

The Independent Association of Prep Schools Regatta 2019

22nd & 23rd May 2019

Weymouth & Portland National Sailing Academy

The Organising Authority is Weymouth and Portland National Sailing Academy (WPNSA) in Association with the Andrew Simpson Centre (ASC)

Sailing Instructions

1. RULES

- 1.1 The regatta will be governed by the rules as defined in *The Racing Rules of Sailing 2017 – 2020*.
- 1.2 Royal Yachting Association (RYA) Exoneration Penalty and Arbitration will be available.
- 1.3 The notation '[DP]' in a rule in the Sailing Instructions means that the penalty for a breach of that rule may, at the discretion of the protest committee, be less than disqualification.
- 1.4 The Racing Rules will be changed as follows:
 - RRS 40 is changed so that competitors shall wear a personal flotation device at all times while afloat, except briefly while adjusting clothing or personal equipment. Flag Y will not be displayed. [DP]
 - RRS 44.1 is changed so that the Two-Turns Penalty is replaced by the One-Turn Penalty.
 - RRS 63.7 is changed so that in the event of a conflict between the Notice of Race and Sailing Instructions, the Sailing Instructions shall prevail.

2. NOTICE TO COMPETITORS

Notices to competitors will be posted on the Official Notice Board located underneath the main balcony outside the changing rooms.

3. CHANGES TO SAILING INSTRUCTIONS

Any change to the Sailing Instructions will be posted before 09:00 on the day it will take effect.

4. SIGNALS MADE ASHORE

- 4.1 Signals made ashore will be displayed on the main flag pole situated outside the Race Office.
- 4.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 20 minutes in the race signal AP.'
- 4.3 Flag D with one sound means 'The warning signal will be made not less than 20 minutes after flag D is displayed.' Boats are not to leave the slipway until this signal is made.

5. SCHEDULE

5.1 The schedule for the two days is as follows:

Day	Time	Event	Where
Wednesday	09:00 – 10:00	Registration	ASC Cabin
22 nd May	10:00	Competitor Briefing	Outside ASC Cabin
Under 11s	11:00	First warning signal	Portland Harbour
	After racing	Lunch	Cafeteria
	16:00	Prize Giving	Spinnakers
Thursday	09:00 – 10:00	Registration	ASC Cabin
23 rd May	10:00	Competitor Briefing	Outside ASC Cabin
Under 13s	11:00	First warning signal	Portland Harbour
	After racing	Lunch	Cafeteria
	16:00	Prize Giving	Spinnakers

5.2 Four races are scheduled for each day of the event.

5.3 The Organising Authority reserve the right to modify the programme due to weather conditions or other circumstances.

5.4 To alert boats that a race or sequence of races will begin soon, the orange starting line flag will be displayed with one sound at least five minutes before a warning signal is made.

5.5 There will be no warning signal after 15:30 on each day.

6. CLASS FLAGS

Class flags will be

RS Feva flag with RS Feva logo on

RS Zest flag with RS Zest logo on

7. RACING AREAS

The course area will be in Portland Harbour.

8. THE COURSE

8.1 The diagram in Attachment A shows the course including the order in which marks are to be passed and the side on which each mark is to be left.

8.2 Competitors must pass through the start/finish line to complete each lap.

8.3 No later than the warning signal, the course and number of laps to be sailed will be indicated on the Committee Boat.

8.4 The approximate bearing of the windward mark may be displayed on the committee boat.

9. MARKS

9.1 Marks 1, 2 and 3 will be orange inflatable buoys.

9.2 The start/finish mark will be a dan buoy displaying an orange flag.

10. AREAS THAT ARE OBSTRUCTIONS

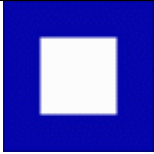
10.1 Boats shall keep more than 100 metres away from vessels over 100 metres in length, vessels at anchor or vessels displaying Flag A (indicating divers in the water). These areas are obstructions as defined in the Rules.

10.2 The attention of all competitors, race management personnel and spectators afloat is drawn to the fact that Portland Harbour is a working port and that harbour regulations must be observed. Any directions given by Portland Harbour Authority either in person or by VHF (CH 74) must be complied with without delay. Failure to comply with this instruction may result in a penalty. [DP].

10.3 Boats will not transit at any time through the RNSA moorings, which are to the left of the Marina exit as leaving the Marina.

11. THE START

11.1 Races will be started by using RRS 26 with the warning signal made five minutes before the starting signal.

Minutes before starting signal	Visual signal	Sound signal	Means
5	Class Flag	One	Warning signal
4	 P	One	Preparatory signal
1	P removed	One long	One minute to start
0	Class flag removed	One	Starting signal

11.2 If there is a second start, the warning signal will be the start signal of the first start.

11.3 The starting line will be between a staff displaying an orange flag on the committee vessel and a dan buoy displaying an orange flag at the port end.

11.4 Boats whose warning signal has not been made shall avoid the starting area during the sequence for other races. [DP].

11.5 A boat that does not start within four minutes after her starting signal will be scored Did Not Start without a hearing. This changes RRS A4 and A5.

12. CHANGE OF THE NEXT LEG OF THE COURSE

To change the next leg of the course, the race committee will move the original mark to a new position.

13. THE FINISH

The finishing line will be between a staff displaying a blue flag on the committee boat and a dan buoy displaying a blue flag.

14. PENALTY SYSTEM

RRS 44.1 is changed so that the Two-Turns Penalty is replaced by the One-Turn Penalty.

15. TIME LIMITS AND TARGET TIMES

15.1 The target time for one race is 30 minutes.

15.2 If no boat has passed Mark 1 within 15 minutes of the start the race may be abandoned. Failure to meet the target time will not be grounds for redress. This changes RRS 62.1(a).

15.3 Boats failing to finish within 20 minutes after the first boat sails the course and finishes may be scored as per their position on the course, indicated by an official boat displaying flag W. This changes RRS 35, A4 and A5.

16. PROTESTS AND REQUESTS FOR REDRESS

- 16.1 The validity of any protest will be determined by the Organising Authority.
- 16.2 For any rule infringements that occur, a penalty turn consisting of one tack and one gybe should be completed.
- 16.3 In order to protest the sailor involved must shout 'Protest' at the time on the water, so the other sailor knows they have been protested.
- 16.4 Protest forms are available from the Andrew Simpson Watersports Centre office. Protests and requests for redress or reopening shall be delivered there within the appropriate time limit.
- 16.5 For each class, the protest time limit is 30 minutes after the last boat has finished the last race of the day or the race committee signals no more racing today, whichever is later.
- 16.6 The validity of protests will be determined by the protest committee.
- 16.7 The protest committee may decide to hold an advisory hearing or arbitration instead of a full protest hearing.
- 16.8 Notices will be posted no later than 15 minutes after the protest time limit to inform competitors of hearings in which they are parties or named witnesses. Hearings will be held in the protest room beginning at the time posted.
- 16.9 Breaches of SIs 11.4, 18, 20, 21 and 22 will not be grounds for a protest by a boat. This changes RRS 60.1(a).
- 16.10 The protest committee may decide to give a penalty that may be different from Disqualification.
- 16.11 Decisions of the protest committee will be final as provided in RRS 70.5.

17. SCORING

- 17.1 The Under 11s and Under 13s and RS Feva and RS Zest boats will be scored separately.
- 17.2 One race is required to be completed to constitute a series.
- 17.3 Each boat's score will be calculated as follows:
 - 17.3.1 When fewer than four races have been completed, a boat's series score will be the total of her race scores.
 - 17.3.2 When four or more races have been completed, a boat's series score will be the total of her race scores excluding her worst score.

18. SAFETY REGULATIONS

- 18.1 Competitors shall wear a personal flotation device at all times while afloat, except briefly while adjusting clothing or personal equipment. Flag Y will not be displayed. This changes RRS 40 and flag signal 'Y'.
- 18.2 Competitors shall wear helmets, either their own or provided by ASWC, at all times while afloat, except they may briefly be removed in order to adjust clothing.
- 18.3 A tally system will be in operation.
 - (a) The tally control point will be located under the main balcony outside the changing rooms.
 - (b) Tallies comprise numbered rubber wristbands. Numbers will be allocated at registration and posted on the official notice board. Tallies shall be worn visibly, over clothing, on the right wrist by both helm and crew at all times while afloat.
 - (c) Both helm and crew shall individually check-out before racing by personally collecting their tally.
 - (d) Both helm and crew shall individually check-in immediately on returning to shore after racing, but no later than the protest time limit, by returning the tally personally to tally control.
- 18.4 A boat that retires from a race shall notify the race committee or tally coordinator as soon as possible.

19. REPLACEMENT OF CREW OR EQUIPMENT

- 19.1 Substitution of competitors will not be allowed without prior written approval of the race committee.
- 19.2 Substitution of damaged or lost equipment will not be allowed unless authorised by the race committee. Requests for substitution shall be made to the committee at the first reasonable opportunity.

20. SUPPORT BOATS

- 20.1 All support boats shall register at the ASC office.
- 20.2 Team leaders, coaches and other support personnel shall stay at least 50 meters outside areas where boats are racing from the time of the preparatory signal for the first class to start until all boats have finished or retired or the race committee signals a postponement, general recall or abandonment.
- 20.3 Support boats shall not tow competitor's boats to or from the race area unless instructed to do so by the race committee.
- 20.4 All coach and support boats shall monitor the designated event VHF channel 04. When the Race Committee displays flag V with repetitive sound signals, support boats may enter the race area to give assistance as required or directed by the Course Safety Leader.

21. TRASH DISPOSAL

Trash may be placed aboard support or official boats.

22. RADIO COMMUNICATION

Except in an emergency, a boat that is racing shall not make voice or data transmissions and shall not receive voice or data communication that is not available to all boats.

23. PRIZES

1st to 3rd under 11 years

1st to 3rd under 13 years

Separate prizes for RS Zest and RS Feva

24. 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."

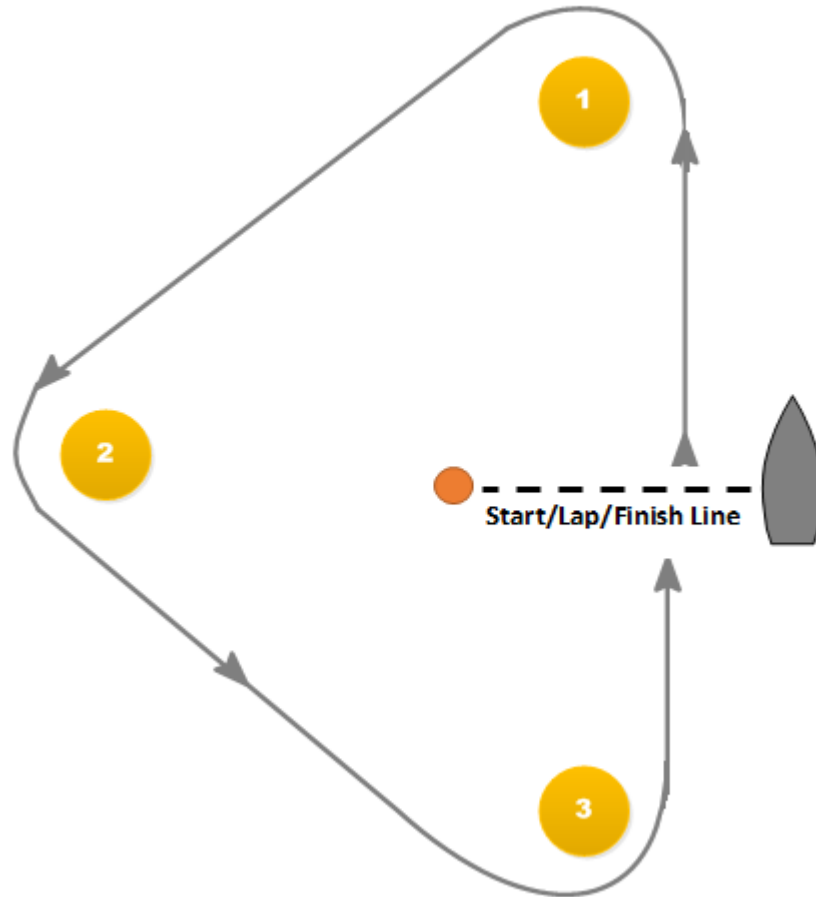
Sailing is by its nature an unpredictable sport and therefore inherently involves an element of risk. By taking part in the event, each competitor agrees and acknowledges that:

- 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 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 patrol 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 competitors briefing held for the event.

25. INSURANCE

Each participating boat shall be insured with valid third-party liability insurance with a minimum cover of £2,000,000 per incident or the equivalent.

ATTACHMENT A - COURSE DIAGRAM



Signal	Mark Rounding Order
T1	Start, 1p, 2p, 3p, finish
T2	Start, 1p, 2p, 3p, finish, start, 1p, 2p, 3p, finish
T3	Start, 1p, 2p, 3p, finish, start, 1p, 2p, 3p, finish, start, 1p, 2p, 3p, finish,
T4	Start, 1p, 2p, 3p, finish, start, 1p, 2p, 3p, finish, start, 1p, 2p, 3p, finish, start, 1p, 2p, 3p, finish,
T5	Start, 1p, 2p, 3p, finish, start, 1p, 2p, 3p, finish, start, 1p, 2p, 3p, finish, start, 1p, 2p, 3p, finish, start, 1p, 2p, 3p, finish,