

Notts County Sailing Club – NCSC

First of the Year Race 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 Racing Charter.
- 1.4. The event will be designated category C in accordance with ISAF Reg. 20

2. NOTICES FOR COMPETITORS

- 2.1. Notices to competitors will be posted on the official notice board located in the clubhouse conservatory.

3. CHANGES TO SAILING INSTRUCTIONS

- 3.1. Any change to the sailing instructions will be posted on the notice board outside the race office 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

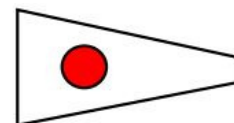
- 5.1. The earliest start time for the race will be published in the Notice of Race.
- 5.2. Two races will be held, back to back
- 5.3. No warning signal will be made after 14.00 hours.

6. FLAGS & START INTERVALS

- 6.1. Windsurfer Warning signal will be Flag R (red with yellow cross)



- 6.2. Fast handicap fleet Warning signal will be Numeral 1 (white pennant with red circle)

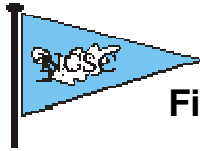


- 6.3. Slow handicap fleet Warning signal will be Flag H (white and red vertical)



- 6.4. Races will be started at 3-minute intervals. This amends rule 26.

- 6.5. A fleet which has a general recall will go to the end of the starting sequence. In this instance, the preparatory signal for a new start shall be made three minutes after the preparatory signal for the last race in the sequence. This changes RRS 29.2.



Notts County Sailing Club – NCSC

First of the Year Race 2025 - SAILING INSTRUCTIONS

6.6. Individual recalls will be signalled by raising flag X with one extra sound signal. Flag lowered when recalled boats have returned and re-crossed the start line, or after 2 minutes. Competitors on the course side at the start signal restart according to the requirements of the preparatory flag flown in compliance with RRS 29.1 and 30.1.

7. FAST / SLOW FLEET SPLIT

7.1. Dinghies with a PY number of 1043 or less will be in the Fast handicap start. Those with a handicap greater than 1043 will be in the Slow handicap start.

8. SAFETY

8.1. 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

8.2. 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.

9. COURSE

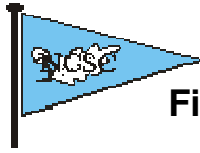
9.1. The Course will be displayed on the committee boat on a course board, which will display the number of laps, and the order and direction marks are to be rounded.

9.2. Letter G indicates a gate. The number on a black background indicates the number of laps.

9.3. The Race Officer may change the course before the warning signal by breaking out flag L and displaying the new course

9.4. All marks on the course board will be rounding marks

9.5. 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).

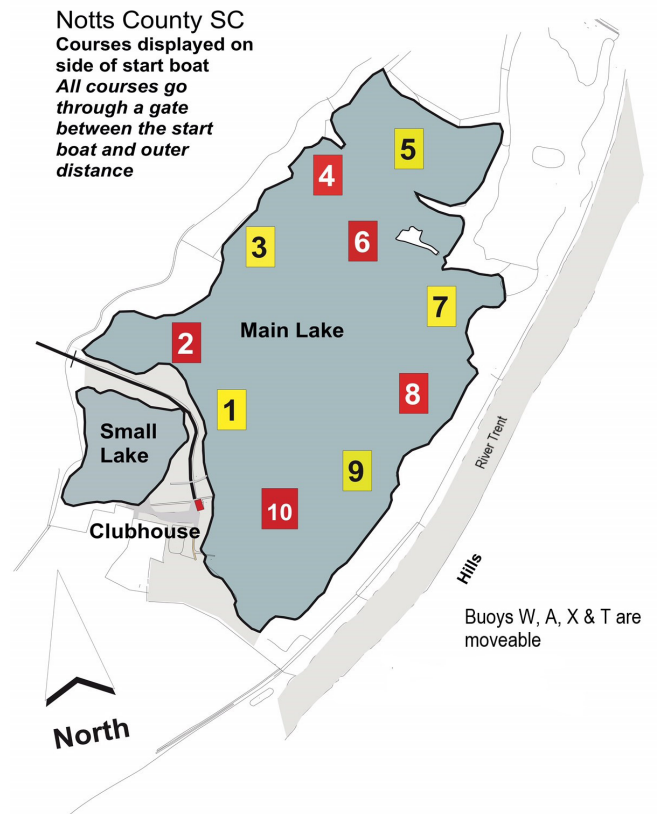


Notts County Sailing Club – NCSC

First of the Year Race 2025 - SAILING INSTRUCTIONS

10. MARKS

- 10.1. 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.
- 10.2. Additional mark W (large orange inflatable) may be used and generally acts as the first windward mark.
- 10.3. 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.
- 10.4. The Gate G (start line) will always be a mark of the course.



11. THE START

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

12. THE FINISH

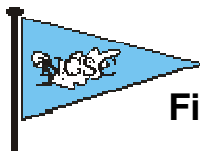
- 12.1. At the end of Average lap handicap races a blue flag will be flown on the committee boat to declare the finish line open and boats will finish when next passing through the Gate (start) line.

13. TIME LIMITS

- 13.1. 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 12.1 This alters rule 35 and A5.

14. 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.



Notts County Sailing Club – NCSC

First of the Year Race 2025 - SAILING INSTRUCTIONS

15 OUTSIDE ASSISTANCE

- 15.1** 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.

16. SCORING

- 16.1.** The low point scoring system of Appendix A 5.3 will apply. [*DNS, RET, NSC, OCS, BFD, UFD and DSQ, - score as the number of starters + 1 in that race. DNC - score as number of entries in the event.*]
- 16.2.** 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
- 16.3** Competitors who have retired from a race should sign the declaration sheet near the official notice board located in the clubhouse conservatory.

17. PROTESTS AND REQUESTS FOR REDRESS

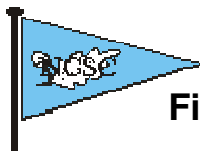
- 17.1.** Protest forms are available at the race office located just off the conservatory at the front of the clubhouse.
- 17.2.** The time limit for protests is within 30 minutes of the last boat finishing the last race of the day or when the race committee signals no more racing today, whichever is later.
- 17.3.** Protest hearing times will be posted at least 15 minutes before the time of the protest hearing to inform all parties and witnesses.
- 17.4.** 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.
- 17.5.** 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.

18. REPLACEMENT OF CREW OR EQUIPMENT

- 18.1.** 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

19. RISK & LIABILITY

- 19.1.** Competitors compete in the racing entirely at their own risk (RRS 3). The organising authority does not accept any liability for material damage or personal injury, or death sustained in conjunction with, prior to, during or after the races.



Notts County Sailing Club – NCSC

First of the Year Race 2025 - SAILING INSTRUCTIONS

19.2. RYA approved RISK STATEMENT in relation to racing: Rule 3 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:

1. 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.
2. They are responsible for the safety of themselves, their crew, their boat, and their other property whether afloat or ashore.
3. They accept responsibility for any injury, damage or loss to the extent caused by their own actions or omissions.
4. Their boat is in good order, equipped to sail in the event and they are fit to participate.
5. The provision of a race management team, patrol boats if any and other officials and volunteers by the event organiser does not relieve them of their own responsibilities.
6. The provision of patrol boat cover if any is limited to such assistance, particularly in extreme weather conditions, as can be provided in the circumstances.
7. It is their responsibility to familiarise themselves with any risks specific to the venue or a particular event drawn to their attention in any rules or information produced for the venue or event and to attend any competitor briefing held for the event.

19.3. Parents or guardians of sailors aged under eighteen on 1st March 2025 who allow them to compete in club races accept that their sailors are entirely responsible throughout the event for themselves and their boats on land and on the water. If parents or guardians are not available at the club, they must appoint loco parentis for the period their sailors attend.

20. INSURANCE

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

21. RIGHTS TO USE NAMES & LIKENESSES

21.1 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

18th December 2024