



2018 SUMMER TRAINING RACES



WESTHAMPTON YACHT SQUADRON
Remsenburg, NY 11960

SAILING INSTRUCTIONS

(Revised July 05, 2018)

TRAINING RACES OVERVIEW

The seven (7) training races are not part of a regatta or racing series, so each race will stand alone but will be recorded and scored for training purposes only. While each race will be competitive in nature, in the spirit of training newer racing participants the focus will be on practicing racing skills, tactics and strategy on each of the key points of the race: pre-start, start, windward leg, windward mark rounding, reaching and/or leeward legs, leeward mark rounding, the finish. Flying Scots are expected to race with a crew of three (3) to accommodate new or inexperienced racing sailors. Qualified skippers are encouraged to race one of the Club-owned Scots to get more boats racing and to provide space for new participants. Experienced racers are encouraged to switch boats and sail with other experienced racers to share and gain knowledge by racing with a different team than usual. Switching positions on the boat during or between races is encouraged to let newer racers experience different crew positions (forward or middle positions) or the skipper position (if a participant is ready for this and if the skipper of the boat is comfortable with supervising and training the new skipper). Sailors working on becoming a Club Race Officer can utilize some of the Saturday races to perform Race Committee, PRO and support boat activities required for certification.

1. RULES

- 1.1. The races will be governed by *“The Racing Rules of Sailing for 2017-2020 Including US Sailing Prescriptions”* (RRS), except as changed by these Sailing Instructions.
- 1.2. As provided for in Rule 86 of the RRS, Rule 44.1 will be changed by requiring only one penalty turn under any circumstances covered by Rule 44.1.

2. **NOTICES TO COMPETITORS** - Notices to competitors will be posted on the official Westhampton Yacht Squadron (WYS) notice board located north of the flagpole.

3. **CHANGES TO SAILING INSTRUCTIONS** - Changes to the Sailing Instructions will be posted by 0900 on the day it will take effect. Oral instructions may be given on the water, as necessary, with a loud hailer from the Race Committee boat or by an official support boat, as provided in RRS 90.2(c).

4. SIGNALS

- 4.1. Signals made ashore will be displayed on the WYS flagpole.
- 4.2. **Code Flag L** (yellow and black squares) with one horn blast on shore means a notice to competitors has been posted. On the water, it means “come within hail” of the Race Committee Boat.

- 4.3. **Code Flag AP** (red and white stripes) with two horn blasts means the race is postponed. A single horn blast accompanies the lowering of the flag.
5. **SAFETY** - Competitors ages 18 and under and all competitors racing single-handedly must wear a U.S. Coast Guard approved Type III or Type V Personal Flotation Device (PFD) at all times on the water. All competitors must wear an approved PFD at all times on the water when the **Code Flag Y** (yellow and orange diagonal stripes) is flown on the Race Committee Boat. This item changes the RRS Part 4 Preamble.
6. **SCHEDULE OF TRAINING RACES**
- 6.1. Each racing day is planned to have 5 short races (approximately 20 minutes each), but there may be fewer depending on conditions and other factors.
- 6.2. Racers must check in with the Race Committee boat on the water prior to the first race each day.
- 6.3. There will be seven (7) training race days scheduled for the following Saturday mornings:
- June 2, 9, 16, 23 (June 30 is WYS Summer Series #1)
(June 23&24 is the Greater New York FS Championships at Sprite Island YC, Norwalk, CT)
 - July 14 (July 7, 21 and 28 are WYS Summer Series #2, #3, #4)
 - August 11, 25 (August 18 is WYS Summer Series #5)
(August 4&5 is the WYS Invitational. The triple-handed GSBYRA Adult Championships for Men “Fenner Cup” will be on Aug 4, and for Women “Morgan Bowl” on Aug 5 at WYS)
- 6.4. Daily Race Schedule:
- | | 6/16, 7/14
and 8/11 | <u>Other Days</u> |
|---------------------------|------------------------|-------------------|
| Boat preparation | 1000 | 0800 |
| Skipper’s Meeting | 1115 | 0915 |
| Warning Signal First Race | 1200 | 1000 |
| No Race Begins after | 1500 | 1300 |
- 6.5. On race days that include multiple classes, classes will be started in the following order:
- Flying Scots - 420s – Lasers - Sunfish
7. **CLASS FLAGS** - Appropriate class flags will be used as part of the 3-minute timing sequence as follows:
- | | | |
|-------------|---|--------------------------------------|
| Flying Scot | - | Blue FS insignia on a white field |
| 420s | - | White flag with red diamond insignia |
| Lasers | - | Red flag |
| Sunfish | - | Red Sunfish insignia on white field |
8. **RACING AREA** - Races will be held on Moriches Bay in front of or as close to WYS as the tides and wind direction permits.

9. THE COURSES

- 9.1. The diagrams in Attachment "A" at the end of these Sailing Instructions show the courses. Additional courses may be added during the racing season. Prior to each race, the course symbol will be displayed on white board from the Race Committee boat designating the course to be sailed in that race.
- 9.2. After completing the first leg of the course a boat shall not cross the starting line (S). A boat shall not cross the finishing line (F) until she is completing the last leg of the course and finishes. This changes rule 28.1.
- 9.3. A boat that breaks this rule shall not correct her error. However, she will be exonerated if she takes a Two-Turns Penalty (see RRS Sec. 44.2).
- 9.4. On a leg of the course from windward (W) to leeward (L) or from L to W, boats may leave the line between S and F either to port or to starboard.
- 9.5. For reasons of safety, on legs of the course from W to L or from L to W, the starting and finishing lines, including the signal boat or pin boat, if any, and the buoys that form the S and F are, taken together, one obstruction, and therefore rules 19 and 20 may apply between boats while they are approaching and passing it.
- 9.6. If a leeward gate is used, boats may only sail through the gate in a direction away from the windward mark.

10. MARKS

- 10.1. Marks 1, 2, and 3 will be orange inflatable pyramids.
- 10.2. The start-finish line will be between an orange flag on the Race Committee boat and the small orange ball in the water (the pin) or an anchored pin boat with a staff.
- 10.3. The offset mark at the windward mark, if used, will be a small orange ball.
- 10.4. The leeward gate mark, if used, will be an orange inflatable.

11. THE START

- 11.1. Races will be started by using modified Rule 26 (3-minute start sequence) with the warning siren being made approximately one (1) minute prior to the warning signal.
- 11.2. Times shall be taken from the visual signals; the failure of a sound signal shall be disregarded.
- 11.3. Boats whose warning signals have not been made shall avoid the starting area during the starting sequence for other races.
- 11.4. If RRS 30.1 is invoked, the **Code Flag I** (yellow field, black ball) will be hoisted instead of the **Preparatory Flag P** two (2) minutes before the start and lowered at one (1) minute before the start.

12. RECALLS

- 12.1. **Code Flag X** (blue cross on a white field) and 1 horn blast signals an individual recall. As a courtesy, the Race Committee will attempt to hail the sail numbers for boats that are OCS (on the course side). This modifies RRS 41. Boats shall not be entitled to redress for

the following: the failure of a boat to hear or receive a recall hail; the order of recall numbers hailed; the promptness of the hail. This modifies RRS 62.1(a).

- 12.2. **Code Flag First Substitute** (blue pennant with yellow triangle) and 2 horn blasts signals a general recall. A single horn blast accompanies the lowering of the flag. The warning signal will be made one minute after removal.

13. SHORTENING OR ABANDONING AFTER THE START

- 13.1. **Code Flag S** (white flag with blue square) and 2 horn blasts signals a shortened course, the finishing line shall be at a rounding mark, between the mark and a staff displaying flag S. This modifies RRS 32.2.
- 13.2. **Code Flag N** (blue and white checks) and 3 horn blasts signal abandon race; return to start area. A single horn blast accompanies the lowering of the flag. The warning signal will be made one minute after removal.
- 13.3. **Code Flag N over Code Flag H** (blue and white checks over white and red vertical stripe) and 3 horn blasts signal abandon race, return to shore.

14. **PENALTY TURNS** – A boat will only be required to take a One-Turn Penalty when she may have broken a rule of Part 2 of the RRS. This modifies RRS 44.1.

15. **RETIREMENT** - A boat that retires from a race shall notify the Race Committee as soon as possible.

16. **TIME LIMIT** - Boats failing to finish within 15 minutes after the first boat sails the course and finishes will be scored DNF (did not finish). This changes RRS 35 and A4.

17. **RADIO COMMUNICATION** - As these are training races, boats are encouraged to carry VHF handheld radio to facilitate communication as necessary.

18. PROTESTS

- 18.1. As these are training races, there will be no formal protest hearings.
- 18.2. Protest situations will be discussed post-race in the WYS clubhouse for training purposes, if required.

19. SCORING

- 19.1. The Low Point scoring system of RRS Appendix A will apply.
- 19.2. Each race will be scored for training purposes, but as these training races are not part of a regatta or series, the results of each race will stand alone.

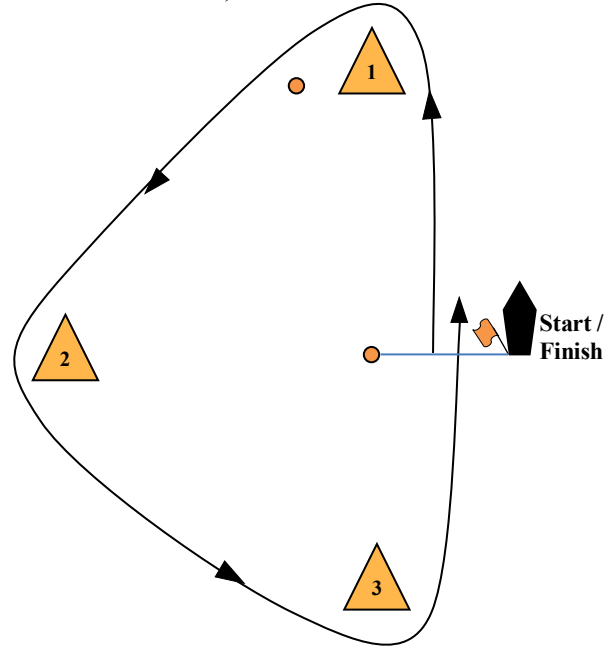
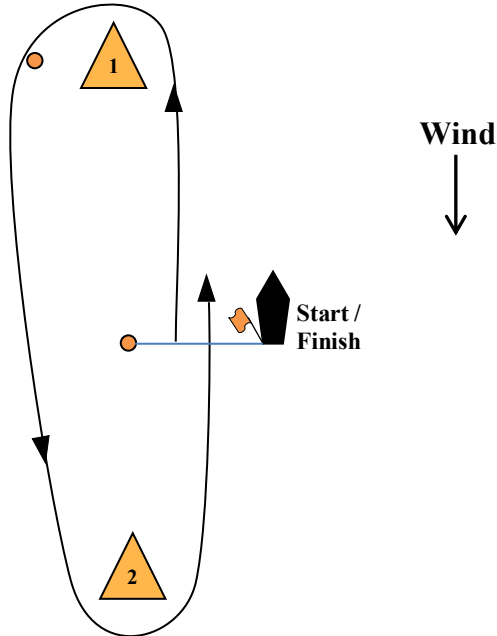
20. **DISCLAIMER OF LIABILITY** - Competitors in the Summer Training Races are participating entirely at their own risk and are bound by *“The Racing Rules of Sailing for 2017-2020 Including US Sailing Prescriptions”* and all other rules that govern this event, and assume full responsibility for starting or continuing to race – see RRS Rule 4, Decision to Race. The organizing authority, host club and/or personnel conducting this event will not accept any liability for material damages or personal injury or death sustained in conjunction with or prior to, during, or after the event.



Westhampton Yacht Squadron Attachment "A" - Course Diagrams



(shown with optional Windward Offset and Leeward Gate)

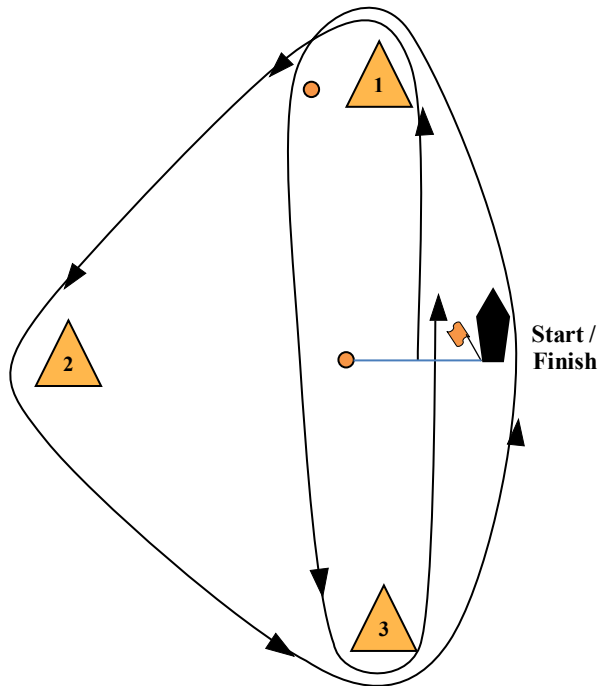
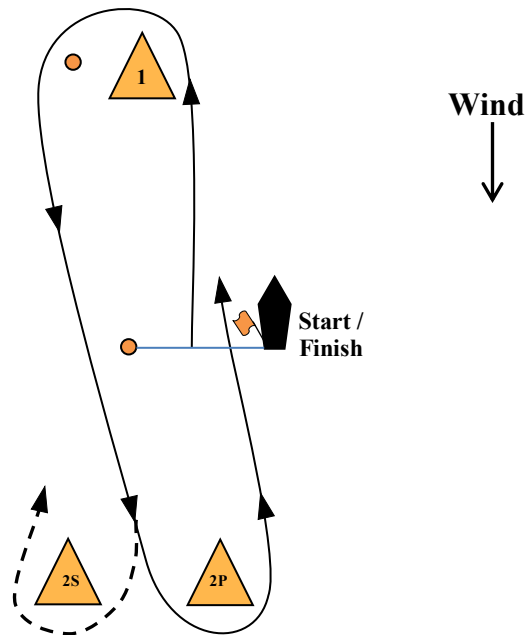


Course 2 – Windward Leeward Once Around
2 marks to be rounded
SF - 1 - 2 - SF

Course 4 – Windward Leeward Twice Around
4 marks to be rounded
SF - 1 - 2 - 1 - 2 - SF

Course 3 – Triangle Once Around
3 marks to be rounded
SF - 1 - 2 - 3 - SF

Course 6 – Triangle Twice Around
6 marks to be rounded
SF - 1 - 2 - 3 - 1 - 2 - 3 - SF



Course 2 or 4 with Leeward Gate
Boats may round either leeward gate mark, but must pass through the gate in a direction away from the windward mark.

Course 5 – Modified Olympic – Triangle WLW
5 marks to be rounded
SF - 1 - 2 - 3 - 1 - 3 - SF