



Irish Sailing Women at the Helm

September 18th 2021

Sailing Instructions Keelboats

1 RULES

- 1.1 The Series will be governed by the rules as defined in current The Racing Rules of Sailing (RRS), the prescriptions of the Irish Sailing Association, 2021/2024 IRC rules, relevant Class rules where applicable Notice of Race, these Sailing Instructions and any changes thereto. In the event of a conflict, the Sailing Instructions shall prevail. This changes RRS 63.7.

2. NOTICES TO COMPETITORS & ENTRY

- 2.1 Notices to competitors will be posted on the official notice board located on window opposite main flag staff of RCYC Club House, the Regatta WhatsApp group

[Join WhatsApp Group Here](#)

- 2.2 All competing yachts are required to complete and Entry Form in advance of Racing before Friday 17th September 2021.

[Entry Form](#)

3.0 CHANGES TO SAILING INSTRUCTIONS

Any change to the Sailing Instructions will be posted before two hours before the first gun daily on both the club noticeboard and notice will be forwarded to the whatsapp group.

4.0 SIGNALS MADE ASHORE

- 4.1 Signals made ashore will be displayed at main RCYC flag staff.
- 4.2 When Flag AP is displayed ashore, '1 minute' is replaced with 'not less than 60 minutes' in the race signal AP.

5.0 SCHEDULE OF RACES

- 5.1 Racing is scheduled for, Saturday 18th. It is expected to have three races on Saturday . The schedule of racing is at the discretion of the Race Officer.
- 5.2 The Warning Signal for first race on Saturday 18th is 10.55 sharp.
- 5.3 Classes are expected to be divided into 2 fleets, Fleet A & Fleet B.



- 5.4 Spinnaker class 1, 2 & Sportsboats will be designated as A FLEET
- 5.5 Whitesail will be designated B FLEET.
- 5.6 On the last day of the Regatta no warning signal will be made after 15.30

6 CLASSES

6.1 All classes , must clearly display their designated Class flag from their stern at all time whilst racing. Any boat not doing so may be scored DNF without a hearing. This changes RRS A5

6.2 The anticipated Class Divisions are as follows:

Class		Class Flag
0	IRC/TCF 1.020 and above	Numeral Pennant 0
1	IRC/TCF 0.930 to 1.019	Numeral Pennant 1
2	IRC/TCF 0.929 and below	Numeral Pennant 2
1720		ICF "R"
White Sail 1	IRC/TCF 0.950 and above	Green
White Sail 2	IRC/TCF 0.949 and below	White

- 6.3 The Race Committee reserve the right to place yachts in different Classes at their discretion and with reference to the speed of the boats and to the number of entries in any Class. Above is for reference only. Class bands will be notified to the fleet no later than 10.00 am 18th September 2021.
- 6.4 Classes and courses may be combined, if, in the opinion of the Race Committee, the number of entries does not warrant a Class or course of their own.

7 RACING AREAS

7.1 Racing areas will be in the vicinity of Coark Harbour. Courses will be notified via VHF 71 on the day of racing. Possible starting areas are shown in Appendix 1.

8. THE COURSES

- 8.1 The course for each fleet will be announced on VHF 71 before the start. It may also be displayed on blackboard on the committee vessel.
- 8.2 The RCYC Keelboat Course Card may be used, laid course may be used or windward leeward course may be used. All courses set will be at the complete discretion of the RO.
- 8.3 The RO at his/her discretion may alter existing courses. These changes will be announced on the VHF channel for that course prior to the warning signal and may also be displayed on the official notice board prior to racing on that day.



9. MARKS

- 9.1 For Fleet A & B's laid courses (per course card using navigational marks_), laid marks may be orange inflatable cylindrical marks.
- 9.2 A chartlet of Cork Harbour is provided for information purposes as Appendix A. This should not be relied on for navigation, and the position of any mark shown is approximate and for illustration purposes only.

10 AREAS THAT ARE OBSTRUCTIONS

- 10.1 The following areas are designated as exclusion zones:
Within 50 metres of the oil refinery jetty.
Within 150 metres of any commercial shipping
- 10.2 A yacht that has, in the opinion of the OA, been in breach of point 10 of these sailing instructions may be disqualified from the race that she is competing in during the incident or from her next race if she is not racing at the time of the incident or for the remainder of the regatta.

11 THE START

- 11.1 Races will be started by using RRS 26 with the warning signal made 5 minutes before the starting signal.
- 11.2 For all courses the start line will be between a red and white pole on the CV and a mark at the pin end. The Pin end of the line (at the discretion of the RO) may be a land based mark. The designated courses & starting line for each start will be announced via VHF 71 and may be displayed on a blackboard on the CV.
- 11.3 Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other races.
- 11.4 The order and grouping of starts will be at the Race Officers' discretion and will be announced on the VHF channel for that course.

12 THE FINISH

- 12.1 The finishing line for the Fleet A&B will be between the red and white pole on the designated CV and an orange finishing mark or an adjacent harbour mark. The location of the finish line will be advised to the relevant fleet and may vary for each race depending on the course chosen



13 TIME LIMITS AND TARGET TIMES

- 13.1 Boats failing to finish within 45 minutes after the first boat in that class sails the course and finishes, will be scored Did Not Finish without a hearing. This changes rules 35, A4 and A5

14 PROTESTS AND REQUESTS FOR REDRESS

- 14.1 The Protest Limit is 60 minutes after the finishing time of the last boat in the last race of the day
- 14.2 Notices will be posted no later than 15 minutes after the protest time limit to inform competitors hearings in which they are parties or names as witnesses. Notice of protest by the Race Committee, Technical Committee or Protest Committee will be posted under RSS 61.1 (b)
- 14.3 In addition to the requirements of RRS 61, boats who intend to protest another boat are required to inform the CV of their intention to protest, and the boat name or sail number of the intended protestee, as soon as possible after finishing and in any event not before leaving the vicinity of the finish line.
- 14.4 On the last scheduled day of racing a request for redress based on a protest committee decision shall be delivered no later than 30 minutes after the decision was posted. This changes RRS 62.2

15 SCORING

- 15.1 The Low Point System of RRS will apply. No Discards will be allowed
- 15.2 Results will be provided on an IRC and ECHO basis.

16 SAFETY REGULATIONS

- 16.1 A boat that retires from a race shall notify the race committee as soon as possible.

17 EQUIPMENT AND MEASUREMENT CHECKS

- 17.1 A boat or equipment may be inspected at any time for compliance with the Class rules and sailing instructions.
- 17.2 No boat shall carry its anchor protruding from bow whilst racing.

18 RADIO COMMUNICATION

- 18.1 Except in an emergency, a boat shall neither make radio transmissions while racing nor receive radio communications not available to all competing boats. This restriction also applies to mobile telephones.



18.2 Race Area VHF Channels (a) VHF Channel 71 will be used for race management for all Fleets

19 PRIZES

19.1 Overall prizes will be awarded as follows: 1st, 2nd and 3 rd in each Class

19.2 We ask that skippers/crew and family only of the Boat present for prizegiving only.

19.3 Final prize giving for the Irish Sailing Women at the Helm will be presented after the final day of sailing at 17.00.

20 DISCLAIMER OF LIABILITY

20.1 Competitors participate in the Regatta entirely at their own risk. See RRS 4, Decision to Race. 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.

21 INSURANCE

21.1 It is the duty of each boat owner to have his boat adequately insured against any risk, including civil responsibility to third parties and to ensure that such insurance remains valid for the entirety of the Irish Sailing women at the Helm Regatta 2021

22. Environment Sustainability

22.1 This event is registered with Sailors for the Sea Clean Regattas. Competitors, team leaders, coaches, volunteers, race officers and all stakeholders will be asked to follow these guidelines. a) Results will be displayed on line at [Keelboat Results 2021 - Royal Cork Yacht Club](#)

b) Bring your own reusable bottles and lunch containers – event will have a zero single use plastic policy.c) Care to be taken to dispose of all waste in the appropriate bins provided – landfill, recycle, compost. d) Rule 55 will be imposed – • 55 TRASH DISPOSAL A competitor shall not intentionally put trash in the water. This rule applies at all times while afloat. The penalty for a breach of this rule may be less than disqualification. e) Complete an event travel audit on registration. f) Request for “Water Only” wash down and only as required. g) Zero use of harmful clean products at event site h) Any waste created in yard from maintenance to be collected and disposed of appropriately. No wash off allowed.i) Any collisions with wildlife or site of injured wildlife to be reported to race office. j) All support boats to register and numbers will be kept to a minimum, with pooling recommended where possible. k) See event sustainability page for further details on sustainability efforts and advise

[https://www.sailing.ie/Events/Irish-Sailing-Pathfinder-Women-at-the-Helm/-](https://www.sailing.ie/Events/Irish-Sailing-Pathfinder-Women-at-the-Helm/)

EventSustainability m) Sewage discharge is not allowed for the duration of the event.



WOMEN AT THE HELM



APPENDIX A



and for