

# **1000-MILE DOUBLEHANDED RACE**

Scheveningen -Bergen -Lerwick -Bergen

14 june 2009

## **Declaration of safety**

**I hereby confirm that the captain and co-captain understand, or have the capacity to use first aid and other lifesaving techniques at sea**

**I hereby confirm that the skipper and co-skipper are physically, mentally and medically capable of finishing the race.**

**Boat name:**

**Signed (skipper):**

**Date:**