

MHASC – 2020/2021 SAILING INSTRUCTIONS



1. Sunday Events

- 1.1 Racing is governed by the Racing Rules of Sailing (RRS), Australian Sailing Special Regulations Part 2 for Off the Beach Boats and the rules and by-laws of the International Laser Class Association (ILCA).

2. Schedule of Races and Starting Times

- 2.1 The schedule of races is set out in [The Race Calendar](#).
2.2 The scheduled warning signal time for the first race is 1300 or 1400 during Daylight Saving.
2.3 A briefing will usually be held approximately 90 minutes before the start of the first race. [The briefing may be held by email during Covid restrictions](#).

3. Fleet Flags

- 3.1 **Laser Standard Rig** which is a red laser emblem on white background.
3.2 **Laser Radial** which is a red laser emblem on green background.
3.3 **Laser 4.7** which is a 4.7 emblem on a yellow background.

4. Courses

- 4.1 *Zhik Club Championship, Founders' Trophy, NB Sailsports Spring Series and Zhik Summer Series:* Courses will be Figure 8 as shown in the attached Course Diagrams. A green or red flag displayed on the Race Management Boat with or before the warning signal will indicate the direction of rounding the top mark.
If Code Flag K is displayed before or with the warning signal the course will be two lap Windward Leeward as shown in the Course Diagrams (both marks are rounded to port).
An additional last lap for either course may be signalled by numeral pennant 3 displayed before or with the warning signal.
4.2 *NB Sailsports Short Race Series:* Course will be Windward Leeward with an offset buoy to be rounded at the top mark as shown on the Course Diagrams. The number of laps will be indicated by the appropriate numeral pennant displayed with or before the warning signal. At the discretion of the race committee, a port/starboard gate may be used as the leeward mark for some short races.
4.3 *Marathon:* The course will be advised at the briefing.
4.4 Competitors may sail through the start/finish line on any leg.

5. Marks

- 5.1 All rounding marks are yellow cylinders with red or yellow ends.
5.2 For Short Race Series the offset mark is a yellow or orange tear drop.
5.3 The starting/finishing mark is a yellow cylinder displaying a white flag with a red Laser emblem.

6. Starting Sequence

- 6.1 *Club Championship, Founders' Trophy:* Standard Rig and Radial/4.7 rig boats shall have separate starts, with the Radial/4.7 rigs starting first. [During Covid restrictions, a change in starting order may be notified at the briefing](#).
6.2 All other starts may be separate or combined as indicated by the Warning Signal.
6.3 *Handicap Races (NB Sailsports Spring Series and Zhik Summer Series only):* The first race will be a handicap start when shown with an asterisk (*) on the Race Calendar.

7. The Start

- 7.1 The start sequence for races shall be as per RRS 26.
7.2 Times will be taken from visual signals. The failure of a sound signal will be disregarded.
7.3 Handicap Start - each Laser shall start on the fall of the number showing its handicap (when the number disappears).
7.4 A three minute starting sequence will be used for the Short Race Series unless otherwise notified at the briefing.
7.5 After the Preparatory Signal for a given fleet, Lasers in other fleets shall keep clear of the starting area until after the first fleet has started.
7.6 When there are separate starts, the Warning Signal for the second fleet may be displayed at/or any time after the start of the first fleet.
7.7 The start line will be between the flag console on the Race Management Boat and the course side of the starting mark.

8. Starting Penalty- Black Flag as Preparatory Signal

- 8.1 If a Black Flag has been displayed as the Preparatory Signal, no part of a boat's hull, crew or equipment shall be in the triangle formed by the ends of the starting line and the first mark during the one minute before the Starting Signal. If a boat breaks this rule and is identified she shall be disqualified.
8.2 In the event of a general recall after a black flag start, the Race Committee will attempt to advise boats identified as breaking this rule by hail before the next start. Any boats notified by the race committee, although disqualified, may sail the course provided they remain clear of the starting line at any subsequent re-start of that race and start no earlier than 5 minutes after the start and at all times keep clear of boats that are racing. Amends RRS 30.3.

9. The Finish

The finish line will be between the flag console on the Race Management Boat and the start/finish mark.

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10. Penalties

For the *Short Race Series*, RRS 44.1 is changed so that the two-turns are replaced by one-turn.

11. Time Limit

- 11.1 No race shall count unless the leading boat of each fleet finishes within 90 minutes of the start. Other boats will have their finish recorded up to 15 minutes after the leading boat finishes.
- 11.2 The marathon race will be abandoned if the leading boat fails to finish within 180 minutes of the start of the first boat to start. Boats failing to finish within 30 minutes after the first boat finishes may be scored DNF.
- 11.3 Amends RRS 35.

12. Protest

A protest must be lodged in writing with any Club Official within one hour of the protesting boat finishing the last race of the day.

13. Handicaps

All racing except the *Club Championship* and *Short Race Series* will be sailed using individual handicaps. The *Founders' Trophy* is a handicap series combined with *Club Championship* races. [Individual handicaps](#) and [the handicap system](#) are posted on the Club website. Click Racing/Handicaps & Scoring menu.

14. Discards

- 14.1 The *Club Championship*, *Founders' Trophy*, *NB Sailsports Spring Series* and *Zhik Summer Series* will be sailed over a maximum 14 heats on 7 days, with best 10 heats counting.
- 14.2 The *Short Race Series* will be sailed over a maximum 7 days. On each day 1 discard once 4 races are completed. Overall, 1 day discarded once 4 days are completed.

15. Prizes

Prizes may be awarded to Standard and 4.7/Radial Rigs for the first three places in the *Club Championships*, *Founders' Trophy*, *NB Sailsports Spring Series*, *Zhik Summer Series* and *Short Race Series*. Prizes will be awarded to the first Standard and Radial Rig places in the Marathon race. Separate prizes for 4.7's will depend on entries, but may only be for the Club Championship.

16. Sign-on

All helmsmen must sign-on each day of racing. The official sign-on sheet is usually hanging inside the clubhouse door. Boats that fail to sign on may be scored DNS or DNF. Retiring boats should attempt to notify the Race Committee on the water, alternatively at the earliest opportunity when back at the Clubhouse. [Alternate sign-on methods may be notified during Covid restrictions.](#)

17. Starters

Competitors on DUTY will be given average points for the series after discards – the average points cannot be finalised until the series is complete.

18. Club Safety Policy

- 18.1 Our attitude to safety will not be compromised and the following simple rules will be followed:
 - Your decision to race is yours and yours alone. Club members will not pressure you in any way to sail.
 - In strong winds you should not leave the shore unless you are confident of your own ability and safety.
 - Whether racing or not, all sailors must always wear an approved buoyancy vest.
 - You must ensure that the foils and mast are secured to the hull and cannot detach if the hull turns upside down. Other experienced sailors will provide advice if needed.
 - In strong winds, you should always keep clear of a lee shore and breaking waves.
 - If you are excessively tired, then retire.
 - Always stay with your boat.
 - If you are in trouble, raise an arm above your head and wave it backwards and forwards.
 - If boarding the Race Management boat be aware of the propeller. To avoid any risk of injury or entanglement the Race Officer should have turned the motor off before you are at the stern of the vessel.
 - The Launching Ramp can be very slippery. Be very careful at all times.
- 18.2 Participants are required to stop sailing and render assistance to any sailor who has had gear failure or may be injured, provided safe to do so. Alternatively raise the alarm with the Race Officer or others if not already aware of the situation.
- 18.3 The Club has an Emergency Plan for incident management. In the event of an incident the Race Officer will direct operations until the crisis has passed and call on designated First Aid Officers/senior sailors to assist in need.
- 18.4 A copy of the Emergency Plan is on the Club website which participants should review before participating.

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20. Risk Warning

- 20.1 Participants are warned by the Club that, regardless of the precautions which might be taken by reasonable and experienced persons, sailing can be a dangerous pursuit and participants are exposed to significant risk of property damage, physical harm and possibly death.
- 20.2 These risks may include, but are not limited to:
- The extremes of weather and sea conditions.
 - The potential that control of vessels may be lost, resulting in collision with objects and other vessels.
 - The sudden movement of the vessel at any time and the possibility that participants may fall or be thrown overboard, resulting in drowning.
 - The possibility that participants may be injured by equipment on the vessel.
 - The absence of immediate medical care and the likelihood that significant delays may occur before medical care is available.
 - Exposure to the elements for extended periods.
- 20.3 Participants are warned by the Club that regardless of their best intentions, they may be unable to render assistance to participants who are in distress. Participants are warned to consider the above risks and all other risks before deciding to participate in any sailing event.
- 20.4 Participants are also advised that although the Club is covered by third party liability insurance, this cover does not extend to participants. The Club requires that participants in Club events maintain Third Party liability insurance of at least \$10 million, and strongly recommends that all participants maintain comprehensive insurance. The Club recommends the insurance available through Australian Sailing.
- 20.5 Members wishing to use the Club's facilities outside of organised events, including for training and practice do so at their own risk. A decision to sail alone or with others is yours and yours alone. In the event that you choose to sail alone you should consider sensible precautions including;
- checking the weather forecast prior to leaving the shore
 - checking the tide predictions, especially for impact on return to shore and climbing the ramp
 - notifying someone of your plans including where you plan to sail and what time you plan to return
 - limiting your sail to areas of your harbour that you consider safe in the prevailing conditions and where help may be available.
- 20.6 The Club does not run events specifically for junior sailors. Responsible adults must consult either the Commodore or the Vice Commodore before any junior sailor participates in events run by the Club.

21. General and Specific Aquatic Licence Conditions to be observed

- 21.1 Participants must maintain a minimum distance of 500m from the bow and 30m from the side or stern of any Seagoing Ship underway
- 21.2 Participants must not pass between the bow of any ship and a dedicated Port Authority NSW escort vessel.
- 21.3 Participants must maintain a distance of 200m from the bow and 30m from the sides or stern of any ferry underway
- 21.4 Participants shall not sail in the waters off HMAS Penguin, Middle Head, on the land side of the yellow marker buoys. This area is prohibited and deemed to be a continuing obstruction.
- 21.5 Special conditions apply for the safe water mark in the vicinity of Bradleys Head to be addressed at the Marathon briefing and on the Club notice board.

22. Liability

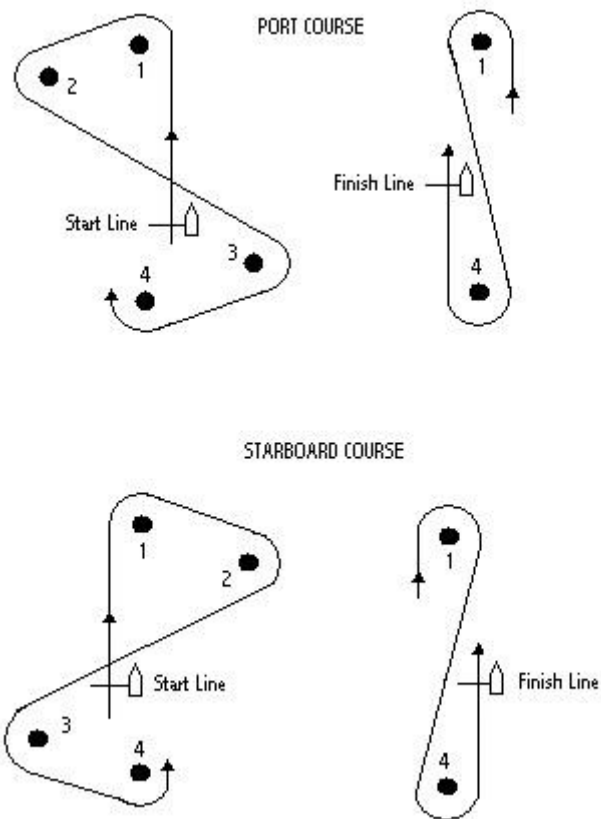
- 22.1 Participants in Club events acknowledge the risks inherent in Laser sailing, and that the Club does not and cannot provide rescue facilities for all contingencies.
- 22.2 Participants agree that they will wear an approved lifejacket at all times.
- 22.3 Attention is drawn to Racing Rules of Sailing Rule 4 Decision to Race: "The responsibility for a boat's decision to participate in a race, or to continue racing, is hers alone".
- 22.4 Participants agree that will not hold the Club or its Officers liable for any injury to persons, or damage to equipment, in the event of a mishap on the water, or on the Club's premises.

CLUB OFFICIALS:

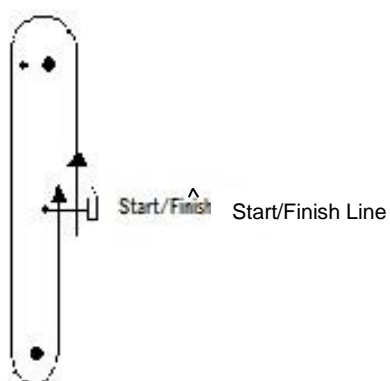
Commodore:	Chris Kelleway	0416 223 537
Vice Commodore:	Graham Jennings	0417 061 634
Treasurer Secretary:	Jonathan Brown	0497 292 955
Club Captain:	Diane Sissingh	0409 918 793
Handicapper Scorer:	Rob Lowndes	0419 266 257
Committee Members:	Warwick Foy	0423 805 080
	Kurt Sims	0427 004 307

Course Diagrams

Figure 8



Windward Leeward Short Race Series



Windward Leeward Code Flag K (2 laps)

