



Sabot Australia Day Regatta

SAILING INSTRUCTIONS

Saturday 23rd January 2016

Organising Authority:
Narrabeen Lakes Sailing Club

In Conjunction With:
Southern NSW Sabot Sailing Association Inc.

**under the authority of the
Australia Day Regatta
Management Committee**

To be held at:

**Narrabeen Lakes Sailing Club
Jamieson Park, The Esplanade
Narrabeen NSW**



1 RULES

1.1 Racing will be governed by the rules as defined in the Racing Rules of Sailing (RRS).

1.2 The Prescriptions and Special Regulations of Yachting Australia (YA), and the rules of the Australian National Sabot Council (ANSC) will apply.

2 NOTICES TO COMPETITORS

2.1 Notices to competitors will be posted on the notice board adjacent to the front door of the Narrabeen Lakes Sailing Club.

2.2 Any changes to the sailing instructions (SI's) will be posted at least 60 minutes before the time of the first warning signal of the day.

3 SIGNALS MADE ASHORE

3.1 Signals made ashore will be displayed from the flag-mast located at the NLSC clubhouse.

3.2 When flag "AP" is displayed ashore "1 minute" is replaced with "not less than 20 minutes" in the race signal "AP" (amends Race Signals).

4 SCHEDULE

4.1

09:00-10:30	Registration
10:00	Competitor Briefing
10:55	First Warning Signal, not before
ASAP after racing	Presentation

4.2 All competitors shall attend the competitor briefing.

4.3 Number of races: The maximum number of races will be 4.

4.4 No warning signal will be made after 16:15 on the day of racing.

5 DIVISION FLAGS

5.1 Junior and green fleet Sabot Division Flag will be code flag F

5.2 Senior Sabot Division Flag will be a White or Blue flag with 1 x Sabot emblem

6 THE COURSES

6.1 The racing area will be on the waters of Narrabeen Lake as instructed at the competitor briefing.

6.2 The courses are described in Attachment A.

6.3 A course board indicating the course configuration and number of laps to be sailed will be displayed on the Start Boat at or before the warning signal for each race.

6.4 A red flag will be displayed on the Start Boat at or before the warning signal for each race to indicate that the first mark will be rounded to Port. A green flag will indicate that the first mark will round to Starboard.

7 MARKS

7.1 Course marks will be staff marks displaying a yellow flag.

7.2 New marks, as provided in SI 12, will be advised at the competitors briefing.

7.3 The starting and finishing marks will be a staff mark displaying code flag N.

8 AREAS THAT ARE OBSTRUCTIONS

8.1 There are areas of shallow water within Narrabeen Lake. If an area of shallow water is prominent within the racing area, an attempt will be made to indicate this area.

8.2 Boats shall not race in the area between the shore and a staff mark displaying a green flag.

9 THE START

9.1 The starting line will be between the flag-mast displaying an orange flag on the start boat and the start mark.

9.2 Boats whose warning signal has not been made shall remain clear of the starting area during the starting sequence for other races.

10 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 its new location (or move the finishing line).

11 THE FINISH

The finishing line will be between the flag-mast displaying an orange flag on the start boat and the finishing mark.

12 PENALTY SYSTEM

The Two-Turns Penalty as per RRS44.1 will be used.

13 TIME LIMITS

13.1 The maximum time limit for each race will be 60 minutes. (Aim is 40 minutes).

13.2 Boats failing to finish within 20 minutes after the first boat finishes in each race will be finished on the course and awarded points equal to the position they were in when the time limit expired (amends RRS 35 and A4).

13.3 The race committee will advise boats whose time limit has expired that they should return to the starting area (or return to shore following the last race of the day). If finished on course, boats are to proceed directly to the Start line in preparation for the next race. This amends RRS 41. Failure to advise a boat that her time limit has expired shall not be grounds for redress. This amends RRS 60.1(b).

14 PROTESTS AND REQUESTS FOR REDRESS

14.1 Protest forms are available at the Narrabeen Lakes Sailing Club. For each division, the protest time limit is 60 minutes after the last boat has finished the last race.

14.2 Competitors intending to protest must inform the On Water Race Committee (Start boat) as soon as practical after the race they intend to lodge a protest. If the Race Committee is not informed, the protest will not be heard.

14.3 Notices will be posted on the Official Noticeboard within 30 minutes of the protest time limit to inform competitors of hearings in which they are parties or named as witnesses.

14.4 Notices of protests by the race committee will be posted to inform boats under RRS 61.1(b).

14.5 Breaches of SI's 5.1, 11.2, and 22 will not be grounds for protest by a boat. This changes RRS 60.1(a). Penalties for these breaches may be less than disqualification if the protest committee so decides.

15 SCORING

15.1 The low point scoring system will be used.

15.2 All races will count towards the series score.

16 REPLACEMENT OF CREW

16.1 Changes of crew may be permitted at the discretion of the race committee.

17 ADVERTISING

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

18 SAFETY REGULATIONS

18.1 Boats shall sign on prior to going afloat. (Location of Sign On/Off sheets will be provided during briefing)

18.2 Any boat that retires shall notify a member of the race committee as soon as possible, and Sign Off as soon as possible after going ashore.

18.3 Boats shall sign off as soon as possible after returning to shore and must sign off within 60 minutes of the last boat finishing the last race of the session.

19 DISCLAIMER OF LIABILITY & RISK WARNING

19.1 This Risk Warning is issued jointly by NLSC, SNSWSSA, and NSW Roads & Maritime, pursuant to the Civil Liability Act 2002 to all persons wishing to participate in this event.

19.2 Competitors participate entirely at their own risk. RRS 4, Decision to Race states "the responsibility for a boat's decision to participate in a race or to continue racing is hers alone."

19.3 The Organising Authority, SNSWSSA, NSW Roads & Maritime, their directors, officers, volunteers and sponsors:

(a) will not accept any liability for damage or personal injury or death sustained in conjunction with or prior to, during, or after this event; and

(b) shall not be responsible for the seaworthiness of any boat whose entry is accepted, the adequacy of its equipment or its insurance arrangements.

19.4 Participants are warned 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.

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 collisions with objects and other vessels;
- the potential that the vessel will run aground or hit a floating object;
- 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;
- sunburn and the possibility of skin cancer from sun exposure to unprotected skin;
- injury or infection from standing on sharp objects in the sand.

19.5 The Organising Authority, SNSWSSA, and NSW Roads & Maritime jointly warn participants that regardless of their best intentions, they may be unable to render assistance to participants who are in distress.

19.6 Participants are warned to consider the above risks and all other risks before deciding to participate in any sailing event with NLSC and SNSWSSA or which take place from the NLSC clubhouse.

20. Insurance

All competing boats shall carry third party liability insurance of an amount of not less than \$10,000,000. Evidence of insurance must be provided on the day of racing during registration. Entry may be refused if Evidence of Insurance is not produced.

APPENDIX 'A' – Racing Courses

Courses are shown in 'port' configuration and are indicated by a RED flag flown on the start boat. When a 'starboard' course is to be indicated, a GREEN flag will be flown on the start boat and the course shall be a mirror image of the port course.

Course configuration to be sailed will be displayed on the start boat. The course shall be sailed in a lap, windward return, lap, windward return order. Number of Laps/Hotdogs will be displayed on the start boat. This number indicates the number of times you will round mark 1 throughout the race.

“△” Course

Note: 'Port' course shown – 'starboard' course will be a MIRROR image.

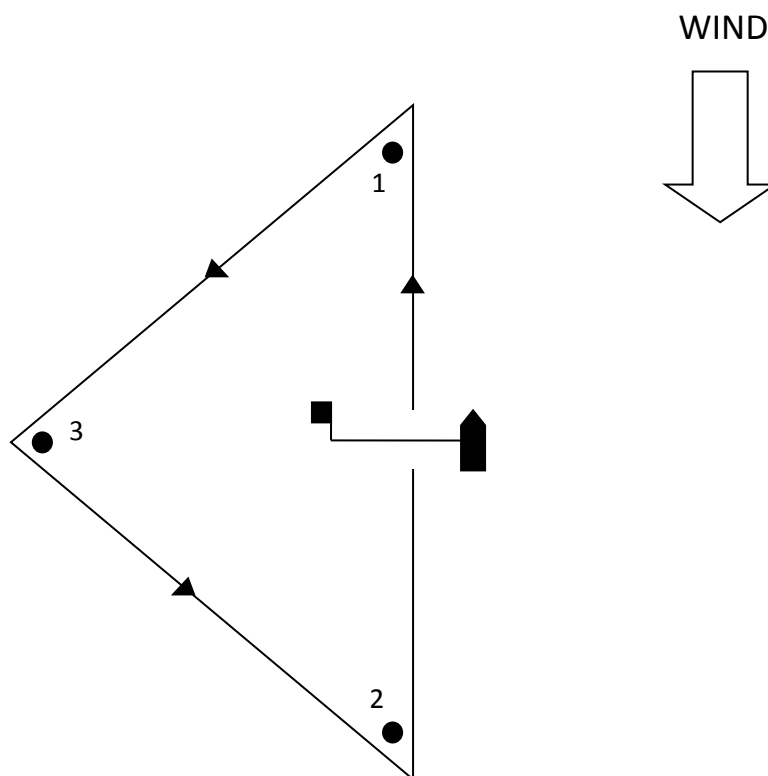
Lap: 1P, 3P, 2P

Hotdog: 1P, 2P

Lap

Hotdog

Finish



"8" Course

Note: 'Port' course shown – 'starboard' course will be a MIRROR image.

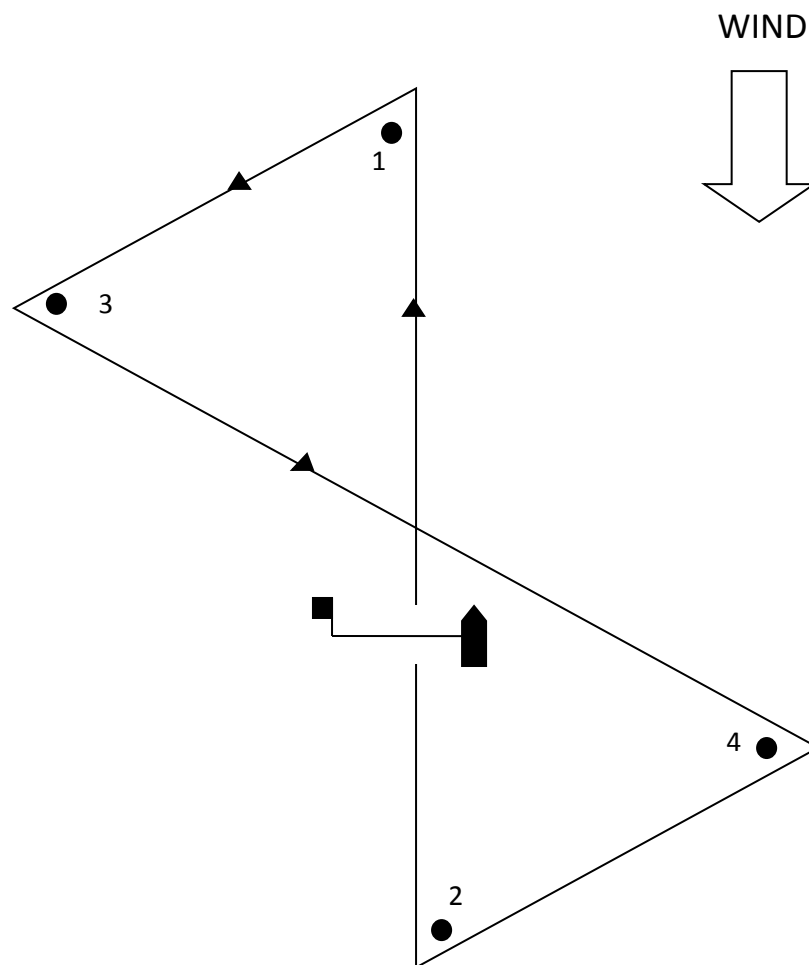
Lap: 1P, 3P, 4S, 2S

Hotdog: 1P, 2S

Lap

Hotdog

Finish



“M” Course

Note: ‘Port’ course shown – ‘starboard’ course will be a MIRROR image.

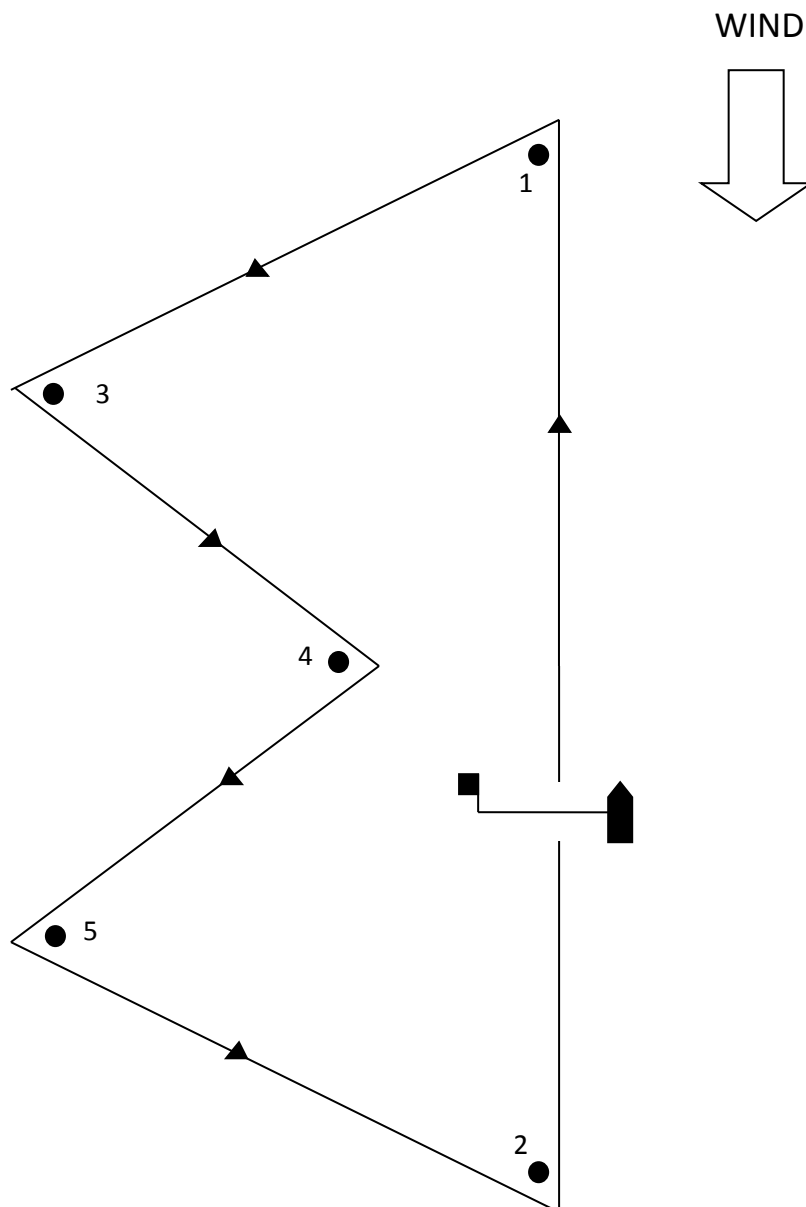
Lap: 1P, 3P, 4S, 5P, 2P

Hotdog: 1P, 2P

Lap

Hotdog

Finish



"I Gate" Course

Note: 'Port' course shown – 'starboard' course will be a MIRROR image.

Lap: 1P, 1aP, 2 gate

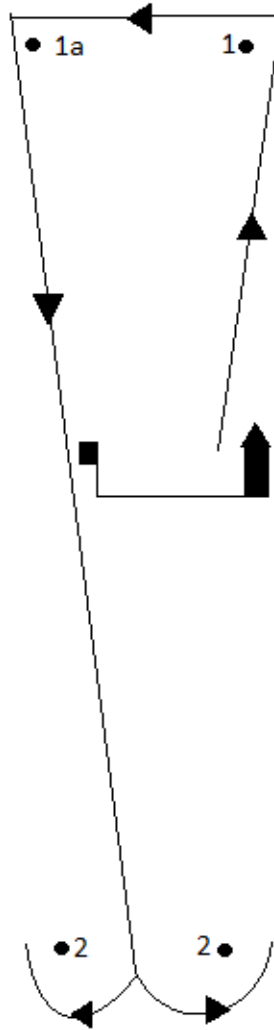
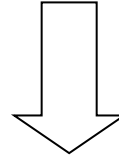
Lap

Lap

Lap

Finish

WIND



"I" Course

Note: 'Port' course shown – 'starboard' course will be a MIRROR image.

Lap: 1P, 2P

Lap

Lap

Lap

Finish

WIND

