



**LOCH LOMOND  
SAILING CLUB**

**INTERNATIONAL CANOE  
EUROPA CUP  
and  
UK NATIONAL CHAMPIONSHIP 2013  
29<sup>th</sup> July to 2<sup>nd</sup> August 2013**



**SAILING INSTRUCTIONS**

**1. Rules**

1.1 The regatta will be governed by the Racing Rules of Sailing (RRS 2013), the prescriptions of the RYA, the ICF Canoe Sailing Rules (valid from 1 January 2009) except as may be modified by these sailing instructions and by the Loch Lomond Byelaws 2013.

1.2 Contact by tiller extensions shall not constitute a collision.

1.3 The use of beverage containers that can be worn is permitted, with a maximum capacity of 1.5 litres worn on the body.

**2. Notices to competitors**

2.1 Notices to competitors will be posted on the Official Notice Board in the hallway of the Clubhouse.

**3. Changes in Sailing Instructions**

3.1 Any change in the Sailing Instructions will be posted at least 2 hours before the advertised starting time of the race or races concerned. Changes in the Sailing Instructions will be indicated by flying Flag 'L' on the club flag staff, which is situated in front of the clubhouse. Flag L will be lowered after the last start of the day. This flag will not be re-hoisted unless required to signify further changes to these SIs, except that changes to start times of races will be posted on the official notice board no later than 2 hours before the first scheduled race of the day. Such changes may include starting a race at an earlier time or on an earlier day than is stated in these SIs.

**4. Signals made Ashore**

4.1 Signals made ashore will be hoisted on the club flag staff situated in front of the clubhouse.

4.2 When Flag AP is displayed ashore with two sound signals, competitors shall remain ashore until released to sail on the course area by the Beach master.

4.3 Following a postponement the first warning signal will be made not less than 30 minutes after Flag 'AP' is lowered.

## 5. Schedule of Races

5.1 Racing is scheduled as follows:

Day 1	From 1000: Registration 1200 Competitors' Briefing 1330 IC & AC Races 1 & 2. Races will be sailed back-to-back.
Day 2	1100 IC & AC Race 3 (Sailing Challenge Cup Race).
Day 3	1100 IC & AC Races 4 & 5. Races will be sailed back-to-back.
Day 4	1100 IC & AC Races 6 & 7. Races will be sailed back-to-back.
Day 5	1100 IC & AC Races 8 & 9. Races will be sailed back-to-back.

The Sailing Challenge Cup Race is scheduled for Day 2, but will be held over to Day 3 or 4 if wind conditions are inappropriate and the next two scheduled races run in its place.

5.2 Should a race not be sailed as scheduled an extra race may be sailed on the following day, but there will not be more than three races a day.

5.3 Should the weather forecast indicate that racing may not be possible on a day following one in which racing is taking place, the Race Officer may bring forward one race from the following day's advertised programme.

5.4 When more than one race is to be held the Warning Signal for each succeeding race will be made as soon as practicable. To alert boats that another race will begin soon, the 'AP' signal will be displayed for at least four minutes before a Warning Signal is displayed.

## 6. Class Flags

6.1 The class flags will be: -

International Canoe	Numeral Pennant 1
Asymmetric Canoe	Numeral Pennant 2

## 7. Racing Area

7.1 Except for Race 3, the racing area will be one of the areas shown on the chart in the Appendix. The default racing area will be Area 1 on this chart; no signal will be given for this. If another racing area is selected, the appropriate numeral pennant will be signalled ashore with one sound signal not later than one hour before the scheduled start.

On the water, the racing area may be changed using Flag 'L' on the committee boat, indicating "Follow this boat".

7.2 The racing area for Race 3, the Sailing Challenge Cup Race, will be any part of Loch Lomond including the islands but will not include waters north of Ross Point.

## 8. Courses

8.1 The diagrams attached show the courses, including the approximate angles between legs. Distances between marks may be varied by the Race Officer to suit the prevailing conditions. A separate course will be set for Race 3, the Sailing Challenge Cup Race; this will be notified on the day.

8.2 The duration of each race (except Race 3) will be around  $\frac{3}{4}$  - 1 hour for the leading canoe in each Class, and the Race Officer is empowered to shorten the course as required to achieve this.

8.3 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.

8.4 A boat which has been observed to sail an incorrect course will be entered in the results as DNF. If claiming redress the boat will be required to provide evidence that the correct course was sailed.

## **9. Marks**

9.1 Marks will be orange and yellow inflatable marks as indicated in the course diagram.

9.2 The outer mark on the Start and Finish line for both classes will be a Dan buoy with an orange flag. The starboard end starting and finishing mark will be the committee boat (white motor launch) together with any dinghy, RIB, or other object permanently attached to the committee boat between the warning signal and the start signal.

9.3 New marks, as provided in SI 11.1, will be the original mark in a new position.

## **10. The Start**

10.1 Races will be started using Rule 26 with the Warning Signal given 5 minutes before the Starting Signal. The IC Start will be the Warning Signal for the ACs, except for Race 3 when all canoes will start together.

10.2 The starting line will be between the mast upon the Committee Boat which is flying an Orange Flag and the starting mark (Dan buoy with orange flag) as shown on the course diagram.

## **11. Change of course after the start**

11.1 A change of course after the start will be signalled in accordance with RRS 33 before the leading boat has begun the leg, although the relocated mark may not then be in position. The new mark will be the old mark moved to a new position.

11.2 Small changes to mark positions may be made without signalling, before the leading boat has begun the leg. Such changes will normally change the leg by less than 20% of its length or 15° of its bearing. This changes Rule 33.

## **12. The Finish**

12.1 The Finish Line will be between the mast of a Committee Boat upon which is flying an Orange Flag and the finishing mark as shown on the course diagram.

## **13. Penalty System**

13.1 The one-turn and two-turns penalties in accordance with RRS 44.1 and 44.2 will apply.

## **14. Time Limits**

14.1 RRS 35 shall not apply.

14.2 Except for Race 3, it is intended that the duration of races will be as stated in SI 8.2.

14.3 The time limit for Race 3 will be 4 hours.

14.4 All canoes will be timed until 30 minutes after the first canoe finishes in each class, but 45 minutes for Race 3. All later canoes will be scored as retired.

14.5 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 in 14.4, the lapped boat will also be scored as retired.

## **15. Protests and Requests for Redress**

15.1 Protest Forms are available from the Clubhouse (Official Notice Board or from the Race Office). Protests shall be completed and deposited within one hour of the time of the last boat finishing in the last race of the day, or one and a half hours if racing is in Area 2 or 3. This time limit may be extended at the discretion of the Competition Committee.

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

## **16. Scoring**

16.1 Low Points scoring method as described in RRS Appendix A shall apply.

16.2 9 races are scheduled for ICs and ACs. 4 races are required to be completed to constitute a valid Championship. 1 result will be discarded if 6 or more races are completed and 2 results will be discarded if 9 races are completed.

## **17. Safety Regulations**

17.1 A boat that retires from a race shall notify the race committee as soon as possible, via a safety boat, the Beachmaster or the Race Office in the clubhouse.

17.2 Personal Buoyancy. Adequate personal buoyancy shall be worn at all times. Neither a 'wet suit' or a 'dry suit' constitutes adequate personal buoyancy.

17.3 All instructions to competitors from safety boats must be obeyed.

## **18. Equipment and Measurement Checks**

18.1 Boats may be inspected or measured at any time at the discretion of the Competition Committee or the BCU Sailing Committee.

## **19. Support Boats**

19.1 All support boats shall stay outside areas where boats are racing, from the time of the Preparatory signal until all boats have finished the race or the race committee signals a postponement, general recall or abandonment.

## **20. Conflict with Notice of Race**

20.1 If there is a conflict between the Notice of Race and these Sailing Instructions, the Sailing Instructions will take precedence.

## **21. Prizes**

21.1 Trophies will be awarded in accordance with the BCU Sailing Section Rules for Award of Trophies. Other prizes will also be awarded, including for the best performing ICs and ACs in the Europa Cup.

## **22. Disclaimer of liability**

22.1 Competitors participate in the regatta entirely at their own risk. See RRS 4, Decision to race. The organising authority, Class Association or Loch Lomond Sailing Club 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.

## **23. Insurance**

23.1 No boat shall race unless she is currently insured for third party risks to the minimum sum of three million pounds Sterling (or its equivalent in any other currency) and such insurance is valid for the helmsperson who will be racing her.

## **Local Rules**

Competitors are reminded that the LOCH LOMOND BYELAWS 2013 apply at all times. These come into effect when you meet other vessels on the loch which are not taking part in a race. A copy is on display in the clubhouse. Please pay particular attention to rule 3.4(15) of the Bylaws, which states "No Vessel shall approach within 100 metres astern of a fishing Vessel 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. Trolling craft pass through the anchorage in front of the club regularly.

All motorised craft must be registered with the national park authority before going afloat. This can be done at the office beside Milarrochy slipway, 400 metres from the club.

# COURSES

ICs:

Odd numbered rounds: 1 2 3 Gate

Even numbered rounds: 1 3 Gate

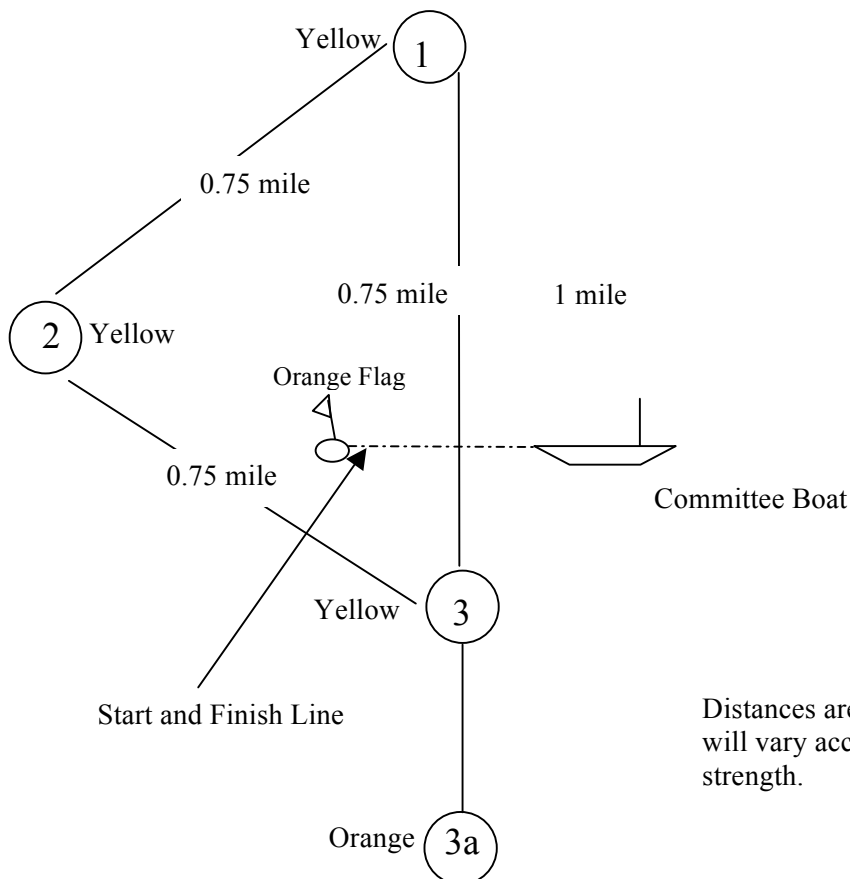
ACs:

1 3a Gate

There is no set number of rounds: the race will be finished after around 45 - 60 minutes (see SI 8.2). Shorten course will be signalled with flag S.

All marks will be left to Port. All boats must pass through the start line on every leg from Mark 3 or 3a to Mark 1. 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.



### Racing Areas

The default racing area will be Area 1 on the chart below; no signal will be given for this. If another racing area is selected, the appropriate numeral pennant will be signalled ashore with one sound signal not later than one hour before the scheduled start.

On the water, the racing area may be changed using Flag L on the committee boat, indicating “Follow this boat”.

