

SAILING INSTRUCTIONS

1. RULES

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

2. CHANGES TO SAILING INSTRUCTIONS

Any changes to the Sailing Instructions will be posted on the Official Notice Board, located in the clubhouse foyer, at least one hour prior to the race or races concerned.

3. SIGNALS MADE ASHORE

3.1. Signals made ashore will be displayed on the flagpole next to the clubhouse.

3.2. When flag AP is displayed ashore, '1 minute' is replaced with 'not less than twenty minutes' in the race signal AP.

4. SCHEDULE OF RACES

4.1. There will be a briefing for competitors on Saturday April 28 at 12:00hrs.

4.2. The warning signal for Race 1 will not be sounded before 12:55hrs on Saturday April 28.

4.3. Races 2 – 8 will follow.

4.4. No warning signal will be sounded before 10:25hrs on Sunday April 29.

5. COURSES

5.1. The course to be sailed will be a windward/leeward course. (See Appendix A)

5.2. The course will consist of a start / finish gate, a windward mark and a leeward gate.

5.3. The start finish gate will be positioned upwind of the leeward gate.

5.4. The windward mark shall be left to port.

5.5. At the end of each downwind leg boats shall sail through the leeward gate and either leave the port leeward mark to port, or leave the starboard leeward mark to starboard.

5.6. Boats shall pass through the start/finish gate on each upwind leg.

5.7. Boats are not required to pass through the start/finish gate on downwind legs.

6. MARKS

6.1. The Windward Mark will be an orange inflatable mark.

6.2. The Leeward Gate will be between a Leeward Port Mark and a Leeward Starboard Mark. Both marks will be orange inflatable marks.

7. 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.

8. STARTING

8.1. The warning signal will be International Code Numeral 7.

8.2. Races will be started in accordance with RRS 26.

8.3. The warning signal will be 5 minutes before the starting signal.

8.4. Races will be started from the Committee Boat stationed at the starboard end of the start/finish gate.

8.5. Starting signals will be displayed from the mast of the Committee Boat.

8.6. The start/finish line will be formed by bringing the mast of the Committee Boat into line with an outer limit mark, displaying an orange flag.

8.7. An inner limit mark displaying a white flag will be laid and boats passing between it and the Committee Boat at any time will be liable to disqualification, at the discretion of the Race Committee

9. FINISHING

- 9.1. When the course is shortened boats shall complete the lap they are currently sailing.
- 9.2. Boats shall finish when they next pass through the start/finish gate on an upwind leg.
- 9.3. The finishing line will be between the mast of the Committee Boat displaying a blue flag and the outer limit mark, displaying an orange flag.

10. MOVING MARKS

- 10.1. Marks of the course may be moved before or during a race at the discretion of the Race Officer.
- 10.2. The Race Officer will attempt to indicate the new position of the mark before boats round the previous mark. This changes RRS 33.

11. LENGTH OF RACES

- 11.1. The target time for each race will be approximately 35 minutes.
- 11.2. Each race will continue until the course is shortened.

12. SHORTENING THE COURSE

When the course is to be shortened International Code Flag S will be displayed accompanied by two sound signals.

13. PENALTY SYSTEM

- 13.1. One and two turn penalties will apply, in accordance with RRS 44.1 and RRS 44.2. except that:
- 13.2. If a boat touches a start or finish mark, when starting or finishing, she shall complete a one-turn penalty.
- 13.3. Touching a mark (other than a start or finish mark) with any part of the boat or crew does not constitute an infringement. No penalty is required.
- 13.4. Manhandling a mark which results in an advantage is not permitted and a boat so doing shall retire promptly.

14. TIME LIMIT

- 14.1. The Race Officer may terminate a race if no boat sails the course and finishes within 60 minutes.
- 14.2. The Race Officer may terminate a race at any time after 30 minutes have elapsed from the leading boat sailing the course and finishing. Boats that have not finished will be scored DNF.

15. SCORING

- 15.1. If 4 or more races are sailed a boat's worst score shall be discarded.
- 15.2. If 7 races or more are sailed a boat's two worst scores shall be discarded.

16. PROTESTS AND REQUESTS FOR REDRESS

- 16.1. Protests must be handed to the Race Officer within 45 minutes of the last boat finishing the last race prior to coming ashore.
- 16.2. Protest Forms are available from the Committee Room, located in the clubhouse.
- 16.3. Protest Hearings will be held in the Race Office, located near the flagpole.
- 16.4. Notices will be posted on the Official Notice Board, within 30 minutes after the protest time limit to inform competitors of hearings in which they are parties or named as witnesses.
- 16.5. Notice of protests by the Race Committee or Protest Committee will be posted to inform boats under RRS 61.1(b)
- 16.6. On the last day of the regatta a request for reopening a hearing shall be delivered:
 - 16.6.1. Within the protest time limit if the party requesting reopening was informed of the decision on the previous day.
 - 16.6.2. No later than 30 minutes after the party requesting reopening was informed of the decision on that day. This changes RRS66.

17. SPONSORSHIP

All boats are required to display any advertising logo supplied by the Organising Authority, in a position prescribed by the Organising Authority for the duration of the event.

18. SAFETY

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

19. MEASUREMENT

- 19.1. All boats shall comply with the relevant Class Association Rules. Failure to do so may result in disqualification without a hearing. This changes RRS 63.1.
- 19.2. A boat or equipment may be inspected at any time for compliance with the class rules and sailing instructions.
- 19.3. All boats must be sailed in a configuration recognised by the appropriate Class Association and for which a valid Portsmouth Handicap Number is available.
- 19.4. The fact that the race committee may conduct inspections of boats does not reduce the responsibilities of each competitor set out in these Sailing Instructions

20. OFFICIAL BOATS

Only official motor boats will be allowed on Bassenthwaite Lake during the event.

21. TRASH DISPOSAL

Trash may be placed aboard official boats.

22. RADIO COMMUNICATION

Except in an emergency a boat shall neither make nor receive radio communications whilst racing. This restriction also applies to mobile telephones.

23. 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.

