

Lough Ree Yacht Club
(Founded 1770)



SUPPLEMENTARY SAILING INSTRUCTIONS
REGATTA FLEET
IODAI OPTIMIST CONNAUGHT CHAMPIONSHIPS
Saturday 16th & Sunday 17th September 2023

Organising Authority: Lough Ree Yacht Club (LRYC) in association with the International Optimist Dinghy Association of Ireland (IODAI)

INTRODUCTION

The basic purpose of the IODAI Regatta Fun Fleet for the Optimist Connaught Championships 2023 is to introduce novice sailors aged between 8-12 years old to racing. The Regatta Fun Fleet provides sailors with an opportunity to gain sailing confidence and experience in a fun and safe environment while receiving basic race coaching at the event. It is not a competitive racing fleet. It is a fleet where sailors can improve their basic sailing skills and be introduced to race sailing. Regatta Fleet sailors are encouraged to move to the Main Fleet after 1/2 seasons participation therein.

1. RULES

- 1.1. The Regatta will be governed by the rules as defined in *The Rules of Sailing 2021-2024* (RRS).
- 1.2. The prescriptions of the Irish Sailing will apply.
- 1.3. IODAI Class Rules will apply

2. ELIGIBILITY REQUIREMENTS

- 2.1 All sailors MUST be able to sail a triangle course competently in medium airs
- 2.2 It is advisable that sailors have participated in club racing prior to joining the Regatta Fleet
- 2.3 The Head Coach may at his/her discretion request a Regatta Fleet sailor to remain ashore or sit in a RIB if he/she deems the sailor not to be capable of sailing in the weather conditions of the day.

- 2.4 In the event of adverse weather conditions, the Regatta Fleet may be cancelled by the Head Coach.
- 2.5 It shall be at the sole discretion of the Head Coach to split the Regatta Fleet into groups to enable more competent sailors to sail in more difficult conditions while less able sailors stay ashore

3. REGISTRATION

- 3.1 Registration will take place online through the IODAI website (www.iodai.com)
- 3.2 Registration is online only, tally collection is as follows:

Date	Time
Friday 15 th September	17:30 to 20:00
Saturday 16 th September	08:30 to 9:30

4. BOAT SAFETY STANDARD

- 4.1 To sail in the Regatta Fleet, competing boats must be Optimist dinghies which comply with the IODAI Safety Check List. The IODAI Safety Check List is accessible under the documents section of IODAI.com
- 4.2 All sailors must be equipped with a properly fitted lifejacket and whistle
- 4.3 All boats must be equipped with a proper mast lock to secure the mast.
- 4.4 Prior to the event, all sailors must sign the on-line event declaration forms available on IODAI.com
- 4.5 If, for any reason, a sailor is found not to comply with the IODAI Safety Check List, they shall not be permitted to launch on the water.
- 4.6 A sailor who has failed to comply with the IODAI Safety Check List shall be allowed to launch once proof of safety compliance can be evidenced.
- 4.7 The tally board shall be located between LRYC slipway and the designated Fleet holding pens.

5. COMMITMENT TO SPORTSMANSHIP

- 5.1 All sailors commit to sportsmanship behaviour on and off the water at all IODAI events.

5.2 If a sailor is deemed to have violated the Sportsmanship behaviour of IODAI, it shall be at the sole discretion of the Head Coach and OA to suspend and/or expel a sailor from the Regatta Fleet.

5.3 The decision to suspend or expel a sailor for a breach may be appealed to the IODAI main committee

6. COACHING

6.1 Where possible, all sailors will receive racing coaching on and off the water prior to the commencement of racing

6.2 Coaching will continue throughout all races.

6.3 Only IODAI and nominated local club coaches shall provide coaching to the fleet.

6.4 No external coaching or support unless prior written authorisation has been obtained from the race officer.

7. SAILORS LUNCH

7.1 Sailors are advised to bring their own lunch each day or order one from the event page on LRYC.ie before 20:00hrs on Thursday 14th and arrange collection.

7.2 The Fleet shall not return to land until the final race has been completed, except in the case of a medical emergency or postponement of sailing by the Head Coach or Race Officer.

8. SAFETY and RIGGING CHECK

8.1 It is the responsibility of all sailors to ensure that their boats are correctly and safely rigged.

8.2 Sailors are encouraged to rig their own boats. Coaches may assist in rigging.

8.3 The Coach assigned to each sailor will perform a final rigging check of their boat.

9. MEDICAL CONDITIONS

9.1 All parents or guardians of sailors must disclose any relevant medical condition the sailor has (in addition to the medical disclosure form) to the Head Coach or coordinator on registration

9.2 If a sailor requires a medical apparatus (inhaler etc.) please ensure that this is given to their group Coach.

10. IDENTIFICATION RIBBONS

10.1 Each sailor shall be provided with a coloured ribbon to identify the group to which they have been assigned.

10.2 Identifying coloured ribbons shall be provided to the sailor by their assigned coach.

10.3 The identifying coloured ribbon shall be split in two, with one ribbon section to be tied to the sailor's life jacket, and the other section to be secured to the top of the sailor's sprit.

11. BRIEFING

11.1 A briefing will be held separately at 10.15 on Saturday the 16th September by the Race Officer and Head Coach on the front lawn outside the Club House of LRYC.

11.2 All sailors must attend the briefing.

11.3 The Race Officer shall attend the initial briefing of the Regatta Fleet to explain the course layout and designated race area to the sailors

11.4 The Race Officer shall display and explain the use of all flags intended to be used in all races.

11.5 The Race Officer shall explain the starting sound sequence to be used in all races.

11.6 A briefing from the Race Officer shall take place at 10.00 on Sunday the 17th September on the front lawn outside the Club House of LRYC.

11.7 A "wet" debriefing will be held for all sailors in the individual pods immediately on coming ashore.

11.8 Notices to competitors shall be posted on the IODAI WhatsApp groups.

12. SOUND SIGNALS

12.1 The Race Officer shall sound 5 short air-horn blasts prior to the commencement of racing as a warning to alert sailors that the race starting sequence is due to commence.

13. FLAGS

13.1 The Regatta Fleet shall use the following flags;

- a. Optimist class flag – O flag
- b. Preparatory flag – P (Blue Peter) flag
- c. First Substitute flag – General Recall flag
- d. X Flag – Individual recall flag

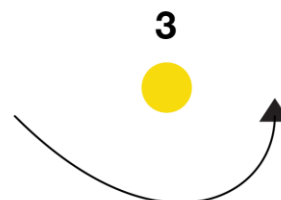
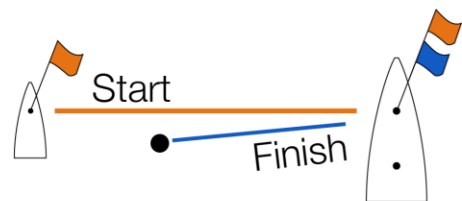
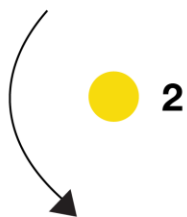
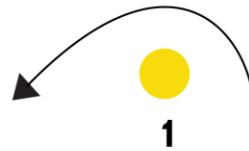
14. RACE COURSE

14.1 The Regatta Fleet course shall consist of a triangle course

14.2 All races shall consist of 1 lap

It is at the discretion of the Race Officer to lengthen any race as he may deem appropriate.

14.3 The following illustrates the layout of the race course;



15. MARKS

15.1. Marks 1, 2 and 3 will be yellow inflatable marks.

15.2. The starting and finishing mark will be a different colour to the above marks.

- 15.3. The Race Officer will advise if there are any changes to the colour of the marks in his briefing.

16. PENALTIES

- 16.1 If a boat is deemed to have violated Rule 31 of the RRS, having touch a course mark while racing, then any coach upon witnessing this violation may instruct the offending boat to complete a penalty of 1 tack and 1 gybe (a 360 turn) in compliance with Rule 44.1 of the RRS.
- 16.2 If a boat is deemed to have violated one or more rules of Part 2 of the RRS while racing (e.g. having collided with a fellow competing boat), then any coach upon witnessing this violation may instruct the offending boat to complete a penalty of 2 tack and 2 gybes (a 720 turn).
- 16.3 A boat shall complete its penalty turn(s) as soon after the incident as possible, making sure to avoid all other boats.

17. PROTESTS

- 17.1. There is a 'no protest' policy in the Regatta Fleet.
- 17.2. The Head Coach is to be immediately notified if any issue arises as to a sailor's conduct on or off the water.
- 17.3. It is at the discretion of the Head Coach and OA to hold an investigatory and/or conciliatory meeting with any or all parties involved in an on or off the water dispute relating to Regatta Fleet sailors.
- 17.4. The Head Coach and the Regatta Fleet Organiser shall be the appropriate decision makers regarding the suspension or expulsion of a sailor from the fleet.

18. SCORING

- 18.1. 4 races shall constitute a series.
- 18.2. When 4 or less races have been completed, a sailor's series score will be the total of their race scores
- 18.3. When 5 or more races have been completed, a sailor's series score will be the total of their races scores excluding their worst score
- 18.4. If 7 or more races have been completed, a sailor's series score will be the total of their races scores excluding their two worst scores
- 18.5. There is no maximum of races to be sailed.
- 18.6. Ideally 3 races will be raced each day
- 18.7. The number of races sailed each day will be decided by the Race Officer and Head Coach

19. PATHFINDER BOAT

- 19.1. The Regatta Fleet may be led around by the race course by a "Pathfinder" boat
- 19.2. The purpose of the Pathfinder boat is to guide the fleet around the race course set.

19.3. This boat shall keep her distance of approximately 8-10 boat lengths from the fleet.

20. RETIRING FROM A RACE

20.1. Where a sailor chooses to or is requested by the Head Coach to retire from a race, where possible, this shall be communicated to the Race Committee Boat at the earliest possible time in order to notify the Race Office of the boat's retirement.

20.2. No boat shall leave the race area without the permission of the Head Coach

21. SUPPORT BOATS

21.1. There is no provision for any support or spectator boats to be permitted for Regatta Fleet as support is provided.

22. PRIZES

22.1. The Regatta Fleet prize giving will be held as soon as possible after the sailors are ashore and the results computed on Sunday the 17th September.

22.2. Prizes for the Regatta Fleet are awarded as follows;

- a. 1st Overall;
- b. 2nd Overall;
- c. 3rd Overall;
- d. Such further prizes as may be awarded.

23. INSURANCE

23.1. The owner of a competing boat shall ensure that they are adequately insured against loss, damage or injury to persons, boats or equipment at all times. Insurance cover must be maintained for all associated racing risks as aforementioned and foreseeable. All owners/competitors who sign the entry and registration form are deemed to have made a declaration that they hold such cover.

23.2. Each participating boat shall be insured with a valid third-party liability insurance with a minimum cover of no less than €3,000,000.

24. DISCLAIMER OF LIABILITY

25.1 Competitors participate in the event entirely at their own risk. No responsibility shall be accepted by IODAI, the OA, any of their directors, officers, members, servants and/or agents, or any sponsor or those officials connected with the event for any such loss or damage however so claimed and of whatever nature in conjunction with or prior to, during, or after the event.