

2017 West Michigan Youth Sailing Association “No Tears” Optimist regatta

July 21, 2017

Hosted by Saugatuck Junior Sailing Program

SAILING INSTRUCTIONS

1 RULES

- 1.1 The regatta will be governed by the rules as defined in *The Racing Rules of Sailing (RRS)*.
- 1.2 “Conditions for USODA Events”, including the USODA ‘Code of Conduct’, will apply, and can be found at www.usoda.org. Competitors, Coaches, Parents, and Guardians shall abide by the USODA ‘Code of Conduct’. This includes behavior both on and off the water including respect for all other persons, personal property of others, Saugatuck Yacht Club, and the communities of Douglas and Saugatuck Michigan.
- 1.3 In any instance where these Sailing Instructions are different than *The Racing Rules of Sailing (RRS)*, these Sailing Instructions shall apply.

2 NOTICES TO COMPETITORS

Notices to competitors will be posted on the official notice board located on the Saugatuck Yacht Club property.

3 CHANGES TO THE SAILING INSTRUCTIONS

- 3.1 Any change to the sailing instructions will be posted on the official notice board and/or announced at the Skippers Meeting.
- 3.2 The race committee may change the sailing instructions on the water by flying the L flag and hailing the change.

4 INSPECTION AND CHECK IN

All boats will be inspected for proper rigging and safety prior to racing.

5 SIGNALS MADE ASHORE

- 5.1 Signals made ashore will be displayed on a pole or notice board located near registration table.
- 5.2 When flag AP is displayed ashore, ‘1 minute’ is replaced with ‘not less than 30 minutes’.

6 SCHEDULE OF RACING

9:00 – 10:00	Registration inside the clubhouse
10:00	Race Committee, coach and safety boat meeting inside the clubhouse
10:15	Skippers Meeting in the sailing center
11:00	launch sailboats
15:00	no races will be started after 3pm

7 CLASS FLAG

The class flag will be a white flag w/blue Opti logo

8 RACING AREA

The racing area will be announced at the Skippers Meeting.

9 THE COURSES

The courses may be windward/leeward, triangles or other courses as described by the Race Committee at the Skippers Meeting. On the water, the course may be announced by the race committee and/or posted on a white board.

10 MARKS

Marks will be orange rubber or inflatable marks.

11 THE START AND FINISH

- 11.1 Races will be started with sounds according to the *Racing Rules of Sailing Appendix U* (3 minute sequence). The race committee may verbally hail the countdown.

- 11.2 The starting and finishing line will be between a staff on the signal boat displaying an orange flag and the nearby inflatable mark.
- 11.3 The start-finish line will not be an “obstruction” and will be open to boats sailing downwind.
- 11.4 Boats that have finished shall immediately sail to the left or right of the finish line and stay clear of all other boats that are still racing.

12 CHANGE OF THE NEXT LEG OF THE COURSE

To change the next leg of the course, the race committee will place a new mark (or move the finishing line) and remove the original mark as soon as practicable. When in a subsequent change, a new mark will be replaced by an original mark. This changes *RRS Rule 33*.

13 PENALTY SYSTEM

The penalty system described in *Rule 44.1* and *Rule 44.2* of *The Racing Rules of Sailing* is changed so that only one-turn, including one tack and one jibe is required.

14 PROTESTS AND REQUESTS FOR REDRESS

The No Tears Opti Fleet is not scored. Protests are teaching opportunities. If desired, an open discussion of the protest process (mock protest) may be held with members of the race committee. All competitors, parents and coaches are encouraged to attend and observe.

15 SCORING

The No Tears Opti Fleet is not scored. All participants receive participation awards. While placement and progress may be tracked, scores are less important than learning, improving, and having fun along the way. Good sportsmanship is encouraged at all times.

16 COACHING

Coaching is strongly encouraged. Coaching should place priority on the bottom half of the fleet. Coaching on the water is for all, and all coaches are expected to assist all sailors. All coaches are required to have VHF radios on and operating on the No Tears Opti Fleet race committee channel at all times with racing is underway. The race committee has the right to remove from the course any coach who disregards the instructions of the race committee.

17 SAFETY

- 17.1 An adult (Parent, guardian or designated adult) is responsible for the safety of the each sailor. It is the responsibility solely of this adult to decide if the sailor should sail in the weather and sea conditions that might arise during the event. The adults supervising the competitors are ultimately responsible for the risks.
- 17.2 Parents not personally attending any part of the event shall ensure that another adult is authorized and designated to make these decisions for their sailor, and each competitor shall indicate in writing the parent or adult representative that will be responsible for the competitor throughout the event.
- 17.3 The designated adult shall accept full responsibility for all actions of the competitor during any activity related to the event. This includes on-shore activities before, during, and after the regatta.
- 17.4 All competitors must comply with the regatta safety check in/out system.
- 17.5 Every sailor must wear a non-inflatable Coast Guard Approved PFD (personal flotation device). PFDs must be fully secured (zipped, clipped and strapped) at all times on the water.
- 17.6 Each competitor must have a whistle attached to his or her PFD at all times on the water.
- 17.7 Each boat should have a secure loop tied at the end of its painter line.
- 17.8 Any sailor retiring from a race must notify a race committee boat or safety boat before leaving the course.
- 17.9 In accordance with guidance from the U.S. Center for Disease Control (CDC), any sailor who may have experienced a concussion injury, is and will be encouraged to immediately seek medical attention from a healthcare professional before sailing in any subsequent races.