

SEABOARD MARINE NORTH AMERICAN OPTIMIST DINGHY CHAMPIONSHIPS 2016

INFORMATION SHEET

EMERGENCY & USEFUL NUMBERS

EMERGENCIES Tel 999 or 911
ABSAR (medical & rescue at sea)
+1 268 562 1234 CH16
MEDICAL SURGICAL ASSO. +1 268 481 5200
(Private hospital being used for this event)
MOUNT. ST. JOHN'S HOSPITAL +1 268 484 2700
POLICE STATION ENGLISH HARBOUR +1 268 460 1002

ORGANISING AUTHORITY NUMBERS

ANTIGUA YACHT CLUB +1 268 460 1799
EVENT ORGANISER: PAOLA VITTORIA +1 268 464 3471
REGISTRATION – AMNERIS CALLE + 1 268 7256451

HOTELS – LILLY BAVAY +1 268 764 6404
TRANSPORT – LILLY BAVAY +1 268 764 6404

This is a hot country and it is summer so bring lots of sun cream and a hat. According to the medics the biggest medical demand is anti-itch cream. The Government have a mosquito control programme but they cannot get them all. Bring anti-itch cream. For inoculation requirements, check travel websites such as http://www.mdtravelhealth.com/destinations/mamerica_carib/antigua_and_barbuda.php

PLEASE BE AWARE – ARMY STYLE CAMOUFLAGE CLOTHES ARE BANNED IN ANTIGUA & BARBUDA

Travel Insurance is strongly recommended and passports should have a minimum of 6 months unexpired time.

CURRENCY The local currency is the Eastern Caribbean Dollar (EC\$) which is tied to the US\$ and, therefore, US\$ are acceptable in most establishments however the rate will vary from around 2.5 to 2.7 so changing your currency into EC\$ is a good idea.

ELECTRICITY & WATER Antigua has both 110 volts and 220 volts with main U.S. style plugs but there are variations including U.K. plugs. Most universal adapters are suitable but check the voltage before you plug in. Government water is potable but some premises use cisterns. It is advisable to drink bottled water unless it is boiled.

COMPETITORS & OFFICIALS CATERING Wristbands and, in some instances chits, will be provided to all participants. Participants are required to wear wristbands throughout week or utilise chits so as to access meal plan.

Meals Schedule at Club Sushi at the Antigua Yacht Club

Breakfast Service: 7 am – 8:30 am or at your hotel if you are staying at the OCEAN INN

Lunch: distributed to team captains. 24 hrs notice for anyone requiring for lunch on Friday 15th July (lay day)

Dinner Service: Sunday 10TH July at 4:30 CLUB SUSHI otherwise at Club Sushi 5:30 pm – 8:00pm. **NOTE:** On Sunday 17th July, dinner will be provided at 4:30 pm followed by the Closing Ceremony which starts promptly at 7:00 pm.

ALLERGIES : If you have a food allergy or a special dietary requirement, please inform a member of the Catering Team. +1 268 725 9395 or speak with your hotel if you are staying at the Ocean Inn.

RESTAURANTS IN AREA. This is a quiet time of year in the yachting sectors of Antigua and many restaurants are closed. Those which will be open are: the COPPER&LUMBER, ADMIRALS INN, PIRATE PIZZA, CARIBBEAN TASTE, GALLEY BAR, LIFE, TRAPPAS LE CAP HORN, LA MIA CUCINA, BAR B, ZAMBUKA..

SHOPPING. There is a provisions store adjacent to the Antigua Yacht Club and a small supermarket opposite the Catamaran Hotel. The main supermarket, Epicurean is on the north side of St. John's about half an hour's drive and about EC\$50 (US\$20) each way. There are taxi ranks just inside the Dockyard gates and beside the yacht club. If you are going to travel a lot, car hire could be a consideration. Details of car hire companies can be found in the Directories in your reception bags. Buses are cheap, privately run and variable in quality but will get you to where you want to go.