



2023 HISC Youth Race Week

7 - 11 August 2023

Hayling Island Sailing Club, Hampshire, UK

SAILING INSTRUCTIONS for BRONZE FLEET

The notation '[NP]' in a rule of the sailing instructions (SIs) means that a boat may not protest another boat for breaking that rule. This changes RRS 60.1(a).

1 RULES

- 1.1 The regatta will be governed by the rules as defined in *The Racing Rules of Sailing*.
- 1.2 RRS 41, Outside Help, is changed so that boats may receive help without penalty in the form of coaching on the water by designated coaches, including rules advice.
- 1.3 The Post-Race Penalty, Advisory Meeting and RYA Arbitration of the RYA Rules Disputes procedures shall apply. The post-race penalty will be 20% of the number of boats that came to the starting area. 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. For information on the procedures, go to: www.rya.org.uk/racing/rules/rules-disputes

2 COMMUNICATION WITH COMPETITORS

- 2.1 Competitors' briefings will take place daily (see schedule in Attachment B)
- 2.2 Notices to competitors will be posted on the official notice board, located in the training room, near the clubhouse entrance.
- 2.3 Signals made ashore will be displayed from the flag masts on the club race control box.
- 2.4 [DP][NP] Boats shall not leave the shore until flag D is displayed ashore. The warning signal will be made not less than 30 minutes after flag D is displayed. When the signal is displayed over a class or fleet flag, it applies only to that class or fleet.
- 2.5 Any change to the sailing instructions or race schedule will be communicated orally at the briefings.

3 CLASS FLAGS

Class flags are as follows:

Optimist: Flag O

RS Tera Flag T

4 SCHEDULE OF RACES

- 4.1 The daily schedule is shown in Attachment B
- 4.2 On the last day of scheduled racing no warning signal will be made after 15:00.

5 THE COURSES & MARKS

- 5.1 The courses, including the starting and finishing lines and marks, will be described at the daily briefings, and will be posted on the official notice board.
- 5.2 Courses may be selected from those illustrated in Attachment A.

6 TIME LIMIT

Boats failing to finish within fifteen minutes after the first boat sails the course and finishes will be scored according to their observed position on the course. This changes RRS 35, A4, and A5.

7 HEARING REQUESTS

- 7.1 For each class, the protest time limit is 45 minutes after the last boat in that class finishes the last race of the day or the race committee signals no more racing today, whichever is later.
- 7.2 Hearing request forms are available at the race office

8 SCORING

- 8.1 One race is required to be completed to constitute a series.
- 8.2
 - (a) When fewer than four races have been completed, a boat's series score will be the total of her race scores.
 - (b) When from four to seven races have been completed, a boat's series score will be the total of her race scores excluding her worst score
 - (c) When eight or more races have been completed, a boat's series score will be the total of her race scores excluding her two worst scores.
- 8.3 To request correction of an alleged error in posted race or series results, a boat may complete a scoring enquiry form available at the race office.

9 SAFETY REGULATIONS

- 9.1 [DP][NP] **Safety Checks:** Boats shall be equipped with the items listed in Attachment C. Competitors shall submit their boats for inspection prior to the first race of the event.
- 9.2 [DP] RRS 40.1 (*Personal Flotation Devices*) shall apply at all times while afloat.
- 9.3 **Check-out and check-in:** The requirements of this SI are specified for the safety of competitors. Check-out and check-in of competitors will apply as follows:
The tally control point to check-out and check-in competitors will be located just to the North of the outside showers at the rear of the clubhouse.
 - (a) Tallies comprise numbered rubber wristbands. Numbers will be allocated at registration, and posted on the official notice board. Tallies shall be worn visibly by all competitors, over clothing, on the right wrist, at all times while afloat.
 - (b) [DP][NP] Competitors shall collect the tallies before racing each day.
 - (c) [DP][NP] Competitors shall check-in immediately on returning to shore after racing, by returning the tallies to tally control.
- 9.4 [DP][NP] A boat that retires from a race, or does not intend to start a race, shall notify the race committee as soon as possible.
- 9.5 [DP][NP] Boats shall return to and remain in their assigned berths whilst ashore.
- 9.6 Breaches of the safety regulations will incur a standard penalty without a hearing, or a discretionary penalty after a hearing. The standard penalty will be 1 point for a first infringement, and 3 points for subsequent infringements, applied as in RRS 64.2. This changes RRS 63.1 and A5.

10 RISK STATEMENT

RRS 3 states: 'The responsibility for a boat's decision to participate in a race or to continue to race is hers alone.' By participating in this event each competitor agrees and acknowledges that sailing is a potentially dangerous activity with inherent risks. These risks include strong winds and rough seas, sudden changes in weather, failure of equipment, boat handling errors, poor seamanship by other boats, loss of balance on an unstable platform and fatigue resulting in increased risk of injury. Inherent in the sport of sailing is the risk of permanent, catastrophic injury or death by drowning, trauma, hypothermia or other causes.

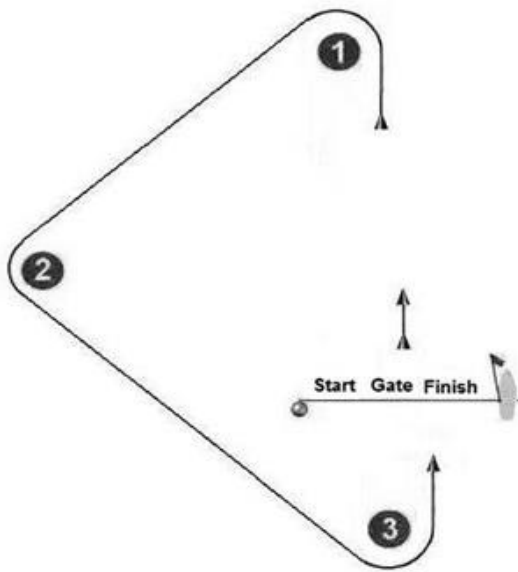
11 INSURANCE

Each participating boat shall be insured with valid third-party liability insurance with a minimum cover of £3 million per incident or the equivalent.

Attachment A

COURSE DIAGRAMS

Course T: Triangle

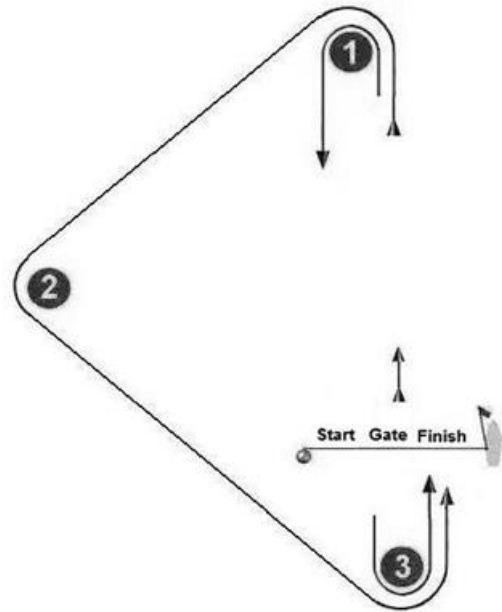


Signal: Mark rounding order:

T1 Start – 1 – 2 – 3 – Finish

T2 Start – 1 – 2 – 3 – Gate – 1 – 2 – 3 – Finish

Course TL: Triangle/Windward/Leeward



Signal: Mark rounding order:

TL2 Start – 1 – 2 – 3 – Gate – 1 – 3 – Finish

TL3 Start – 1 – 2 – 3 – Gate – 1 – 3 – Gate – 1 – 2 – 3 – Finish

Attachment B
Bronze Fleet Sailing Schedule for Youth Race Week 2023

DATE	HW	SCHEDULE	RACING
Monday 7 th August	16:42 4.7m	08:30 – 10:30 Registration 10:00 Bronze Fleet Safety Team Briefing 11:00 - Bronze Fleet Sailors Briefing (Training room) 12:30 Estimated launch time 13:00 – Practise Race First Start 17:00 Bronze Fleet Safety Team de-brief	Practice Races
Tuesday 8 th August	17:30 4.4m	11:00 - Bronze Fleet Sailors Briefing (Training room) 12:00 – Launch 12:30 – Warning Signal	Race 1 Race 2
Wednesday 9 th August	18:21 4.2m	11:00 - Bronze Fleet Sailors Briefing (Training room) 12:00 – Launch 12:30 – Warning Signal	Race 3 Race 4
Thursday 10 th August	19:21 3.9m	11:00 - Bronze Fleet Sailors Briefing (Training room) 12:00 – Launch 12:30 – Warning Signal	Race 5 Race 6
Friday 11 th August	08:01 3.7m	11:00 - Bronze Fleet Sailors Briefing (Training room) 12:00 – Launch 12:30 – Warning Signal Bronze Fleet Sailors Debrief - as soon as possible after racing. Prize-Giving – main bar	Race 7 Race 8

*Please note that this schedule is likely to change subject to the conditions
It is intended that the sailing area for Bronze Fleet will be South West Pilsey
Please refer to the social schedule for all social activities.*

Attachment C Bronze Fleet Safety Requirements

For additional safety competitors in Bronze fleet shall have the following in use at all times:

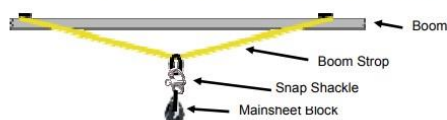
- Trolley clearly labelled with correct sail number (Tera and Optimist)
- Mast head float (Tera and Optimist)
- 8m tow line with loop (Tera and Optimist - see information picture below)
- Bow bumper (Optimist only)
- Mast Clamp (Optimist only)
- Approved mainsheet attachment (Optimist only – see information picture below)

Bronze fleet sailors will be issued with a coloured ribbon to attach to the head of the sail (Tera) or peak of the sail (Optimist). An additional ribbon will also be allocated to be tied to the launching trolley. These ribbons will be used to launch groups of sailors in 'flights' and to assist with recovery.



Mainsheet Attachment to the Boom Stop

The mainsheet must be attached to the boom stop by a method that allows quick release. A snap shackle is an ideal method of attachment.



Snap Shackle

1. Preferred Snap Shackle



For better safety replace the split ring with cord that is long enough for the sailor to grab and release themselves.

2. Alternative snap shackle, not as easy to release with cold wet hands.



Carbine Hooks



Carbine hooks such as these must not be used on the mainsheet. In the event of a capsized the sailors clothing can easily become snagged in the hook.

International Optimist Class Association (UK)



Optimist Painters

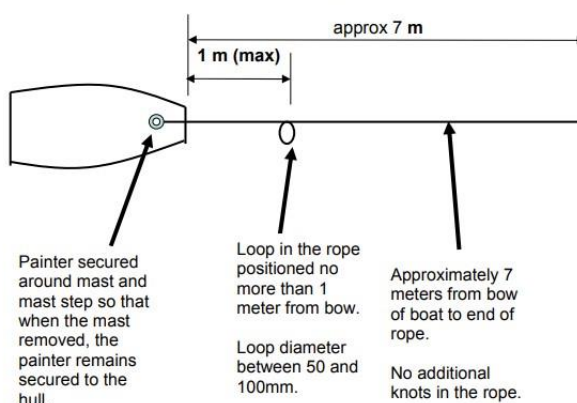
At IOCA (UK) Nationals all Optimists will undergo safety checks pre registration. One of these checks is the painter.

Class Rules

4.3(b) A painter of a single piece of buoyant rope, not less than 5 mm diameter and not less than 8 m long securely fastened to the mast thwart or mast step.

IOCA (UK) Interpretation

An 8 metre length of rope (minimum) set up as follows:-



The above set up means that long lines of boats can be tied together using the loop without undue pressure being placed on the mast steps on boats near the towing vessel.