

SAILING INSTRUCTIONS

1. RULES

Racing will be governed by the rules as defined in the Racing Rules of Sailing (RRS).

2. NOTICES TO COMPETITORS

Notices to competitors will be posted on the Official Notice Board, located in the clubhouse foyer.

3. CHANGES TO SAILING INSTRUCTIONS

Changes to the Sailing Instructions will be posted on the Official Notice Board, located in the clubhouse foyer, one hour before the start of the race or races concerned, except for changes to the schedule which will be posted by 19:00hrs on the day before it will take effect.

4. SIGNALS MADE ASHORE

- (i) Signals made ashore will be displayed on the flagpole next to the clubhouse.
- (ii) When flag 'AP' is displayed ashore, '1 minute' is replaced with 'not less than 20 minutes' in the Race Signal AP.

5. SCHEDULE OF RACES

- (iii) There will be a briefing on Saturday July 14 at 12:00hrs.
- (iv) The warning signal for Race 1 will not be sounded before 12:55hrs on Saturday July 14
- (v) Races 2 – 5 will follow
- (vi) No warning signal will be sounded before 10:25hrs on Sunday July 15
- (vii) To alert boats that a race or sequence of races will begin soon, an orange flag may be displayed on the Committee Boat at least one minute before a warning signal is made.

6. COURSES

- (i) The course to be sailed will be indicated on the course board attached to the gunwale of the Committee Boat no later than the warning signal for the first start of a sequence of races.
- (ii) The marks of the course, the order in which they are to be rounded, their required side and the number of laps will be shown on the course board.
- (iii) The numbers of marks to be rounded to port will be indicated on a red background and the numbers to be rounded to starboard will be indicated on a green background. The number of laps will be indicated on a black background.
- (iv) The letters, 'Y Z' on a black background indicate that the start/finish line is part of the course, and that boats shall sail through the start/finish line on each lap.

7. MARKS

The marks of the course will be the Club Marks, which are indicated with approximate positions, in the diagram at Appendix 'A'. A lead boat will be provided subject to availability.

8. AREAS THAT ARE OBSTRUCTIONS

There are no obstructions in the sailing area. However the lake is part of the Lake District National Park and is a significant wildlife habitat. Competitors are asked to keep clear of the reed banks on the right of the main slipway and not to land on the lakeshore other than on the sailing club slipways.

9. STARTING

- (i) Races will be started in accordance with RRS 26.
- (ii) The warning signal for Flying Fifteens will be International Naval Numeral 6.

- (iii) The warning signal for the GP14s will be International Code Flag A.
- (iv) The start signal for the Flying Fifteens will be the warning signal for GP14s
- (v) Should a General Recall be signalled for the Flying Fifteens, the starting sequence for the GP14s will be delayed until the Flying Fifteen restart.
- (vi) Races will be started from the Committee Boat, stationed at the starboard end of the starting line. Starting signals will be displayed from the mast of the Committee Boat.
- (vii) The starting line will be formed by bringing the mast of the Committee Boat into line with an outer limit mark, displaying an orange flag.
- (viii) An inner limit mark displaying a white flag will be laid and yachts passing between it and the Committee Boat at any time will be liable to disqualification, at the discretion of the Race Committee.

10. FINISHING

The finishing line will be either:

- (i) Between the mast of the Committee Boat displaying a blue flag and the outer limit mark displaying an orange flag.
- (ii) Between the mast of the Committee Boat displaying a blue flag and the mark next to which it is stationed.
- (iii) Between the black pole on the lakeshore and Mark '0'.

11. TIME LIMITS & TARGET TIMES

- (i) The target time for each race will be approximately 45 minutes.
- (ii) Boats failing to finish within 20 minutes after the first boat sails the course and finishes will be scored DNF. This changes RRS 35 A4 and A5.
- (iii) A tail-end boat that has lost contact with the body of the fleet may be informed on the water, towards the end of the race, that she need not complete that lap, but may return to the starting area for the start of the next back-to-back race. An appropriate finishing position will be recorded by the Race Committee. Failure to take advantage of this provision may result in any following back-to-back race being started before that competitor has returned to the starting area. This shall not be the basis for a redress request under Rule 62(a). This alters Rule 35.

12. SCORING

- (i) The low point scoring system defined in RRS Appendix A will apply.
- (ii) One race must be sailed to constitute a Championship.
- (iii) If 3 or more races are sailed the worst score will be discarded.
- (iv) **[Flying Fifteen]** Results will be calculated using boat handicaps for Open, Silver and Classic boats as recommended by the Flying Fifteen Association. These are as follows, but are subject to change to ensure they match the current Flying Fifteen Association values:
 - a. Open (Portsmouth Yardstick) – 1015
 - b. Silver – 1026
 - c. Classic – 1041

13. PROTESTS AND REQUESTS FOR REDRESS

- (i) Protests must be handed to the Race Officer within forty minutes of the last boat finishing the last race of the day.
- (ii) Protest Forms are available from the Race Office, located in the clubhouse.
- (iii) Protest Hearings will be held in the Race Office, located in the clubhouse.
- (iv) Notices will be posted on the Official Notice Board, within thirty minutes after the protest time limit to inform competitors of hearings in which they are parties or named as witnesses.
- (v) Notice of protests by the Race Committee or Protest Committee will be posted to inform boats under RRS 61.1(b)

- (vi) The Exoneration Penalty and the Advisory Hearing and RYA Arbitration procedures of the RYA Rules Disputes procedures shall apply. The outcome of an RYA Arbitration can be referred to a protest committee, but an arbitration cannot be reopened or appealed. See the Official Notice Board for details.
- (vii) On the last day of the regatta a request for reopening a hearing shall be delivered:
 - (a) within the protest time limit if the party requesting reopening was informed of the decision on the previous day.
 - (b) no later than 30 minutes after the party requesting reopening was informed of the decision on that day. This changes RRS66.
- (viii) Trash may be placed aboard official boats.

14. RADIO COMMUNICATION

Except in an emergency, a boat shall neither make radio transmissions while racing nor receive radio communications not available to all boats. This restriction also applies to mobile telephones.

15. SAFETY

- (i) All sailors must wear a Personal Flotation Device of at least CE50 Newtons, or equivalent, at all times whilst afloat. International Code Flag 'Y' will not be flown. This changes RRS 40.

16. REPLACEMENT CREW

No substitution of helmsman will be permitted and substitution of crew will not be allowed without the prior approval of the Race Committee.

17. MEASUREMENT

All competing boats must hold a valid measurement certificate.

18. RISK STATEMENT

Rule 4 of the Racing Rules of Sailing states "The responsibility for a boat's decision to participate in a race or to continue racing is hers alone". Sailing is by its nature an unpredictable sport and therefore inherently involves an element of risk. By taking part in the event, each competitor agrees and acknowledges that:

- (i) They are aware of the inherent element of risk involved in the sport and accept responsibility for the exposure of themselves, their crew and their boat to such inherent risk whilst taking part in the event;
- (ii) They are responsible for the safety of themselves, their crew, their boat and their other property whether afloat or ashore;
- (iii) They accept responsibility for any injury, damage or loss to the extent caused by their own actions or omissions;
- (iv) Their boat is in good order, equipped to sail in the event and they are fit to sail;
- (v) The provision of a race management team, patrol boats and other officials and volunteers by the event organiser does not relieve them of their own responsibilities;
- (vi) The provision of patrol boat cover is limited to such assistance, particularly in extreme weather conditions, as can be practically provided in the circumstances;
- (vii) Their boat is adequately insured, with cover of at least £3,000,000 against third party claims and shall make a declaration to that effect on their entry.

Appendix A

