



AT ITCHENOR SAILING CLUB

SAILING INSTRUCTIONS

1. RULES

- 1.1 Racing will be governed by the rules as defined in the Racing Rules of Sailing (RRS).
- 1.2 Any form of team racing breaches the principles of sportsmanship and will not be tolerated

2. SAFETY

- 2.1 All crews shall Tally out when going afloat and shall Tally in immediately upon their return. Late return of tally may lead to disqualification.
- 2.2 An adequate personal flotation device shall be worn at all times when afloat by all competitors.
- 2.3 Boats shall not go afloat until directed by the Beachmaster.
- 2.4 Boats shall remain within the vicinity of the race area at all times. A request to return to the club must be approved by the Race Committee or an official support boat.
- 2.5 When the Race Committee considers that a boat, its equipment or crew are not adequate for the existing and anticipated conditions, or that a boat or crew is in difficulty, it may instruct the boat or crew not to launch, or to retire, or to sail ashore or to accept outside help. The boat and crew shall comply with such instructions without delay.

3. COMMUNICATIONS WITH COMPETITORS

- 3.1 **Signals made ashore** will be displayed on the ISC flagstaff.
- 3.2 **Notices to competitors** will be posted on the Official Notice Board which is located in the Members Room at Itchenor Sailing Club.
- 3.3 **Postponement Ashore** when displayed ashore flag AP (with two sound signals) means races are postponed. When flag AP is removed (with one sound signal) the warning signal will be made not less than 40 minutes later.
- 3.4 **Changes in Sailing Instructions** Any changes in the sailing instructions will be posted on the official notice board for at least two hours before the scheduled starting time of the race concerned

4. SCHEDULE OF RACES.

The race series is scheduled for up to 8 races. This will be sailed over windward/leeward courses, with variable legs intended to maximise boat performance and crew enjoyment, yet provide opportunity for close and fair racing in tidal conditions. The aim, depending on weather conditions, is to have races approximately 25-40 mins long.

Sunday 24th June

Chichester Harbour Entrance HW 0950 (BST) 4.1m

1100-1400 Registration - Members room

1300Briefing for all Race officials / Helpers

1330 Practice Race briefing for all competitors - Bandstand

1455 First Warning Signal Practice Race(s)

1700-1900 Registration – Members room

Monday 25th June Chichester Harbour Entrance HW 1043 (BST) 4.2m

0800-0930Registration – Members room0800Briefing for all Race officials / Helpers0900Briefing for all competitors - Bandstand1025Warning Signal First Race

Tuesday 26th June

Chichester Harbour Entrance HW 1123 (BST) 4.3m

0800	Briefing for all Race officials / Helpers
0900	Briefing for all competitors - Bandstand
1025	Warning Signal First Race
1525	No Warning signal after 1525 unless there has been a general recall in the last sequence
1630 approx	Prize-giving after racing
1700	Competitors disperse

5. CLASS FLAGS

The Class Flag (displayed at the Warning Signal) will be Code Flag F.

6. RACE AREA

The race area will be inside Chichester Harbour.

7. COURSE

7.1 The course will be **WL** (windward/leeward) as set out in Appendix 2.

7.2 The course will be displayed at or before the warning signal.

7.3 The start line is between a staff displaying an orange flag on the Committee Boat and a staff displaying an orange flag on a boat.

7.4 The finish line is between a staff displaying a blue flag on the Committee Boat and a staff displaying a blue flag on a boat.

7.5 The race time limit is 30 minutes after the first boat finishes.

7.6 After one boat has finished a race, the race committee may motor through the fleet displaying flag Q. It shall record boats still racing in order of increasing distance to sail the course to the finishing line. The leading boat so recorded will be scored one more than the last boat to finish before recording began. Each subsequent boat recorded will be scored one more than the previous boat.

8. THE START

8.1 The starting line will be between staffs displaying orange flags.

8.2 A boat starting later than 4 minutes after her starting signal will be scored Did Not Start without a hearing. This changes RRS A4 and A5.

9. SHORTENING OR ABANDONING AFTER THE START

After the starting signal, the race committee may shorten the course or abandon the race for any proper reason. This amends RRS 32.1 but not the last sentence of the rule. In the event of a shorten course all boats after the leader will be finished when they cross the line between the S flag and adjacent mark and their places will be adjusted for number of laps completed.

10. MARKS OF THE COURSE

The Committee Boat is 'Betivuka' a Mitchell 28 blue monohull. This boat will be used to start and finish races. See Appendix 1. Marks 1, 1a and 3 will be orange inflatable marks.

11. PENALTIES AND PROTESTS

11.1 RRS 44.1 applies. A boat may take a Two Turns Penalty when she may have broken one or more rules of Part 2 in an incident while racing. She may take a One Turn Penalty when she may have broken rule 31 (Touching a mark).

11.2 The RYA Rules Disputes Procedures will be available (see NOR 1.2).

11.3 The time limit for protests and requests for redress is 90 minutes but 60 minutes on Tuesday 26 June after the last boat has finished.

12. ACKNOWLEDGEMENT OF RISK

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 theirs 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:

(a) 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.

(b) They are responsible for the safety of themselves, their crew, their boat and their other property whether afloat or ashore.

(c) They accept responsibility for any injury, damage or loss to the extent caused by their own actions or omissions.

(d) Their boat is in good order, equipped to sail in the event and they are fit to participate.

(e) 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.

(f) The provision of support boat cover is limited to such assistance, particularly in extreme weather conditions, as can be practically provided in the circumstances.

(g) It is their responsibility to familiarise themselves with any risks specific to this venue or this event drawn to their attention in any rules and information produced for the venue or event and to attend any safety briefing held for the event.

11. INSURANCE

11.1 Each participating boat shall be insured with valid third-party liability insurance with a minimum cover of \pounds 3,000,000 per incident or equivalent. Competitors are advised to effect their own personal accident insurance.

Appendix 1

Committee Boat "Betivuka"



Appendix 2





Signal	Mark Rounding Order
WL2	1, 1a, 3, 1, 1a, 3, Finish
WL3	1, 1a, 3, 1, 1a, 3, 1, 1a, 3, Finish

The distance between marks 1 and 1a will depend on wind and tide conditions and could be several hundred metres It is expected that the first start sequence for each race will be under the U Flag Rule, RRS 30.3:

If flag U has been displayed, no part of a boat's hull, crew or equipment shall be in the triangle formed by the ends of the starting line and the first mark during the last minute before her starting signal. If a boat breaks this rule and is identified, she shall be disqualified without a hearing, but not if the race is restarted or resailed.