

**CANADIAN FORCES SAILING ASSOCIATION
ESQUIMALT
Junior Division**

Sailing Instructions

TERRIFYING TEAM TOURNEY

[DP] denotes a rule for which a penalty is at the discretion of the protest committee (see SI 16).

[NP] denotes that a breach of this rule will not be grounds for a protest by a boat.

1 RULES

1.1 The regatta will be governed by the rules as defined in The Racing Rules of Sailing.

1.2 The prescriptions of Sail Canada will apply.

1.3 The 2018 International Optimist Dinghy Association (IODA) Class rules will apply (refer to IODA or CODA web sites for a full class rules document).

1.4 Appendix D Team Racing Rules will apply with the following changes:

(a) Rule D1.1(d) "arm signals" is deleted.

(b) This will not be an umpired race in accordance with Rule D2

2. NOTICES TO COMPETITORS

Notices to competitors will be posted on the notice board located under the clubhouse deck.

3. EQUIPMENT

Some equipment will be supplied by the organising authority. Club coaches shall contact the organising authority and discuss helping to provide sufficient boats for the regatta.

4 CHANGES TO SAILING INSTRUCTIONS

Any oral changes to the sailing instructions on the water will be communicated to each boat by the race committee (RC) and/or umpires, and will be effective immediately. These changes will also be communicated to coaches on VHF channel 69, and posted on the Official Notice Board at the end of the day's racing.



5 SIGNALS MADE ASHORE

5.1 Signals made ashore will be displayed at the official flagpole located at the top of the main ramp.

5.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 30 minutes' in the race signal AP.

5.3 [DP] Boats may NOT launch until Flag F is close up with one sound. Boats may line up and prepare to launch when Flag F is displayed at the dip. The warning signal will be made not less than 30 minutes after flag D is displayed.

6. SCHEDULE OF RACES

6.1 The warning signal for the first race will be at 1157.

6.2 Annex A gives the planned format for races.

6.3 The race format may be changed at any time to suit conditions and teams competing.

6.4 Seeding of the races will be based on Costume Contests to be held at the competitor's meeting.

6.5 Schedule for 27 October:

- 0830-1000 Check in, Payment and waivers in the Clubhouse.
- 0830-1000 Fundraiser Breakfast in the Clubhouse
- 1015 Coaches and Support Boat meeting in the Training Room
- 1045 Teams posted and order of the first round posted,
- 1045 Competitors meeting on foreshore
- 1157 Warning Signal first race,
- 1700 Pizza arrives and party begins

7 CLASS/FLEET FLAGS

The class flag will be a white Optimist Class flag.

8 RACING AREA

The race committee boat will fly the race committee flag when leaving the harbour. The racing area will be in the vicinity of the race committee boat. Failure of the race committee to follow this procedure will not be grounds for redress.

9 THE COURSES

9.1 The diagrams in Annex B show the courses, including the course designations, course signals, approximate angles between legs, the order in which marks are to be passed, and the side on which each mark is to be left.

9.2 The first diagram in Annex B shows the general layout of the racing area. Sailors are expected to move from the staging area, to the waiting area until their start sequence.

Following their race they are to return to the staging area without interfering with any starts or races.

10 WIND CONDITIONS

10.1 Races will not be started in sustained winds of less than 4 knots average.

10.2 If at any time RC believes there may be a danger to competitors or the RC, racing will be abandoned. Wind conditions at Squamish are very local, with readings at the beach often considerably different from those on the water.

11 MARKS

11.1 The start marks will be the race committee boat and an orange tetrahedron.

11.2 The finish marks will be an anchored boat flying an orange flag and an orange tetrahedron.

11.3 All other course marks will be yellow balls.

11.4 The waiting area will be the area in front of the CFSA breakwater barges and between them and the steel mooring pilings mooring commercial barges.

12 THE START

12.1 The starting line will be between a staff displaying an orange flag on the race committee boat and the course side of the starting mark.

12.2 Races shall be started by using the following signals. Times will be taken from the visual signals; the absence of a sound signal shall be disregarded. This changes rule 26.

Minutes before starting signal	Visual signal	Sound signal	Means
3	Class flag Close-up	One short	Warning signal
2	Code Flag 'P' close up	One short	Preparatory signal
1	Code Flag 'P' hauled down	One long	One minute
0	Class flag hauled down	One short	Starting signal

12.3 Within one minute of the starting signal, the RC will make every attempt to hail boats on the course side of the starting line. Failure of the RC to do this will not be grounds for redress. This changes rule 26.

12.4 Individual recalls will be signaled by the hail of the sail number (or some other clearly distinguishing feature) of each recalled boat. In addition, the RC will promptly display code flag X. The flag will be displayed until all such boats have sailed completely to the pre-start side of the starting line or one of its extensions, but no later than two minutes after the starting signal. This changes rule 29.1.

13 ABANDONMENT

Race abandonment may be signaled orally by the RC and/ or the Umpires. Abandoned races may be re-sailed at any time. This changes rule 32.1. 14

14. THE FINISH

The finish line will be between a staff displaying an orange flag on the finishing boat and the course side of the finishing mark.

15 PROTESTS

See Appendix D2.

16 SCORING

16.1 Each team will race at least two times. Teams having lost two times are eliminated from the competition and may return ashore. If an undefeated team loses the final a second final-race will be sailed.

17 SAFETY REGULATIONS

17.1 Competitors shall at all times while on the water wear personal flotation devices approved by Transport Canada, or their own national authority, properly secured at all times, from dock to dock except when temporarily adding or removing clothing. A whistle must be attached with a lanyard to the PFD. Wet suits, dry suits, or inflatable PFD's do not qualify as personal flotation devices. Competitors who fail to wear a PFD with an attached whistle may be subject to protest by the Race Committee and a penalty up to and including disqualification of any races sailed in breach of this rule at the discretion of the Protest Committee. This changes rule 40 and the preamble to Part 4.

17.2 Competitors who require assistance should wave one arm with hand open. If no assistance is required, the arm should be waived with fist closed. If considered necessary, a competitor may be ordered by a race organization boat to abandon his or her boat and board a race organization or coach boat.

17.3 [DP] [NP] All boats shall return directly to the harbour after completing their last race of the day.

17.4 [DP] [NP] A boat that retires from a race shall notify the race committee as soon as possible.

18 EQUIPMENT AND MEASUREMENT

18.1 Boats will be provided by competitors.

18.2 Clubs may share equipment amongst teams.

19 ADVERTISING [DP] [NP]

Boats may be required to display advertising supplied by the organizing authority.

20 OFFICIAL BOATS

The following official boats will be on the race course: Race Committee signal boat, mark set boat(s), water taxi boats and umpire boats.

21 SUPPORT BOATS

[DP] No support boats will be allowed in the racing area. Support boats may be asked to act as umpires.

22 TRASH DISPOSAL

[DP] [NP] As sailors, we seek to protect and restore our sailing waters and coastlines. Competitors are reminded of rule 55: boats shall not intentionally put trash in the water. Trash may be placed aboard support and race committee boats.

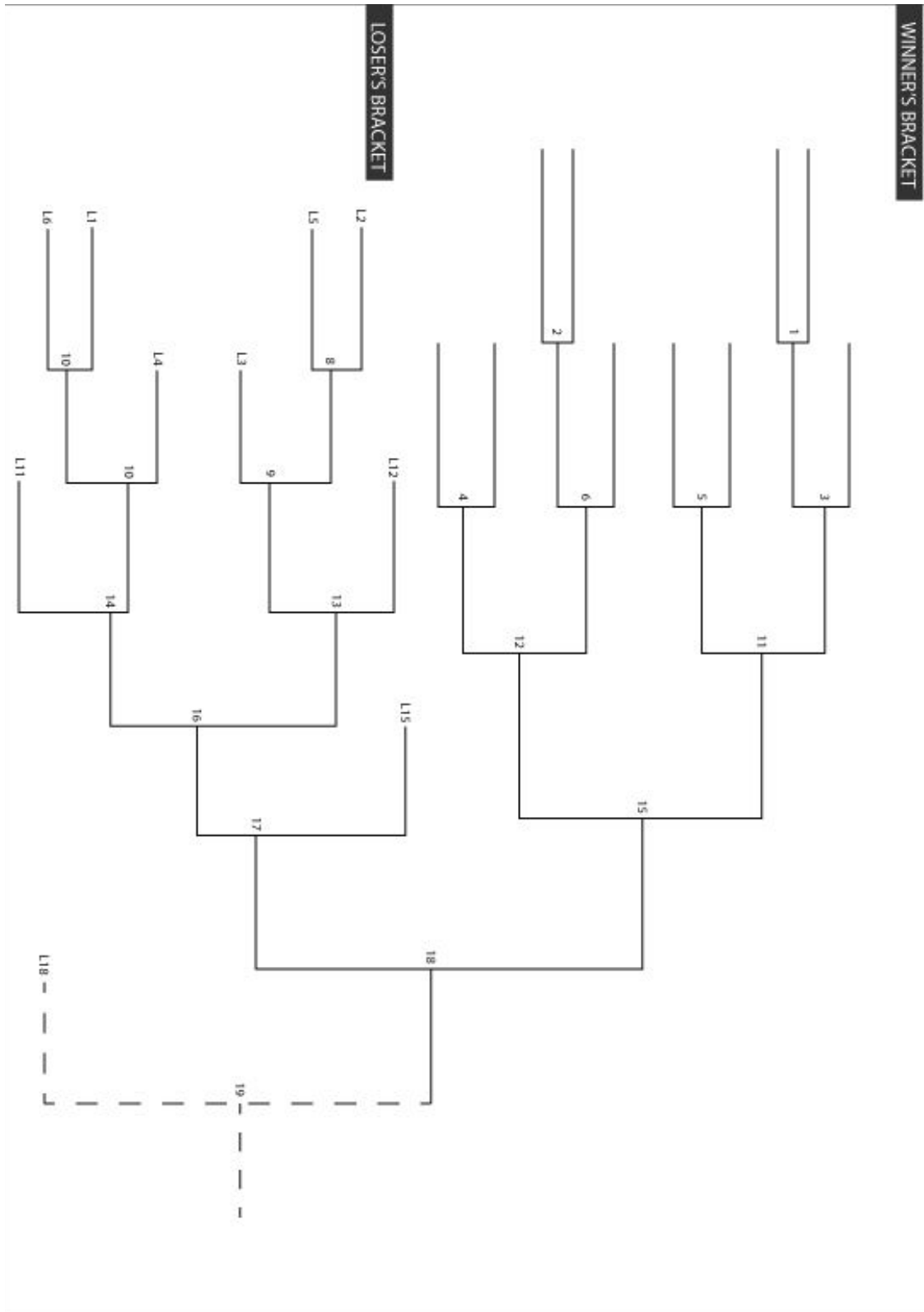
23 PRIZES The first, second, and third, placed teams will receive awards.

24 DISCLAIMER OF LIABILITY Competitors participate in the regatta entirely at their own risk. See rule 4, Decision to Race. Athletes are entirely responsible for their own safety whether afloat or ashore and nothing reduces this responsibility. It is for athletes to decide whether their boat is fit to sail in the conditions in which it will find itself. By launching or going to sea athletes confirm the boat is fit for those conditions and they are competent to sail and compete in them. The organizing authority will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the regatta. Nothing done by the organizers can reduce the responsibility for the owners and/or athletes, nor will it make the organizers responsible for any loss, damage, death or personal injury, however it may have occurred as a result of the boat taking part in the racing. "The organizing authority" encompasses everyone helping to run the event. The provision of safety boats does not relieve owners and athletes of their responsibility. The act of registration confirms that competitors have read and accept these conditions.

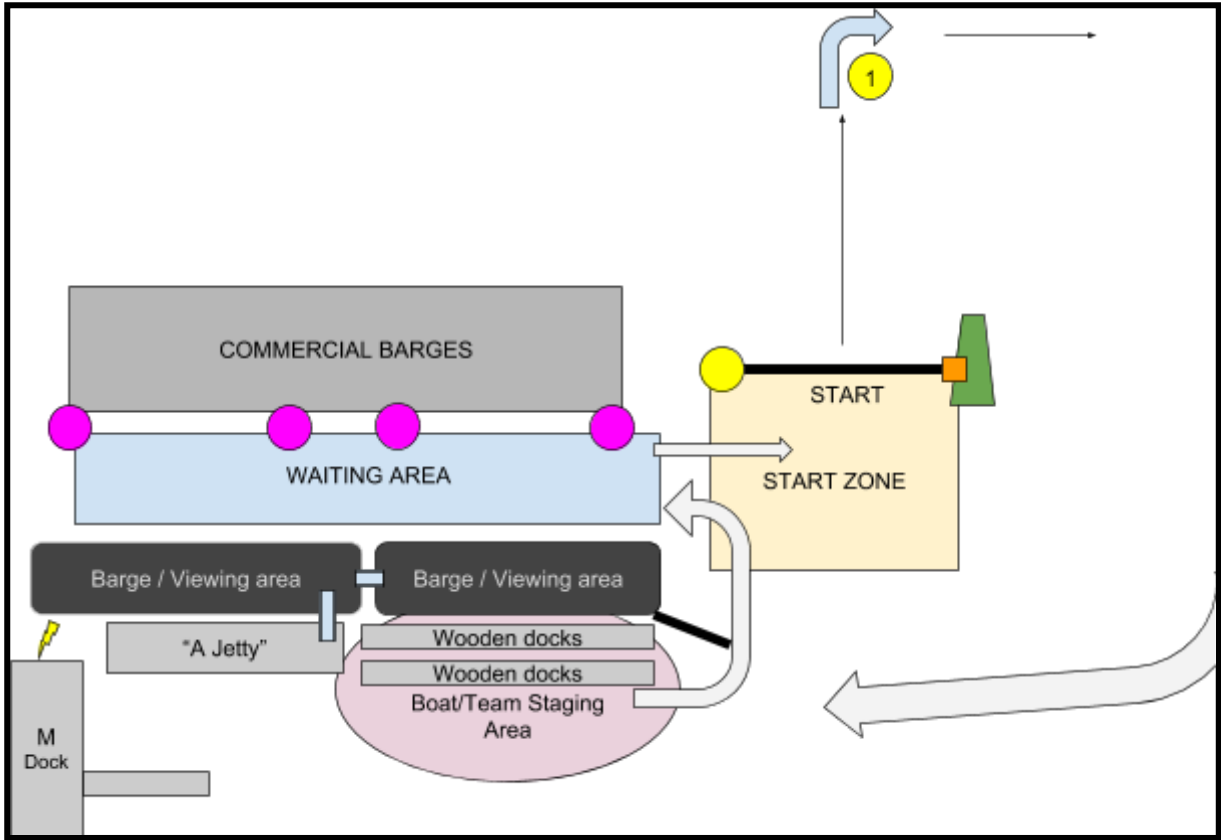
25 RIGHTS TO USE NAME AND LIKENESS By participating in this event, competitors automatically grant to the organizing authority and the event sponsors the right, in perpetuity, to make, use, and show, at their discretion, any photography, audio and video recordings, and other reproductions of them made at the venue or on the water from the time of their arrival at the venue, until their final departure, without compensation

ANNEX A
10 Team Bracket

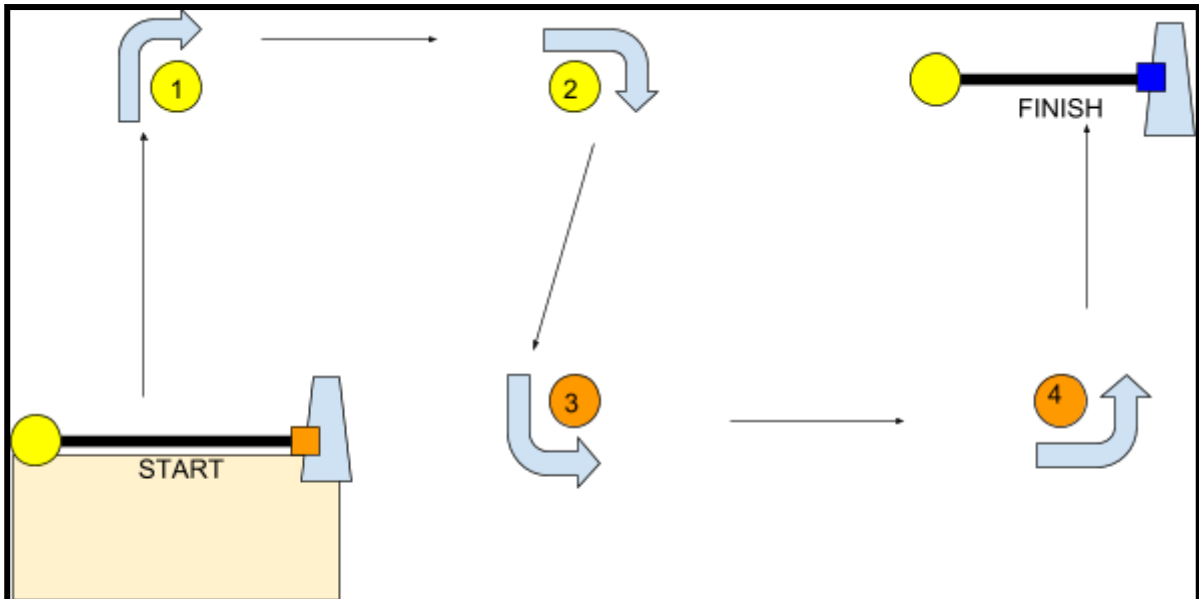
The following is an example of a 10 team bracket. The bracket will be generated based on registration and will be a double elimination, with races to determine 3rd place, and if necessary a two-race final.



ANNEX B
COURSE SET UP



Annex B Figure 1: General Arrangement



Annex B Figure 2: Course layout

ANNEX C

Coordinating Instructions

1. The following are instructions that will help participants understand how the tournament will take place.
 - a. These instructions are informative only
 - b. They are not binding on the organising authority
 - c. They are not grounds for protest.
2. Arrival/Parking
 - a. Participants may arrive as early as 0830.
 - b. A CFSA team fundraising breakfast will be served beginning at 0830.
 - c. Cars may deliver boats to the lower parking lot.
 - d. Cars are requested to park in the upper lot to reduce congestion below.
 - e. Boats should park in the rigging area, which is the area.
 - f. Coach boats may come alongside M Dock prior to the competition nearest the main gangway, but are requested to keep the last 10 feet of M Dock free for launching. Moorage should be discussed with CFSA wharfinger :
moorage@cfsaesq.ca
3. Check in and registration
 - a. Team numbers and composition will be confirmed by coaches in accordance with the NOR
 - b. After arrival competitors are to check-in in the clubhouse where:
 - i. Waivers will be signed
 - ii. Payment will be received
 - iii. Pizza preference will be registered
4. Coaches Meeting
 - a. Coaches and organisers will meet in the classroom and the final list of competitors/teams will be confirmed
 - b. Any questions or concerns will be addressed. Judge and RC will be present
5. Competitors Meeting
 - a. Costume Contest
 - b. Questions
 - c. Format
6. Launch
 - a. CFSA boats will launch from the dinghy floats.
 - b. Visiting Boats will lineup and launch from the ramp or M dock.
 - c. All boats will proceed to the staging area and tie up where the Dock Marshall and coaches will equitably assign the boats by assigning boats to teams.
This will be done by tying off coloured flagging tape to the sprit pole.
7. Conduct of Races
 - a. The competitors will either be:
 - i. Staging
 - ii. On Deck or
 - iii. Racing
 - b. Racing:

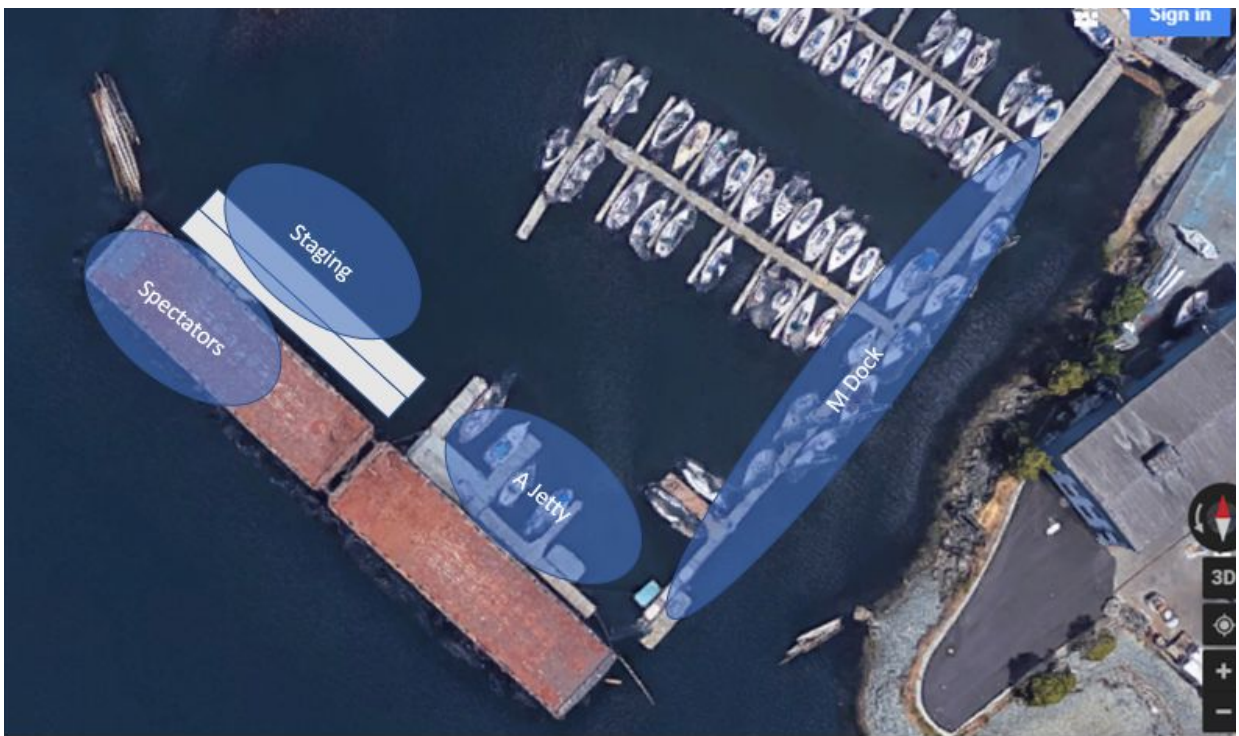
- i. Race 1 warning signal will occur 1 minute after the AP flag is hauled down
 - ii. All subsequent warning signals will occur approximately 1 minute after the final finish of the previous race
 - iii. Teams are not to leave the waiting area and enter the start zone until the last boat has rounded Mark #3 - This will be signalled by RC using a loud hailer and whiteboard "Next Race Number 'X', On deck Race number 'Y', Staging Race number 'Z'
 - c. On Deck
 - i. Teams that will participate in the next race are on deck
 - ii. The on deck teams are to stay in the waiting area until the signal mentioned above.
 - iii. On deck teams must stay out of the start zone and must not interfere with racers on course.
 - d. Staging
 - i. The marshall in the staging area will be in communication with the RC and will announce which races are next, and on deck
 - ii. Teams will be assigned a colour corresponding to the flagging tape tied to their boats sprit pole.
 - iii. Staging teams will not be released from the staging area until the on deck team has cleared the waiting area, and completed their start, becoming the racing team.
 - iv. When a team has completed their race, they are to proceed directly to the staging area staying well clear of the racing and starting area. Support boats are requested to assist sailors in staying clear if necessary.

8. Spectators

- a. Spectators will be granted access to the breakwater barges. They access the barges at their own risk. CFSA accepts no liability for granting this access.
- b. Access to the barges is gained by taking the ferry barge to 'A Dock'.
 - i. Spectators must pull the barge between M and A Dock,
- c. From A Dock there is an aluminium ladder that leads to the top of the barges.
- d. There are no structural guard rails on the barges.
- e. There is a lot of loose material on the deck of the barges and the main residents of the barges are geese.
- f. Spectators must consider their own safety precautions and risk tolerance prior to using the barges, as they access the barges at their own risk.



Annex C Figure 1



Annex C Figure 2