

SAILWEEK



LAC ST. LOUIS, QUÉBEC

SAILING INSTRUCTIONS



July 31 to August 7, 2021

1. RULES

- 1.1. The event is governed by the rules as defined in The Racing Rules of Sailing.
- 1.2. If there is a conflict between languages, the English text takes precedence.
- 1.3. The event has been organized in accordance with Federal, Provincial and Local regulations relating to COVID-19.
- 1.4. All competitors must be familiar with the most recent COVID-19 protocols related to sailing.
- 1.5. All competitors are responsible for deciding whether to participate or not, and for compliance with all applicable rules, including all COVID regulations and guidelines. See Addendum – 3.
- 1.6. All boats intending to race “White Sail” shall have a white flag affixed to their backstay.

2. CHANGES TO SAILING INSTRUCTIONS

- 2.1. Changes to sailing instructions will be posted on the Official Notice Board at: gnsracing.com
 - 2.1.1. For weekend races, changes will be posted in accordance to the respective club’s Annual Regatta Sailing Instructions.
 - 2.1.2. For weekday races, changes will be posted in accordance to the GNS Sailing Instructions Series 3 and 4.

3. COMMUNICATION WITH COMPETITORS

- 3.1. Notices to Competitors will be posted on the Official Notice Board.
- 3.2. From the first warning signal until the end of the race, except in an emergency or if abandoning her race, a boat shall not make voice or data transmissions and shall not receive voice or data communication that is not available to all boats.

4. ELIGIBILITY AND ENTRY

- 4.1. The event is open to all boats of the keelboat and centerboard classes.
- 4.2. All boats must have a SLVYRA handicap and must be registered on the SLVYRA website.
- 4.3. Spinnaker or White Sail handicaps will be applied, determined by a boat’s on-water pre-race registry.
- 4.4. Entry in this event is limited to members of recognized clubs and organizations.
- 4.5. Divisions are defined as follows:

Division 1	White Sail - Keelboats having a white-sail T/T handicap of 0.98 or greater
Division 2	Spinnaker – Keelboats with a spinnaker T/T handicap
Division 3	White Sail - Keelboats having a white-sail T/T handicap of less than 0.98
Division 4	Centerboard boats

- 4.6. For weekday races, boats may race in more than one division.
- 4.7. For the clubs’ Annual Regattas, all three races shall be in the same division.

5. CODE OF CONDUCT

5.1. Competitors shall comply with reasonable requests from race officials.

6. SIGNALS MADE ASHORE

6.1. Signals made ashore will be displayed on the flag mast of the host club.

6.2. The host club race committee will communicate these signals to its neighbour clubs by cellphone and VHF Channel 68, so that the same signals can be displayed at each club.

6.3. When flag AP is displayed ashore, "1 minute" is replaced with "not less than 30 minutes" in Race Signals AP.

7. SCHEDULE OF RACES

EVENT	RACE #	DATE	WARNING SIGNAL	HOST CLUB
BYC Annual Regatta	1,2,3	July 31st	11:00	BYC
GNS Series 3 - Race 2	4	August 3rd	18:40	PCYC
GNS Sail Week Wednesday	5	August 4th	18:40	PCYC
GNS Series 4 - Race 2	6	August 5th	18:40	BYC
PCYC Annual Regatta	7,8,9	August 7th	11:00	PCYC

8. CLASS FLAGS

8.1. The class flags are:

DIVISION	FLAG	CLASS
1	Purple	Keelboats having a white-sail T/T handicap of 0.98 or greater
2	Green	Keelboats – racing with a spinnaker handicap
3	White	Keelboats having a white-sail T/T handicap less than 0.98
4	Yellow	Centerboard boats

9. RACING AREA

9.1. The racing area is located approximately 1.5 nautical miles southwest of PCYC.

10. COURSES

10.1. The diagram and table in SI Addendum-1 show the courses.

10.2. No later than the warning signal, the race committee signal vessel may display the Numerical Pennant 2 indicating; boats shall sail the SHORT course.

11. MARKS

11.1. Course marks are three orange and one yellow inflatable tetrahedrons.

11.2. Port end of the starting line is a red ball.

12. THE START

- 12.1. Prior to the first warning signal each boat shall register by sailing past the stern of the Race Committee boat and hailing her sail number and division number.
- 12.2. The starting line is between a staff displaying an orange flag on the race committee boat at the starboard end and the course side of the port-end starting mark.
- 12.3. Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other races.
- 12.4. If any part of a boat's hull is on the course side of the starting line at her starting signal and she is identified, the race committee will attempt to hail her sail number. Failure to hail her number, failure of her to hear such a hail, or the order in which boats are hailed will not be grounds for a request for redress. This changes RRS 62.1(a).
- 12.5. A boat that does not start within 4 minutes after her starting signal will be scored DNS (Did Not Start) without a hearing. This changes RRS A5.1 and A5.2.

13. THE FINISH

- 13.1. The finishing line is between a staff displaying a blue flag on the race committee boat and the course side of the pin end mark.

14. TIME LIMITS

- 14.1. The Finishing Window is 30 minutes
- 14.2. For weekday races, the finishing window is 30 minutes or, 15 minutes after the official sunset time (see SI Addendum 2), whichever occurs first.
- 14.3. The Finishing Window is the time for boats to finish after the first boat in their division sails the course and finishes. Boats failing to finish within the Finishing Window, and not subsequently retiring, penalized or given redress, will be scored Time Limit Expired (TLE) without a hearing. A boat scored TLE shall be scored points for the finishing place one more than the points scored by the last boat that finished within the Finishing Window. This changes RRS 35, A5.1, A5.2 and A10.

15. HEARING REQUEST

- 15.1. Request For Hearing forms are available at: gnsracing.com
- 15.2. Procedures for weekday races, refer to the GNS Series 3 and 4 Sailing Instructions
- 15.3. Procedures for weekend races, refer to the respective club's Annual Regatta Sailing Instructions

16. SCORING

- 16.1. Each division will be scored separately.
- 16.2. Three (3) races are required to be completed to constitute this Sail Week series.
- 16.3. Boats racing in more than one division shall have each division scored as stated in sections 16.4 to 16.9.
- 16.4. When fewer than five (5) races have been completed, a boat's Sail Week result is the total of her race scores.
- 16.5. When five (5) to eight (8) races have been completed, a boat's Sail Week result is the total of her race scores, excluding her worst score
- 16.6. When nine (9) races have been completed, a boat's Sail Week result is the total of her races, excluding her two worst scores.
- 16.7. A boat that came to the starting area but did not start, did not finish, retired after finishing or was disqualified will be scored points equal to one more than the number of boats that came to the starting area. A boat that did not come to the starting area will be scored points equal to two more than the number of boats that came to the starting area. This changes RRS A9.
- 16.8. Rule A5.3 applies.
- 16.9. Competitors serving as Race Committee will be awarded average points for that race, based on their points for all races sailed in the series. These points will qualify as an excludable score.

17. SAFETY REGULATIONS

- 17.1. Single-handed and Centerboard racers shall wear a Personal Flotation Device.
- 17.2. A boat that retires from a race shall notify the race committee at the first reasonable opportunity.
- 17.3. On the water, the race committee intends to monitor VHF radio channel 68.

18. PRIZES

- 18.1. Prizes will be awarded as follows:
 - a) The series must have been completed;
 - b) Boats must have finished at least 3 races in their division;
 - c) 2 or 3 registered boats in a division, only a First place flag will be awarded;
 - d) 4 registered boats in a division, First and Second place flags will be awarded;
 - e) 5 or more registered boats in a division, First, Second and Third place flags will be awarded.

19. RISK STATEMENT

- 19.1. The responsibility for a boat's decision to participate in a race or to continue to race is hers alone. By participating in this event each competitor agrees and acknowledges that sailing is a potentially dangerous activity with inherent risks. These risks include strong winds and rough seas, sudden changes in weather, failure of equipment, boat handling errors, poor seamanship by other boats, loss of balance on an unstable platform and fatigue resulting in increased risk of injury. Inherent in the sport of sailing is the risk of permanent, catastrophic injury or death by drowning, trauma, hypothermia or other causes.

20. INSURANCE

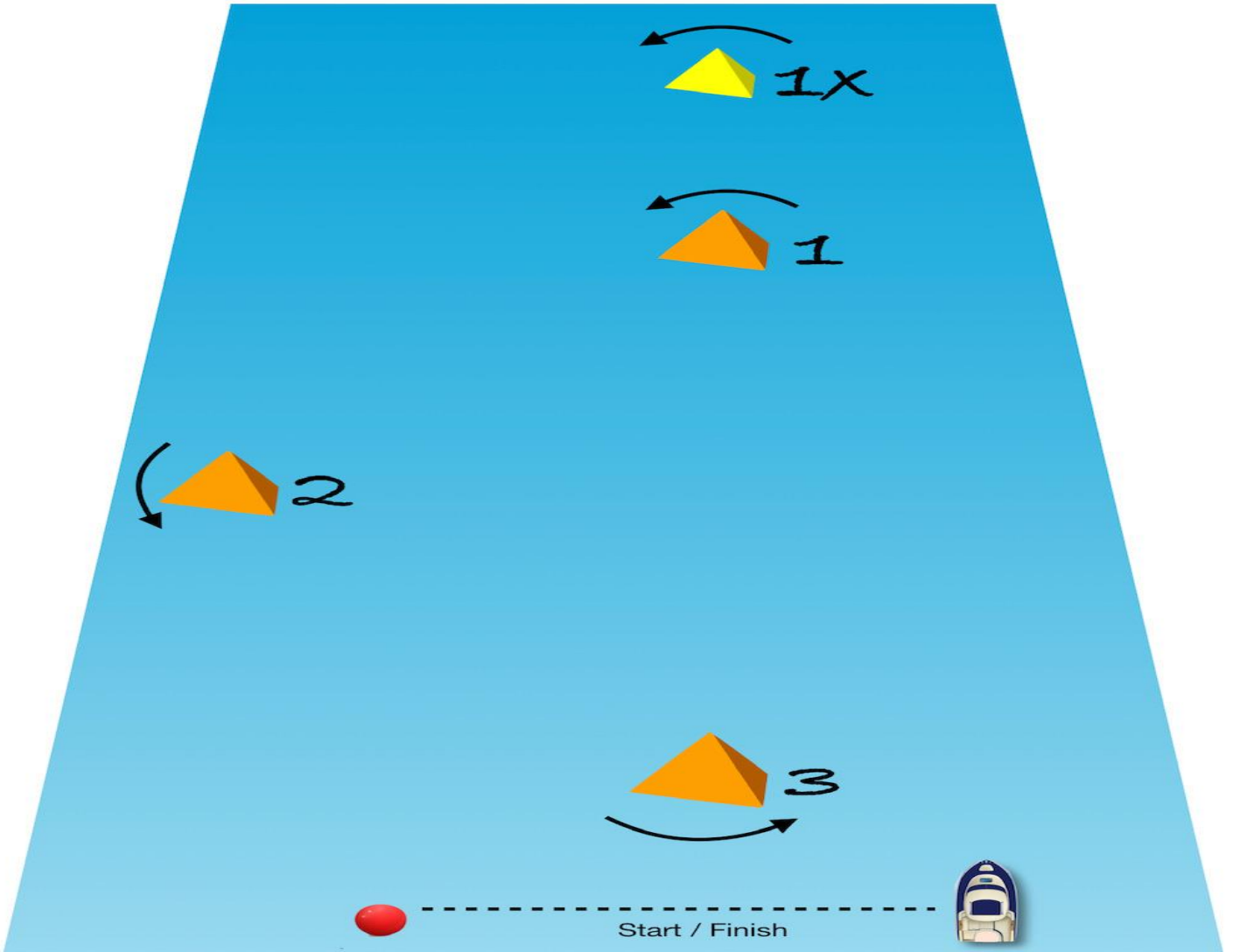
- 20.1. Each participating boat shall be insured with valid third-party liability insurance with a minimum cover of \$1,000,000 CAD per incident or the equivalent.



The success of Sail Week would not be possible without the support of the dedicated volunteers, both on and off the water, committed to running top quality sailing events while providing a fair and safe racing environment for the competing sailors.


ADDENDUM - 1

COURSE DIAGRAM



Marks 1-2-3 are orange

Mark 1X is yellow and located 20% further upwind than Mark 1

NORMAL COURSE		SHORT COURSE 	
		(Numerical 2 pennant displayed by the R/C prior to start)	
DIVISION - 1	Start - 1x - 2 - 3 - 1x - 2 - Finish	DIVISION - 1	Start - 1x - 2 - Finish
DIVISION - 2	Start - 1x - 3 - 1x - Finish	DIVISION - 2	Start - 1x - Finish
DIVISION - 3	Start - 1 - 2 - 3 - 1 - 2 - Finish	DIVISION - 3	Start - 1 - 2 - Finish
DIVISION - 4	Start - 1 - 2 - 3 - 1 - 2 - Finish	DIVISION - 4	Start - 1 - 2 - Finish

ADDENDUM – 2

As per paragraph 14.2 (Time Limits)

DATE	Official Sunset Time + 15 minutes
AUG 3	20h34
AUG 4	20h32
AUG 5	20h31

ADDENDUM – 3

Covid-19 Protocols

The success of a safe racing environment in this Sail Week event relies on the ability of all participants and organizers to rigorously apply FVQ (Fédération de Voile du Québec) health guidelines in the practice of our favourite activity. Caution should be our main focus. The virus and the Delta variant are still out there and it is everyone's responsibility to protect all against it.

- 1- Each club shall not have more than 50 participants gathering on their grounds prior to, or after a race.
 - 2- The main directive for any boat with crew NOT from the same household is to limit the number of crew on board in order to ensure that a physical distancing of 1m is maintained AT ALL TIMES.
 - 3- Close contacts (less than 1m distancing), brief and infrequent are permitted, and the cumulative time of the close contacts must not exceed 15 minutes for the entire day. Mask-wearing is recommended for keelboats during this close contact.
 - 4- Additional considerations:
 - **A mask is not effective when wet or damp and can be dangerous for nautical activities where the risk of falling in the water is present.**
 - Disinfect the boat if last used within 48 hours;
 - Carry out as many of the preparations as possible at the dock, with the least number of crew possible;
 - Allow your crew to board the boat at the last minute and only for the duration of the race;
 - Each crew should use their own equipment as much as possible (ex. Sunscreen, hat, gloves, lifejacket, etc.)
 - Prohibit access to the cabin to anyone who is not from the same household as the owner or primary user;
 - For each race, the owner or primary user shall keep a log of the races, duration, crew on board, and their contact details;
 - When crewing your boat, favour those from the same household;
 - Choreograph your manoeuvres and movement on the boat to reduce the amount of time the 1m physical distance requirement is broken to a minimum;
 - As much as possible, avoid being downwind of another person;
 - Limit the sharing of gear and equipment. Should this occur, have disinfection protocols in place;
 - Stick to the same crew as much as possible, especially if you are planning to participate in several races throughout the season;
 - 5- Boats that do not allow 1m distancing AT ALL TIMES, only single-handed or family bubbles are permitted.
-