



Optimist National Championships 2022



Regatta Fleet SUPPLEMENTARY SAILING INSTRUCTIONS (SSIs)

1. RULES

- 1.1. These Supplementary Sailing Instructions (SSIs) are to be read in conjunction with the current (latest revision) IODAI Major Event Sailing Instructions (MESIs). If there is a conflict between the Notice of Race or MESI and these SSIs, these SSIs shall prevail.

2. COMMUNICATIONS WITH COMPETITORS

- 2.1. The official notice board is located at: https://www.racingrulesofsailing.org/events/4488/event_links
- 2.2. The race office is located at *the Race Office in the RSGYC (adjacent to the Atrium downstairs)*, Telephone 01 280 1811 email sailing@rsgyc.ie.
- 2.3. On the water, the race committee intends to monitor and communicate on VHF radio channel 77

3. COACHING

- 3.1. Where possible, all sailors will receive racing coaching on and off the water prior to the commencement of racing
- 3.2. Coaching will continue throughout all races.
- 3.3. Only IODAI and nominated local club coaches shall provide coaching to the fleet.

4. SAILORS LUNCH

- 4.1. Sailors are advised to bring their own lunch each day.
- 4.2. The Racing Fleet shall not return to land until the final race has been completed, save in the case of a medical emergency or postponement of sailing by the Head Coach or Race Officer.

5. SAFETY and RIGGING CHECK

- 5.1. It is the responsibility of all sailors to ensure that their boats are correctly and safely rigged.
- 5.2. Sailors are encouraged to rig their own boats. Coaches may assist in rigging.
- 5.3. The Coach assigned to each sailor will perform a final rigging check of their boat.

6. MEDICAL CONDITIONS

- 6.1. 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



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



7. IDENTIFICATION RIBBONS

- 7.1. Each sailor shall be provided with a coloured ribbon to identify the group to which they have been assigned.
- 7.2. Identifying coloured ribbons shall be provided to the sailor by their assigned coach.
- 7.3. 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.

8. BRIEFING

- 8.1. A briefing will be held separately at 10.30 on Thursday the 11th August 2022 by the Race Officer and Head Coach
- 8.2. All sailors must attend the briefing
- 8.3. Parents and guardians may attend this briefing.
- 8.4. The Race Officer shall attend the initial briefing of the Regatta Fleet to explain the course layout and designated race area to the sailors
- 8.5. The Race Officer shall display and explain the use of all flags intended to be used in all races.
- 8.6. The Race Officer shall explain the starting sound sequence to be used in all races.
- 8.7. A "wet" debriefing will be held for all sailors in the individual pods immediately on coming ashore

9. SOUND SIGNALS

- 9.1. 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.

10. FLAGS

- 13.1 The Regatta Racing 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
 - e. W Flag – You are given a finish so return to start area for next race
 - f. AP Flag – Racing is postponed for now

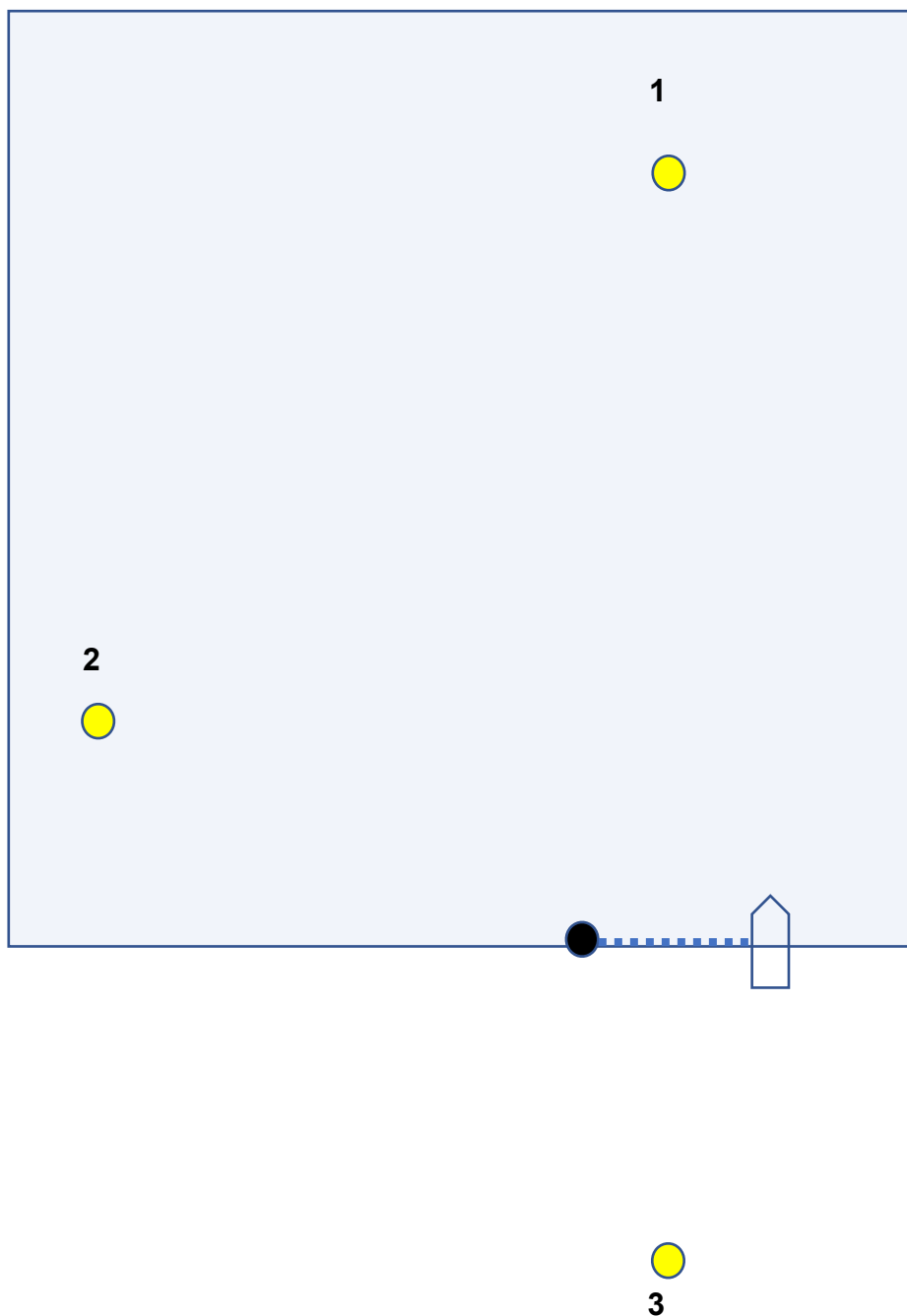
11. RACE COURSE AND RACING AREA

- 11.1. It is intended that racing area will be just outside Dun Laoghaire Harbour.

11.2. The Regatta Racing Fleet course shall consist of a triangle course

11.3. All races shall consist of a number of laps which will be displayed on a board on the committee boat and advised to sailors by their coaches

11.4. The following illustrates the layout of the race course;



12. MARKS

12.1. Marks 1, 2 and 3 will be yellow inflatable marks and should be rounded to port.



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

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

13. THE START AND FINISH

13.1. Races will be started by using rule 26 with the warning signal made 5 minutes before the starting signal.

13.2. The starting line will be between a staff on the committee boat at the starboard end and the port end starting mark.

13.3. The finishing line will be between a staff on the committee boat at the starboard end and the port-end finishing mark (which may also be the starting mark).

14. TIME LIMITS

14.1. When one or more boat has sailed the course and finished, the Race Committee may apply an alternative position recording procedure. If the committee boat is displaying flag W a rescue rib under instruction from the committee boat may notify a boat still racing that she will be scored in a place corresponding to her position on the water. The boat, once notified, shall return to the starting area, if further races are scheduled, or return ashore. The boat will be scored in the place as recorded by the rescue rib. This changes rule RRS 28.1, A4.2.

15. PENALTIES

15.1. 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.

15.2. 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).

15.3. A boat shall complete its penalty turn(s) as soon after the incident as possible, making sure to avoid all other boats.

16. PROTESTS

16.1. Protest hearing request forms are available online.

16.2. The protest time limit is 60 minutes after the last boat has finished the last race of the day or the race committee signals no more racing today, whichever is the later.

16.3. Notices will be posted no later than 30 minutes after the protest time limit to inform competitors of hearings in which they are parties or named as witnesses.



16.4. Notices of protests by the race committee, technical committee or protest committee will be posted to inform boats under RRS 61.1(b).



16.5. The Head Coach is to be immediately notified if any issue arises as to a sailor's conduct on or off the water.

16.6. 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.

16.7. 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.

17. SCORING

17.1. 4 races shall constitute a series.

17.2. When 4 or less races have been completed, a sailor's series score will be the total of their race scores

17.3. When 5 or more races have been completed, a sailor's series score will be the total of their race scores excluding their worst score

17.4. If 7 or more races have been completed, a sailor's series score will be the total of their race scores excluding their two worst scores

17.5. If 12 or more races have been completed, a sailor's series score will be the total of their race scores excluding their three worst scores

17.6. There is no maximum of races to be sailed.

17.7. Ideally 3 races will be raced each day

17.8. The number of races sailed each day will be decided by the Race Officer and Head Coach

18. PATHFINDER BOAT

18.1. The Regatta Racing Fleet may be led around by the race course by a "Pathfinder" boat

18.2. The purpose of the Pathfinder boat is to guide the fleet around the race course set.

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

19. RETIRING FROM A RACE

19.1. 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.

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



20. PRIZES

20.1 The Regatta Fleet prize giving will be held as soon as possible after the sailors are ashore and the results computed on Sunday the 14th August 2022.

- 20.2. Prizes for the Regatta Fleet will be outlined in the prizes list document on IODAI.com results page.
- 20.3. Any sailor originally entered into the Bronze main fleet will not be eligible for Regatta Fleet prizes.

21. OBSTRUCTIONS/RESTRICTIONS

- 21.1. Cruise ship tenders have the right of way to and from the harbour and should not be obstructed.
- 21.2. In the event of frequent Cruise ship tender operations the race committee may place a safe water/holding mark within the harbour area which all boats shall sail or be towed to. They shall then follow further instructions from a safety boat positioned at this mark. This mark will be described in appendix C Safe Water/Holding Mark When Cruise Ship Tenders are in Operation This Mark will be a **Large Green Inflatable** (Ronan Please Confirm)

