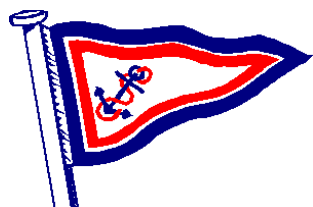
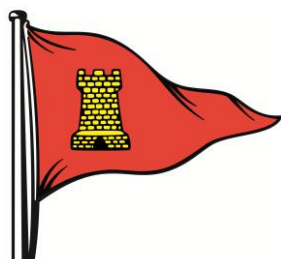


CIVIL SERVICE SAILING ASSOCIATION Inter Departmental Offshore Regatta



Hosted by the Island Sailing Club, Cowes
7th to 12th June 2015



SAILING INSTRUCTIONS

1 RULES

- 1.1 The regatta will be governed by the rules as defined in the Racing Rules of Sailing (RRS) 2013 – 2016, and the Fairview Oceanis 37 class rules.
- 1.2 In case of conflict, the Sailing Instructions (SI) shall prevail. This changes RRS 63.7.

2 NOTICES TO COMPETITORS

- 2.1 Notices to competitors will be posted on the official Notice Board located in the Lower Marquee at the Island Sailing Club (ISC) and, where possible, on the ISC Website at www.islandsc.org.uk/racingdocuments.aspx

3 CHANGES TO SAILING INSTRUCTIONS

- 3.1 Any change to the Sailing Instructions will be posted on the official Notice Board at the ISC by 08:30 each day.
- 3.2 The organisers reserve the right to reschedule races, start times, and to revert from a published Committee Boat start to a Club Line start should weather or tidal conditions dictate. Races will retain their published number if conducted out of published order.
- 3.3 Changes to races will be indicated by displaying code flag “L” together with the numeral pennant denoting the latest amendment, and may be announced by the Race Officer over VHF as described in SI 5.9. It is the competitors’ responsibility to obtain this information.

4 SCHEDULE OF RACES

Date	Details	Warning Signal	Time Limit	HW*	LW*
Sun 7th June	Banana Wharf, Port Hamble, for briefing (1700 hrs) and Fairview handover (1900 hrs). Optional BBQ at RAFYC (2000 hrs)	-	-	0304 1549	0829
Mon 8th June	Rutherford Appleton Laboratory (RAL) Trophy - Race 1 ISC Club Line Start and Finish.	1415	3 hrs	0359 1649	0919 2150
	ISC Skippers Briefing at 1800 hrs. Optional ISC hot buffet supper from 1900 hrs.	-	-		
Tues 9th June	RAL Trophy - Race 2 ISC Club Line Start and Finish.	0655	12 hrs	0502 1750	1017 2256
Wed 10th June	City of Plymouth (COP) Trophy - Race 1 ISC Committee Boat Start and Finish	0955	2 hrs	0608 1853	1130
	COP Trophy - Race 2 ISC Committee Boat Start and Finish	ASAP after CoP race 2	2 hrs		
	COP Trophy - Race 3 ISC Committee Boat Start and Finish	ASAP after CoP race 3	2 hrs		
	Pairs Pontoon Party, Cowes Yacht Haven	-	-		
Thurs 11th June	RAL Trophy - Race 3 ISC Club Line Start and Finish.	0955	8 hrs	0714 1956	0014 1247
	COP Trophy - Race 4 (if time allows) ISC Club Line Start and Finish	ASAP after RA race 3	2 hrs		
	RCYC for Regatta Dinner at 1900 hrs	-	-		
Fri 12th June	Passage Race (Self finishing) ISC Club Line Start and self finish	0955	-	0817 1353	0125 1353

* Tide times are for Portsmouth and are given as BST.

5 SIGNALS

5.1 When code flag 'Y' is flown lifejackets must be worn. Safety equipment and adequate personal flotation devices for crewmembers shall be carried in the yacht at all times.

5.2 The sail plan may be limited (SI 5.3), at the discretion of the Race Officer, for the following races:

- Rutherford Appleton Laboratory Trophy Race 1;
- All City of Plymouth Trophy Races;
- Passage Race.

5.3 The sail plan flags are as follows:

- If no sail plan flags are flown - full main, headsail and spinnaker are allowed.
- If international code flag U (uniform) is flown - no spinnakers.
- If international numeral pennant 1 is flown – at least 1 reef in mainsail.
- If international numeral pennant 2 is flown – at least 2 reefs in mainsail.
- If international numeral pennant 3 is flown – at least 3 reefs in mainsail.

5.4 Flags may be used in combination.

5.5 If flags are used they will be flown prior to the warning signal and may be relayed by VHF (SI 5.9).

5.6 The penalty for not complying with one of the above rules will be disqualification from all races sailed in which the rule is broken.

5.7 SIGNALS MADE ASHORE

5.7.1 Signals will be displayed on the ISC roof top flagstaff.

5.7.2 The course will be displayed in the frame on the ISC Clubhouse roof next to the Race Box (SI Appendix A1).

5.7.3 The course may be announced on VHF Channel 37A (M) before and/or after the warning signal.

5.8 SIGNALS MADE AFLOAT

5.8.1 Signals will be displayed on the ISC Committee Boat flagstaff.

5.8.2 The course will be displayed in the frame on the ISC Committee Boat (SI Appendix A3).

5.8.3 The course may be announced on VHF Channel 72 before and/or after the warning signal.

5.9 VHF COMMUNICATIONS

5.9.1 VHF communications may be made to competitors on VHF Channel 37A (M) from the ISC Club Line and on VHF Channel 72 from the ISC Committee Boat. The ISC call sign is "Island Race Control".

5.9.2 Failure to receive information by VHF radio will not be grounds for redress as per RRS 90.2(c).

6 RACING AREA

6.1 The Solent, Isle of Wight (including south of the IOW), Hayling Bay & Christchurch Bay.

7 THE COURSES

7.1 A course will consist of a series of marks to include fixed navigation marks, fixed racing marks and moveable inflatable marks (SI 8).

7.2 Refer to SI Appendix A, SI 5.7 and SI 5.8 for course display information.

8 MARKS

- 8.1 Marks used will be fixed navigation buoys and racing marks chosen from the "Course Marks and Symbols" list which is available to download from www.islandsc.org.uk/racingdocuments.aspx
- 8.2 City of Plymouth Trophy races 1, 2 and 3 may also use inflatable marks. Their position may be described on VHF before and/or after the warning signal (SI 5.9).

9 PROHIBITIONS

- 9.1 Boats, whether racing, preparing to race, or those that have finished racing, and in whatever direction they are sailing, shall remain outside the Cowes Harbour Breakwater Exclusion Zone. The Cowes Harbour Breakwater Exclusion Zone will rank as an obstruction for the purposes of RRS 19 and 20. This zone is shown in the Cowes Harbour Commission Local Notice to Mariners (LNTM) available via links on the ISC webpage: <http://www.islandsc.org.uk/racingdocuments.aspx>
- 9.2 Boats must not anchor or kedge within the area between Stone Point and Gurnard Bay as indicated on Admiralty Small Craft Chart 5600.2 and the Central Solent Chart available on ISC website (<http://www.islandsc.org.uk/racingdocuments.aspx>). Gas and water pipes, telephone cables and very high tension electricity cables (135kV) lie on the surface of the seabed.
- 9.3 Boats, in whatever direction they are racing, shall not pass to the north of:
- Horse Sand Fort
 - The obstructions on the row of iron piles off Durns Point, east of Lymington
- 9.4 The 'Moving Prohibited Zone' referred to in Associated British Ports Byelaw 11 (<http://www.islandsc.org.uk/racingdocuments.aspx>) shall rank as an obstruction to boats racing. Boat may listen to VTS Southampton on VHF Channel 12 for large vessel movement announcements. The ISC Race Committee may disqualify without hearing a yacht that infringes this instruction except that the offending yacht shall be entitled to a hearing on request. This changes RRS rules 18 and 19.

10 THE START

- 10.1 The start lines are described in SI Appendix A.
- 10.2 Races will be started in accordance with RRS 26 with the warning signal made 5 minutes before the starting signal. The starting procedure will be:
- 5 Minute warning flag (International Code Flag 'T')
 - 4 minute (International Code Flag 'P' - The Preparatory Signal)
 - 1 minute
 - Go
- 10.3 A boat starting later than 30 minutes after her start shall be scored DNS.
- 10.4 **INDIVIDUAL RECALLS**
- 10.4.1 The sail number of recalled boats may be broadcast on VHF (SI 5.9). Failure to receive such broadcast shall not be ground for redress.
- 10.5 **GENERAL RECALL**
- 10.5.1 As per RRS 29.2, a new warning signal will be made one minute after the First Substitute Flag is lowered.

11 THE FINISH

- 11.1 The finish lines are described in SI Appendix A.
- 11.2 Boats shall keep well clear of the finishing line after finishing.

12 PENALTY SYSTEM

- 12.1 A boat that is On Course Side (OCS) in any of the Rutherford Appleton Laboratory Trophy races will be scored with a time penalty of 5% of the boat's elapsed time, rounded to the nearest second, unless the Race Committee decides that she has gained a significant advantage, in which case she shall be scored as OCS. This changes RRS A4.2.

13 TIME LIMITS

- 13.1 The time limits for each race are shown in the table in SI 4.
- 13.2 For City of Plymouth Trophy races, boats finishing after the stated time limit or 30 minutes after the first boat to finish, whichever is longest, will be scored DNF. This changes RRS 35.
- 13.3 For Rutherford Appleton Laboratory Trophy Races, boats finishing after the stated time limit or 60 minutes after the first boat to finish, whichever is longest, will be scored DNF (with the exception of races 2 and 3 if shortened - see SI 14). This changes RRS 35.

14 SHORTENING AFTER THE START

14.1 RUTHEROFRD APPLETON LABORATORY (RAL) TROPHY RACES 2 AND 3

- 14.1.1 For RAL Trophy races 2 and 3, all boats are required to record their 'race time', and (if possible) the sail number of the boat ahead and astern, when the course rounding mark that is furthest East bears 270° Magnetic, furthest South bears 0° Magnetic, furthest West bears 90° Magnetic, and furthest North bears 180° Magnetic. Depending on the course set, a rounding mark may have multiple race times recorded.
- 14.1.2 If practical, the Race Officer may announce the decision to shorten the course on VHF Channel 37A (M). This changes RRS 32.1 and RRS 32.2. Alternatively, the Race Officer may retrospectively shorten the course if no boat finishes within the stated time limit (SI 4). This changes RRS 32.2 and RRS 35.
- 14.1.3 The shortened course finish line will be one of the 'race time' rounding marks (see SI 14.1.1). The time limit will be 60 minutes after the first boat to finish the shortened course. Boats must submit their 'race times' to the race committee (by VHF or by phoning 01983 249436) within the stated race time limit (SI 4) or they will be scored DNS. This changes RRS 35.

15 PROTESTS AND REQUESTS FOR REDRESS

- 15.1 Protests shall be lodged at the Race Office at the ISC. The Protest time limit is 120 minutes after the last boat has finished the last race of the day. Boats intending to protest must inform the race committee by VHF or, for shoreline race days only, by phone 01983 249436.
- 15.2 The time and place of any hearing will be displayed on the official notice board. It is the responsibility of both the protestor and protestee to establish the time and place of the hearing in conjunction with the ISC.
- 15.3 Where possible Protest hearings will normally take place on the day of the race.

16 SCORING

- 16.1 Scoring will follow the Low Points System as described in RRS 2013 – 2016 and RRS A4.2 will be used.
- 16.2 This system is amended in the Sailing Instructions for Rutherford Appleton Laboratory Trophy races 2 and 3 which carry double points. For any trophies that allow a race discard (see NoR) only half of the points awarded for Rutherford Appleton Laboratory Trophy races 2 and 3 are eligible to be discarded.
- 16.3 Discards relate to specific trophies and are described in the NoR (section 11). This changes RRS A2.
- 16.4 Ties will be broken by the procedures laid out at RRS A8.1 and RRS A8.2.

17 PRIZES

- 17.1 All trophies and prizes will be presented at the regatta dinner except for the Eric Seal Trophy which will be awarded at the Civil Service Sailing Association AGM (time and place to be announced).
- 17.2 Trophies are listed in the NoR.

18 SAFETY REGULATIONS

- 18.1 Yachts retiring shall report retirement to the ISC Race Control at the earliest opportunity, either by VHF Radio on the relevant channel (SI 5.9.1) or by telephone to 01983 249436 (Race Box) or 01983 249 431 (ISC Office) 0900 – 1700hrs
- 18.2 In accordance with RRS 42.3(i) yachts may use their engine to keep clear of ships provided they don't gain a significant advantage in the race. The decision to use the engine should be announced as soon as possible over VHF and may be acknowledged by the ISC Race Control.

19 ADDITIONAL INFORMATION

- 19.1 The following additional information is available for download from the ISC website <http://www.islandsc.org.uk/racingdocuments.aspx>
- Racing Charts ('Central Solent' and 'East and West')
 - Course Marks and Symbols
 - Marks of the Solent (listed alphabetical and by zones)
 - Cowes Harbour Commissioners: Local Notices to Mariners (LNTM)
 - Southampton Harbour: Local Notices to Mariners (LNTM) and Moving Prohibited Zone
- 19.2 The following additional information is available for download from the IDOR website <http://www.idor.org.uk/downloads/>
- IDOR Notice of Race
 - IDOR Entry Form
 - IDOR Social Form (and Regatta Dinner Menu)
 - IDOR Risk Assessment
 - Fairview Oceanis 37 Class Rules

20 RISK STATEMENT

- 20.1 Rule 4 of the Racing Rules of Sailing states: "The responsibility for a boat's decision to participate in a race or to continue racing is hers alone".
- 20.2 The skippers of participating yachts must ensure that their crew are made aware of Risk Statement clauses as published in the NoR.

Appendix A

A1. ISC CLUB LINE START

The Starting Line will be the extension of a line through the two Club Flagstuffs, each bearing an orange panel with a black cross.

The Outer Distance Mark (ODM) is the yellow Trinity House mooring buoy (which may not lie on the transit).

An Inner Distance Mark (IDM) will not be laid.

The course is indicated by letters, numbers or symbols that read from left to right, top to bottom:

- ORANGE or RED letters, numbers or symbols indicate the mark shall be left to PORT;
- YELLOW or GREEN letters, numbers or symbols indicate the mark shall be left to STARBOARD;
- When 2 or 3 diamonds are shown, the sequence displayed before the diamonds shall be sailed 2 or 3 times respectively; then continued to any mark(s) shown after the diamonds.

A2. ISC CLUB LINE FINISH

The ISC Club finishing line is a line between the rear ISC Club Flagstaff and “Trinity House mooring buoy”. This is not the same as the ISC Club starting line.

A3. ISC COMMITTEE VESSEL STARTING LINE

The initial position of the ISC Committee Boat (for the first race of the day on Wednesday) will be indicated on the ISC clubhouse course board (nearest mark) between 0900 and 0945. If no letter board indication is shown then the ISC Club Line (SI Appendix A1) will be used instead. Radio broadcasts will also be made at intervals on VHF 37A (M).

The starting line is between a staff or halyard bearing an orange flag on the committee boat and an Outer Distance Mark (ODM) which is the nearby navigation, racing or inflated mark.

The course will be displayed in the frame on the ISC committee boat using letters, numbers and symbols that read from left to right, top to bottom.

- ORANGE or RED letters, numbers or symbols indicate the mark shall be left to PORT.
- YELLOW or GREEN letters, numbers or symbols indicate the mark shall be left to STARBOARD.

A4. ISC COMMITTEE VESSEL FINISH LINE

The finishing line is between the staff or halyard displaying an orange flag on the main committee boat and the ODM which is the nearby navigation, racing or inflated mark.

A5. PASSAGE RACE FINISH LINE

For the (Friday) Passage Race, boats are asked to note their own finish times and, if possible, the sail number of the boats ahead and astern when Stormforce Coaching (4C) bears 90° Magnetic.