



Loch Lomond Sailing Club

INTERNATIONAL CANOE UK NATIONAL CHAMPIONSHIP

26 – 29 JULY 2023

SAILING INSTRUCTIONS (SIs)

1 RULES

- 1.1 The event is governed by the rules as defined in *The Racing Rules of Sailing*.
- 1.2 Section 3 “Rules of Navigation” of the Loch Lomond Byelaws 2013 apply when meeting boats that are not racing. This changes the Part 2 preamble. Please pay particular attention to rule 3.4(15) of the Byelaws, which states: "No boat shall approach within 100 metres astern of a fishing boat engaged in trolling and displaying a 'trolling shape'." The 'trolling shape' is an orange ball perched on top of a short post or stick on the fishing boat.
- 1.3 Contact by tiller extensions shall be disregarded as contact for the purposes of the RRS.
- 1.4 The use of beverage containers that can be worn is permitted, with a maximum capacity of 1.5 litres worn on the body.
- 1.5 RRS 44.1 is changed so that the Two-Turns Penalty is replaced by the One-Turn Penalty.

2. RISK STATEMENT

- 2.1 Rule 3 of the Racing Rules of Sailing states: “The responsibility for a boat’s decision to participate in a race or to continue racing is hers alone.” Sailing is by its nature an unpredictable sport and therefore inherently involves an element of risk. By taking part in an event, each competitor agrees and acknowledges that:
 - (a) They are aware of the inherent element of risk involved in the sport and accept responsibility for the exposure of themselves, their crew and their boat to such inherent risk whilst taking part in the event;
 - (b) They are responsible for the safety of themselves, their crew, their boat and their other property whether afloat or ashore;
 - (c) They accept responsibility for any injury, damage or loss to the extent caused by their own actions or omissions;
 - (d) Their boat is in good order, equipped to sail in the event and they are fit to participate;
 - (e) The provision of a race management team, patrol boats and other officials and volunteers by the event organiser does not relieve them of their own responsibilities;
 - (f) The provision of patrol boat cover is limited to such assistance, particularly in extreme weather conditions, as can be practically provided in the circumstances.

3. INSURANCE

- 3.1 Each participating boat must be insured with valid third party insurance with a minimum cover of £3 million, including cover for racing.

4 SAFETY REGULATIONS

- 4.1 In the interests of the safety of competitors and patrol boat crews, competitors shall comply with the instructions of the patrol boat crews. Failure to do so may result in disqualification from the Series. Abandoned boats will be recovered later.
- 4.2 The crew of a boat that retires from the race shall notify the Race Committee as soon as possible (via CB/RIB or Race Office ashore).

5 OFFICIAL VESSELS

- 5.1 The Committee Boat will be ‘MORY’, a large white workboat.



6 CHANGES TO SAILING INSTRUCTIONS

- 6.1 Changes to the Sailing Instructions will be posted at least one hour before the time they are due to take effect.

7 COMMUNICATIONS WITH COMPETITORS

- 7.1 Notices to competitors will be posted on the official notice board located in the Clubhouse hallway.
- 7.2 The race office is located at the front of the clubhouse.

8 SIGNALS MADE ASHORE

- 8.1 Signals ashore will be made on the flagpole in front of the Clubhouse.
- 8.2 When displayed ashore Flag AP with two sound signals (one when lowered) means "The race is postponed. The warning signal will be made not less than 30 minutes after AP is lowered ashore."

9 SCHEDULE OF RACES

- 9.1 There will be a briefing for all competitors at 1130 on Wednesday 26 July on the lawn in front of the clubhouse (inside if wet).
- 9.2 The start times are scheduled as follows:

Wednesday	1130	Competitors' Briefing
	1300	IC/ICOD Races 1-2-3 back-to-back
Thursday	1100	IC/ICOD Race 4
	1330	IC/ICOD Long Distance (Race 5)
Friday	1100	IC/ICOD Races 6-7-8 back-to-back
Saturday	1100	IC/ICOD Race 9
	1355	Spare for IC/ICOD Long Distance Race (Race 5)

- 9.3 All canoes will start together, with separate results for ICs and ICODs in addition to handicap results for all boats.
- 9.4 If conditions are not suitable for the long distance race (Race 5) on Thursday it will be postponed to Friday with Races 4, 6 and 7 being held back-to-back on Thursday.
- 9.5 No Warning Signal will be made after 1430 on Saturday, except for postponements, general recalls and abandonment of a race where the first warning signal was made before 1430.

10 CLASS FLAGS

ICOD	Numeral Pennant 5
IC	Numeral Pennant 6

11 COURSES

- 11.1 The courses are Appendix 1 (for races 1-4 and 6-9) including the order in which marks are to be passed, and the side on which each mark is to be left. The course for Race 5 will be set on the day around marks and islands shown in Appendix 2.

12 MARKS

- 12.1 Except for Race 5 (Long Distance Race) the course marks will be yellow cylindrical inflatable buoys.
- 12.2 The starting and finishing marks will be dan buoys.
- 12.3 The course marks for Race 5 will be islands and fixed club racing marks (orange/white cylindrical buoys). A yellow inflatable buoy may be laid in addition.



13 THE START

- 13.1 Races will not normally be started in winds of more than 10 m/s (20 knots) or less than 2 m/s (4 knots), but the decision as to whether conditions are suitable rests with the Race Officer.
- 13.2 To alert boats that a race or sequence of races will begin soon, the orange starting line flag will be displayed with one sound approx. 1 minute before a warning signal is made.
- 13.3 Races will be started using rule 26 with the warning signal made 5 minutes before the start.
- 13.4 The starting line will be between the staff displaying an orange flag on the starting boat and the starting mark.
- 13.5 Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other races.

14 CHANGE OF THE NEXT LEG OF THE COURSE

- 14.1 A change of course after the start will be signalled before the leading boat has begun the leg to the moved mark, although the new mark may not then be in position. A Green flag will indicate a change of the next mark to starboard and a Red flag will indicate a change to port. The new bearing will not be displayed. This changes Rule 33.
- 14.2 Any mark to be rounded after rounding the new mark may be relocated to maintain the original course configuration.

15 THE FINISH

- 15.1 The finishing line will be between the staff displaying the shorten course flag on the Finish Boat and the finishing mark. The finishing line may be shorter than the start line.

16 TIME LIMITS

- 16.1 The Target Times of all races except Race 5 is planned to be around 45-60 minutes for the leading boat: after this time has elapsed the Shorten Course signal (Flag S) will be displayed and boats will finish the next time they pass through the gate. The time limit will be 1½ hours for the first boat. Boats failing to finish within 30 minutes after the first boat finishes will be scored "Did Not Finish". This changes rules 32, 35 and A5.2.
- 16.2 Failure to meet the Target Time will not be grounds for redress. This changes RRS 62.1(a).
- 16.3 After the leading canoe in each class has finished, all boats will be finished the next time they reach the finishing line (see Courses for details): this will have the effect that any boat which is more than a lap behind the leading boat will sail fewer laps but still be credited with a finishing position. If however this would result in a lapped boat being given a finishing position and a boat which has not been lapped being scored as retired due to the time limit, the lapped boat will also be scored as retired. Lapped boats will be scored DNF for handicap calculations.
- 16.4 The time limit for Race 4 will be 4 hours. Boats will be timed for 1 hour after the first boat finishes: any boat finishing outside this time will be scored "Did Not Finish".

17 PROTESTS and REQUESTS FOR REDRESS

- 17.1 Protests and Requests for Redress must be lodged within 60 minutes of the last boat finishing the day's racing.
- 17.2 Hearing Request shall be lodged via the online portal
https://www.racingrulesofsailing.org/events/5717/event_links?name=international-canoe-uk-national-championship

18 SCORING

- 18.1 The Low Point scoring system, Appendix A, rule A2 will apply to all fleets: three races constitute a series.
- 18.2 (a) When fewer than five races have been completed, a boat's series score is the total of her race scores.



- (b) When five or more races have been completed, a boat's series score is the total of her race scores excluding her worst score.
- © When eight or more races have been completed, a boat's series score is the total of her race scores excluding her two worst scores.

19 PRIZES

- 19.1 Trophies and Prizes will be awarded in the Clubhouse as soon as possible after the last race.
- 19.2 For Handicap prizes, the following Portsmouth Numbers will be applied:

IC	858
ICOD	920



Appendix 1 – COURSE for all races except Race 5

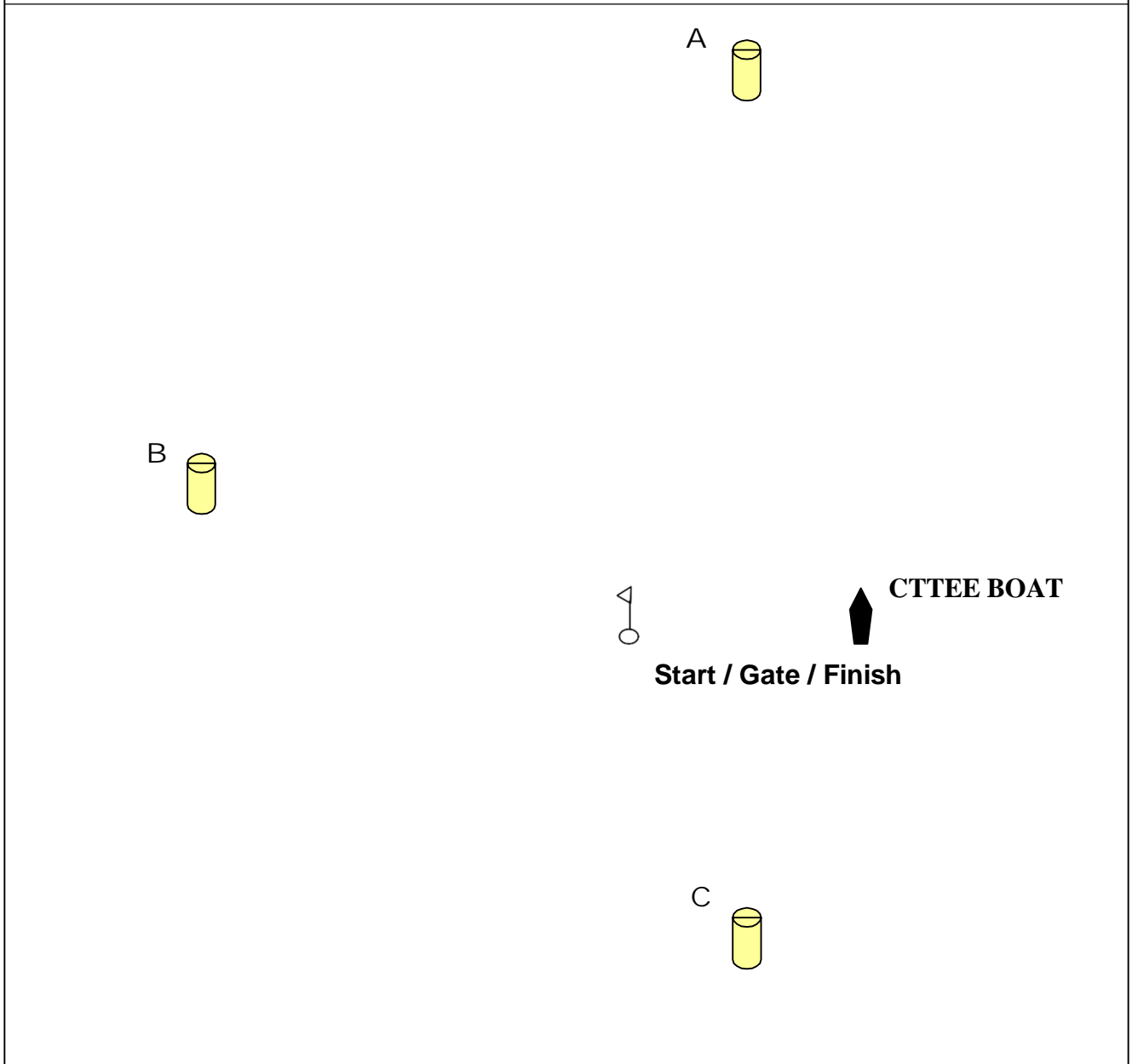
Odd numbered rounds: A B C Gate

Even numbered rounds: A C Gate

Marks A, B and C are Yellow.

There is no set number of rounds: the Target Race Time is 45-60 minutes (see SI 16.1)

All marks to be passed to Port. There is no restriction on passing through the gate on downwind legs. The length of the gate and finishing line may be shorter than the start line.





Appendix 2 – COURSE AREA for Race 5

