro P	Br P			W	11.75	
	2 - 4	EB	E	3 P ⊕	Gr S	Ro P	Re P	Ro P	Br P					W	11.75	
	1 - 2	EC	E	3 P ⊕	Gr S	Ro P	Br P	Co P						W	8.50	
	4 - 6	ED	E	3 P ⊕	Gr S	Ju P	Co P	Ro P	Re P	Wa P	Ho P			W	17.00	
	2 - 4	EE	E	3 P ⊕	Gr S	Ju P	Re P	Ro P	Hol P					W	11.75	
	1 - 2	EF	E	3 P ⊕	Gr S	Ro P	Re P	Ro P	Br P					W	12.00	
E or W	4 - 6	EG	E	3 P ⊕	IC P	Ju P	Po P	Hol P						W	15.50	
	2 - 4	EH	E	3 P ⊕	Gr S	Po P	Gr S	Hol P						W	11.50	
	1 - 2	EI	E	3 P ⊕	Hol P	1 P	Re P	1 P	Re P					W	11.00	
	4 - 6	EJ	E	3 P ⊕	Hs S	1 P	Cla P	Hol P	Hs S	Ro P	Hol P			W	13.00	
	2 - 4	EK	E	3 P ⊕	1 P	3 P	Cla P	Hol P	Ju P	Co P				W	8.75	
	1 - 2	EL	E	3 P ⊕	Cla P	Hol P	Co P	Ju P	Br P	Co P				W	8.50	
	4 - 6	EM	E	3 P ⊕	Gr S	Ro P	Hs S	IC P						W	8.00	
	2 - 4	EN	E	3 P ⊕	Gr S	Ju P	IC P	Ju P	Br P					W	10.25	
	1 - 2	EO	E	3 P ⊕	Gr S	Ju P	IC P							W	9.50	
	NW or SE	4 - 6	WA	W	11 S ⊕	CI P	Ca P	13 P	CI P	Ca P					E	11.00
2 - 4		WB	W	11 S ⊕	CI P	Ca P	13 P	CI P						E	9.50	
1 - 2		WC	W	11 S ⊕	CI P	CR P	CI P							E	7.50	
4 - 6		WD	W	11 S ⊕	CI P	Ca P	13 P	CI P	13 P	CR P				E	10.75	
2 - 4		WE	W	11 S ⊕	CI P	Ca P	13 P	CR P						E	7.75	
1 - 2		WF	W	CI P	13 P	CR P								E	7.75	
NE or SW	4 - 6	EP	E	3 P ⊕	1 P	Co P	1 P	Gr S	Ju P	Hol P	Ro P	Hol P		W	14.75	
	2 - 4	EQ	E	3 P ⊕	1 P	Co P	1 P	Hol P	Ju P	Hol P	Hs S			W	11.00	
	1 - 2	ER	E	3 P ⊕	1 P	Co P	1 P	Gr S	Ju P	Hol P	Hs S			W	9.75	
	4 - 6	WG	W	11 S ⊕	CI P	Ca P	CR P	CI P	Ca P	Club Gate	1 P			W	13.00	
	2 - 4	WH	W	11 S ⊕	CI P	Ca P	CI P	Ca P	Club Gate	1 P				W	10.00	
	1 - 2	WI	W	CI P	Ca P	Club Gate	1 P							W	8.60	
Variable	0 - 1	ES	E	3 P ⊕	Hs S	Club Gate	11 S	Club Gate	Hs S	11 S				E	6.00	
	0 - 1	ET	E	3 P ⊕	1 P	Co P	Club Gate	13 P	Club Gate	3 P				W	7.50	
	2 - 4	EV	E	3 P ⊕	Gr S	Ju P	Br P	Hs S	Gr S	Ro P	Br P	Co P		W	9.50	
		EZ	E	3 P ⊕	1 P	Cla P	Hol P							W	6.50	
	1 - 2	WK	W	11 P	Club Gate	3 P	Club Gate	11 P	Club Gate	3 P	Club Gate	11 P	Club Gate	3 P	W	4.00
	2 - 4	WJ	W	13 P	Club Gate	3P	Club Gate	13 P	Club Gate	Co P				W	8.50	
2 - 4	WV	W	13 P	Club Gate	3P	Club Gate	13 P	Club Gate	Co P	Club Gate	9P		W	10.00		

⊕ = Passing mark

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When the prefix X is displayed before courses designated with an E, the start will be in a Westerly direction and the first mark of the course shall be **Fairway No.11** which shall be left to **PORT** the second mark shall be **Club Gate**. If the prefix is Y, the first mark will be **Fairway No.13** which shall be left to **PORT** the second mark shall be **Club Gate**.

When the prefix X is displayed before courses designated with an W, the start will be in a Easterly direction and the first mark of the course shall be **Fairway No.3** which shall be left to **PORT** the second mark shall be **Club Gate**.. If the prefix is Y, the first mark will be **Fairway No.1** which shall be left to **PORT** the second mark shall be **Club Gate**.

- Br Branklet
- BIP Black Point
- Ca Canewdon
- Cla Clarks
- Cl Cliff
- CR Cliff Reach
- Co Coleward
- Cr Crouch
- Fe Ferryman
- Gr Greenward
- Hol Holliwell
- Hs Horse Shoal
- IC Inner Crouch
- Ju Jubilee
- LE Lands End
- Ma Mailspeed
- OC Outer Crouch
- Po Potton
- Re Redward
- RCo Rice and Cole
- Ro Roach
- RoN Romford Navy
- SPr Short Pole Reach
- Wa Wade
- 1 Fairway No. 1
- 2 Fairway No. 2
- 3 Fairway No. 3
- 5 Fairway No. 5
- 7 Fairway No. 7
- 9 Fairway No. 9
- 11 Fairway No. 11
- 13 Fairway No. 13
- 15 Fairway No. 15

Medical Emergency – Recommended Actions

Call the emergency services by dialling 999, or if you are afloat by calling Thames Coastguard on VHF Channel 16.

If using a phone, you will be asked which service you require. If you need assistance in getting the casualty back to shore, your call must be to the Coastguard who will co-ordinate the RNLI and Ambulance Services.

Ensure that your phone has sufficient battery and that you know the number.

You will be transferred to the Ambulance Dispatch Centre / Coastguard who will request information on the vessel and casualty, including:

Location of the emergency – either a latitude and longitude from your GPS or a distance and bearing from a prominent land mark or buoy;

Proposed rendezvous with Ambulance Service e.g. RCYC Pontoon;

Type of injury/illness - consciousness, bleeding and other Symptoms;

Do not hang-up until instructed to do so. The call handler may provide advice about how you can help the patient.

