



PRESS RELEASE

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Medical Aid & Safety Gear the Focus of Next A2N Seminar Dr. Sam Lyness & Switlik Survival Products to Present During ‘What to Expect’ Series

Annapolis, MD (March 24, 2017) — Captain Sam Lyness was leading a boat delivery from New England to the Chesapeake Bay when a crew member turned his head forward at just the wrong moment and absorbed a massive amount of Atlantic Ocean spray directly to the face.

Within hours, the sailor’s eyes were bright red and extremely swollen as the salt water caused severe irritation and pain. Luckily for the crew member, his captain is also a medical doctor.

“This individual was in absolute agony,” said Dr. Lyness. “We had to put into port at Atlantic City to get him some treatment.”

Since that experience, Dr. Lyness never goes offshore without making sure he has eye wash, antibiotics, and anesthetic in his medical kit.

Dr. Lyness, a retired neurosurgeon and licensed U.S. Coast Guard captain, will help participants in the 2017 Annapolis to Newport Race build a proper medical kit when he discusses “Medical Aid at Sea & Safety Equipment” as part of A2N’s ongoing “What to Expect” seminar series April 22 at 10 a.m. at Annapolis Yacht Club.

Dr. Lyness has presented a similar course — “Medical Emergencies at Sea: Beyond First Aid” — to the Chesapeake Area Professional Captain’s Association (CAPCA) and Singles on Sailboats (SOS) for many years. This marks the third time he has tailored the presentation specifically to the Annapolis to Newport Race, a 475-nautical-mile passage that combines inshore and offshore elements.

Common ailments which occur during A2N — where competing boats are never more than 150 miles offshore — include seasickness, head injuries, eye issues, fractures, and cuts. Dr. Lyness will discuss common remedies for seasickness, methods of treating conjunctivitis and using ChitoGauze to staunch lacerations or minor cuts. He will review how to recognize and treat dehydration and impart the importance of pain relief.

“You need to have a heavy-duty, reliable painkiller aboard,” he said.

Dr. Lyness will provide seminar attendees with phone numbers to the Coast Guard command centers at Hampton Roads, Va., and Atlantic City, NJ. Sailors can use a satellite phone to contact those centers, which will coordinator a rescue or response with any of the Coast Guard

stations along the east coast. He will also provide telecommunication numbers that enable sailors to speak with a doctor about a specific medical emergency.

“Offshore sailors should know all the options available in the event of a real emergency,” Dr. Lyness said. “We will also discuss what constitutes a true emergency – whether or not an injured party can make it through the remainder of the voyage.”

Dr. Lyness has spent more than 50 years sailing on the Chesapeake Bay and doing boat deliveries from Maine to the Bahamas and Virgin Islands. He will also talk about liability as it relates to the Jones Act. Boat owners can be charged with negligence if certain safety equipment is not onboard or not working properly.

This year marks the second straight edition of the Annapolis to Newport Race that Switlik Survival Products has served as a sponsor. The New Jersey-based company will be providing one of its MOM 8-A Man Overboard Modules as a prize that will be awarded to the boat with the slowest corrected time.

Switlik has taken a new look at flotation for person-in-water emergencies with particular focus on underarm buoyancy. The newly-developed MOM 8-A is an Underarm Flotation Device that provides more than 35 pounds of inflated buoyancy, and its unique configuration keeps the PIW’s head and shoulders out of the water more effectively than traditional means of rescue flotation.

Taffet, an avid boater himself, will attend the April 22 seminar to provide an overview of Switlik’s safety equipment while demonstrating the deployment of the MOM 8-A. Switlik is pleased to announce it will be providing special pricing for all A2N participants still needing to fulfill any part of the required equipment list.

“This sponsorship stems from Switlik’s desire to work with people and organizations pushing the limits and creating innovation within their field,” said Sarah Switlik, Director of Marketing for Switlik Survival Products. “The Annapolis to Newport Race is perfect for this alignment. Offshore racing is intense and people are pushing not only personal limits but fighting with the elements when the races are long distance. Switlik can provide peace of mind with best in class products, for the individuals and teams pushing to be champions.”

Space for the April 22 seminar “Medical Aid at Sea & Safety Equipment” is limited, so please contact Annapolis Yacht Club’s Front Desk at 410-263-9279 to reserve seats.

The 36th biennial Annapolis-to-Newport Race starts June 2 and 3 on the Chesapeake Bay. Notice of Race and entry forms can be found by clicking on the following link:
<http://www.yachtscoring.com/emenu.cfm?eid=2982>

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