

Notts County Sailing Club – NCSC

County Cooler 25th/26th January 2025 - SAILING INSTRUCTIONS

1. RULES

- 1.1. The regatta will be governed by the rules as defined in the Racing Rules of Sailing 2025-2028.
- 1.2. The rules of Nottinghamshire County Sailing Club will apply unless changed by these Sailing Instructions.
- 1.3. All competitors are required to compete in compliance with the RYA Anti-doping rules (Articles 1-3) and the RYA Racing Charter.

2. NOTICES FOR COMPETITORS

- 2.1. Notices to competitors will be posted on the official Notice board located in the clubhouse conservatory outside the race office.

3. CHANGES TO SAILING INSTRUCTIONS

- 3.1. Any change to the sailing instructions will be posted on the official notice board no later than 30 minutes before the start of scheduled racing on the day it will take effect.

4. SIGNALS MADE ASHORE

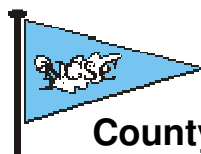
- 4.1. Signals made ashore will be displayed on the flagpole near the race office.
- 4.2. When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 15 minutes' in race signal AP.

5. SCHEDULE OF RACES

- 5.1. The earliest start time and number of race results counted in the event will be published in the Notice of Race.
- 5.2. The Race Officer will post notices to competitors advising race times each day.

6. FLAGS & SEQUENCE

- 6.1. Dinghy Warning signal will be Flag H.
- 6.2. If the Race Team decide it is prudent to separate slower boats from faster ones at the starts they may post a change to the Sailing Instructions on the day of the event modifying the Start sequence to provide 2 starts. They will announce details of the handicap split, timings and Warning Flags to be used at the Competitor's briefing.
- 6.3. The Pursuit start time for each type of dinghy will be posted on the official Notice board, expressed as minutes after the Zero. Warning & Preparatory Timing points are accompanied with one longer sound signal. A Number board on the stern of the committee boat is scrolled to display the corresponding countdown time starting at - 12. After 0 min a short signal sounds every 30 seconds and a longer signal sounds every minute. The Number board is scrolled every minute until the sequence is complete.



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7. SAFETY

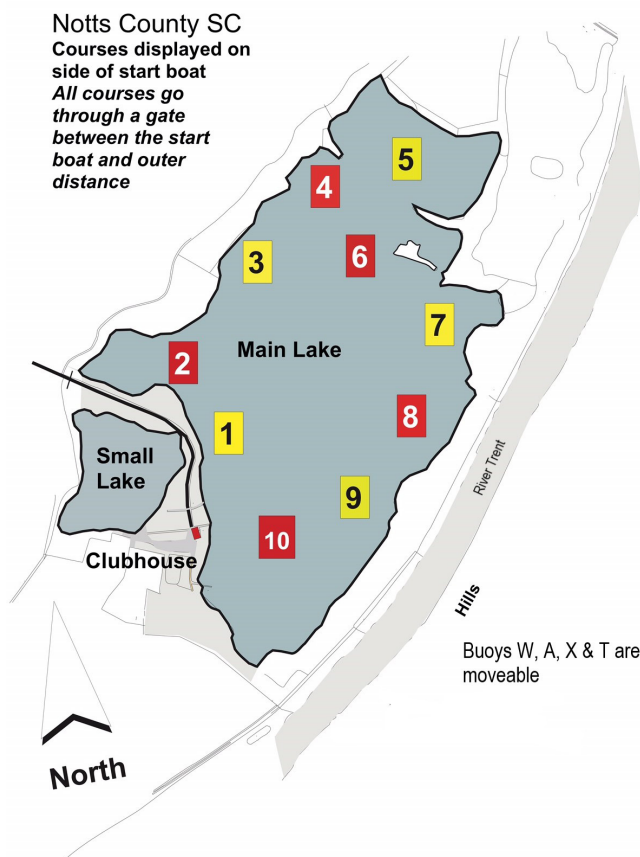
- 7.1. Adequate personal buoyancy shall be worn at all times when afloat. This amends Rule RRS40. Neither a wet suit nor a dry suit constitutes adequate personal buoyancy.
- 7.2. All persons on the water shall wear exposure proof clothing. For the purpose of this instruction 'Exposure proof clothing' shall mean an adequate expanded neoprene wet suit providing protection from neck to ankle or a dry suit providing watertight cover from neck to ankle.
- 7.3. Rescue crews are permitted to assist helms who are struggling to right their boat after a capsize. The crew may stand by until it is apparent that assistance is required and then may assist in righting the vessel. Helms may then continue to race as the capsize is viewed as sufficient penalty. This changes RRS 41.

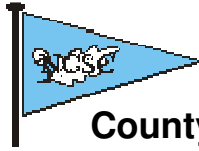
8. COURSE

- 8.1. The Course will be displayed on the committee boat on a course board, which will display the number of laps, and the order and direction marks are to be rounded.
- 8.2. Letter G indicates a gate. The number on a black background indicates the number of laps.
- 8.3. The Race Officer may change the course before the warning signal by breaking out flag L and displaying the new course.
- 8.4. All marks on the course board will be rounding marks
- 8.5. The race area includes the whole lake, with the exception of the small gap between the island and the main shore (see map between marks 6 & 7).

9. MARKS

- 9.1. Marks are numbered 1 to 10 clockwise around the lake, being alternately yellow (odd numbers) and orange (even numbers). Mark 1 is adjacent to the clubhouse.
- 9.2. Additional mark W (large orange inflatable) may be used and generally acts as the first windward mark.
- 9.3. Additional marks A (yellow & orange bands), T (red white and blue horizontal colours) and X (green and white check colours) may be positioned at any location on the lake.
- 9.4. The Gate G (start line) will always be a mark of the course.





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10. THE START

- 10.1. The starting line will be between a staff displaying an orange shape on the committee boat and a yellow hexagonal outer distance mark.

11. THE FINISH

- 11.1. At the end of Average lap handicap races a blue flag will be flown on the committee boat to declare the finish line open and boats will finish when next passing through the Gate (start) line.
- 11.2. At the end of the Pursuit race a single long signal will sound and a boat flying a blue flag will track back down the course from the leading boat to record the finishing positions. Competing boats are required to hold position relative to one another after this signal.

12. TIME LIMITS

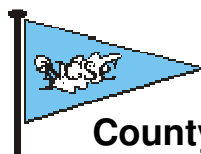
- 12.1. Boats failing to finish within 30 minutes after the first boat sails the course and finishes will be scored Did Not Finish. Unless they or any other boats behind them are given a position under SI 11.1 This alters rule 35. and A4.1. and A5.

13. SUPPORT

- 13.1 While racing, except in an emergency, a competing boat shall not make voice or data transmissions and shall not receive voice or data communication that is not available to all competitors.
- 13.2 Subject to class rules, recording cameras and tracking devices are permitted, provided that data from such devices cannot be accessed on board when racing
- 13.3 No Support teams, including all support persons and support person vessels will be permitted on the water during racing.

14. SCORING

- 14.1. The low point scoring system of Appendix A 5.3 will apply. [*DNS, DNF, RET, NSC, OCS, BFD, UFD and DSQ, - score as the number of boats which came to the starting area + 1 in that race. DNC - score as number of entries in the event.*]
- 14.2. In average lap racing no boat of the same class, or boat with a higher PY number, shall be beaten by a boat with a lower PY number that has completed fewer laps. That boat or boats shall have their average lap time increased to 1 second more than the boat completing more laps
- 14.2 Competitors who have retired from a race should sign the declaration sheet near the official notice board located in the clubhouse conservatory.



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15. PROTESTS AND REQUESTS FOR REDRESS

- 15.1. Protest forms are available at the race office located just off the conservatory at the front of the clubhouse.
- 15.2. The time limit for protests is within 30 minutes of the last boat finishing the last race of the day or when the race committee signals no more racing today, whichever is later.
- 15.3. Protest hearing times will be posted at least 15 minutes before the time of the protest hearing to inform all parties and witnesses.
- 15.4. On the last day of racing, any request to re-open a hearing shall be made within 30 minutes of the party requesting the re-opening being informed of the protest committee decision. This changes rule 66.
- 15.5. Appendix T applies and the Advisory Hearing of the RYA Rules Disputes Procedure can be requested. For these purposes an exoneration penalty of 20% shall apply although the final position of a penalised boat shall be no worse than if she had retired. At an informal hearing rules 60.3(a) & 63.4RRS shall not apply.

16. REPLACEMENT OF CREW OR EQUIPMENT

- 16.1. All boats shall compete under their registered sail number. Requests for substitution of sail numbers shall be made to the Race Officer. This changes RRS 77

17. DISCLAIMER OF LIABILITY

- 17.1. Competitors compete in the racing entirely at their own risk (RRS 3 & NOR 8). The organising authority will not accept any liability for material damage or personal injury or death sustained in conjunction with, prior to, during or after the races.

18. INSURANCE

- 18.1. Each participating boat shall be insured with valid third-party liability insurance with a minimum cover of £5,000,000.

19. RIGHTS TO USE NAMES & LIKENESSES

- 19.1 Competitors and / or their Guardians automatically grant to the organising Authority (and any party to which they may delegate this right), without payment the right in perpetuity to make, use and show (including via the internet), motion pictures, still pictures or other form of media, of the event.

John Sears

NCSC Sailing Secretary