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Sailors Mentorship And Race Training



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SMART *Classes*

Aug. 6th
Aug. 13th
Aug. 27th
Sept 3rd





Aug 6th 1800 – 1930 Before you Race and Race Procedure

Rod McKenna – Regional / Club Race Officer

Rod will discuss what is needed before leaving the marina or the beach, covering things like insurance, race entries, followed by the Race Management Procedures so that you understand all those start signals.

Aug 13th 1800 - 1930 Approaching the Start Line / Sail Trimming

Brendon Jukes – Experienced One Design and OTB Sailor

Brendon will give you an overview of what to be aware of when approaching the start line. He will also discuss sail trimming and how to get the best out of your rig.

**Aug 27th****1800 - 1930****Boating Safety / Safety Audits****Andrew Poulton – Experienced Ocean Racer / One Design and OTB Racer**

Andrew will advise you about things you need to be aware of when racing and making sure your boats and crews are ready for what may come up when racing. Also covering requirements for Safety Audits and how to go about preparing and submitting Safety Declarations.

Sept 3th**1800 - 2000****Understand Basic Rules / Mark Rounding****Paul Pascoe – International Juror**

Paul will split this session into two parts:

1: Basic sailing rules and how they need to be applied to racing.

(directed at the novice racer).

2: Overview of rule changes for the RYC 2025-2028 Rule Book.

(directed at the experienced racer).



This session is aimed at sailors who have never raced or consider themselves novice racers.

Agenda

- What you Need to do to Race
- Boat and Team Building
- Types of Races
- Flags and Start Sequences



- **What you Need to do to Race**

- **Get Your Boat Prepared**

- Does your insurance cover any mishaps.
- Lighten your load, remove excess cruising gear.
- Make sure you know how to get in and out of the pen, ask for assistance.



- **What you Need to do to Race**

- **Get Yourself Prepared**

- What sort of timeline:
 - Enter a few days before.
 - Get a weather forecast to decide if it is suitable for your skill level.
 - Study Notice of Race & Sailing Instructions.
 - Sign on the boat at least the day before race start.
 - Sign on the crew at least an hour before race start time.



- **Boat and Team Building**

- Arrange your crew, perhaps with mentor.
- Safety briefing with crew, safety equipment etc.
- Make sure that they have the right clothing for the conditions.
- Strongly recommend always wearing a life jacket.
- Brief your crew before you leave the dock so that everyone knows what to do.



- **Finding Information about Races**

- Access to Sailing Hub.
 - RBYC Calendar
 - RBYC Notice to Competitors.
 - Weather Links



- **Finding Information about Races**

- **NOR – Notice of Race**

- The Notice of Race is published by the Organising Authority and refers to the rules that govern the particular event / race.
 - The Notice of Race may change a class rule under conditions.

- **SI's – Sailing Instructions**

- The Sailing Instructions are rules.
 - Special Regulations that apply will be stated.
 - Schedule of Races.
 - Class Flags.
 - Race Time Limits and Finishing Windows.
 - Course instructions and layout.
 - How to Lodge Protests.



- **Types of Races**

Tower Races

Fleet Starts

Pursuit Starts

Centre Course Races (Boat to Boat)

Windward /Leeward Races

Centre Course Races (Boat to Tower)

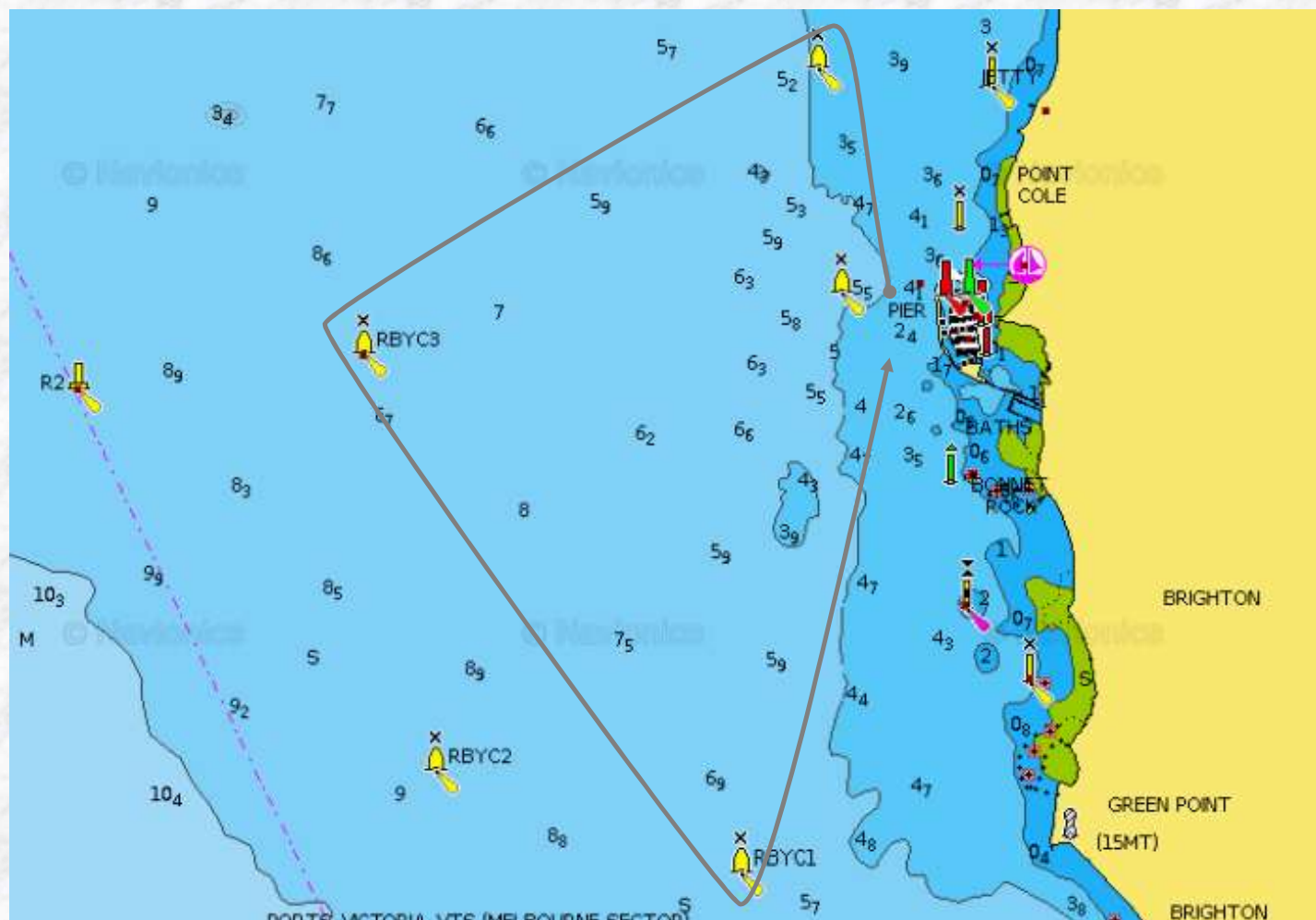
Passage Races



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- Tower Races





• Tower Races

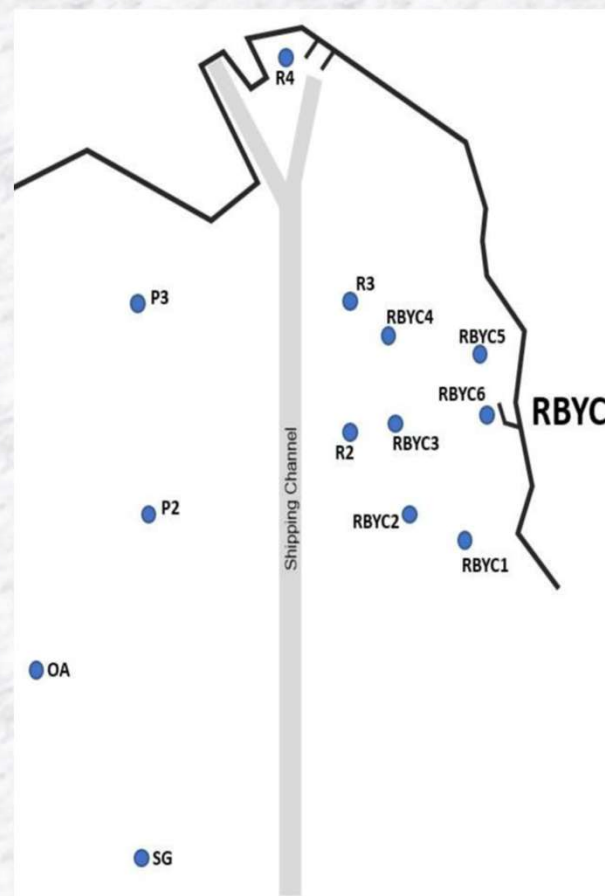
APPENDIX C Tower Courses

ALL COURSES & NUMBERS HAVE CHANGED !

Tower Start and Tower Finish. All courses use Fixed Marks except Westerly courses which have an additional laid **Pink** mark approx. 0.4Nm to the south of RBYC 6.

Abbreviations(Sth = South, Nth=North, Stbd=Starboard)

Num	Wind	Nm	Start Dir'n	Leave Marks to	Tower Course
1	E	6	Nth	Port	Start - 5 - R2 - 1 - Finish
2	E	8	Nth	Port	Start - 5 - 3 - 5 - 3 - 1 - Finish
3	E	10	Nth	Port	Start - 5 - 4 - 3 - 6 - 5 - 4 - 3 - 1 - Finish
4	E	9	Nth	Port	Start - 5 - 4 - 6 - 5 - 4 - 3 - 1 - Finish
5	NE	7	Nth	Port	Start - 5 - R3 - 2 - Finish
6	NE	9	Sth	Port	Start - 2 - 6 - 3 - 2 - 6 - 2 - Finish
7	NE	11	Sth	Port	Start - 2 - 6 - 2 - 6 - 2 - 6 - 2 - Finish
8	N	4	Nth	Port	Start - 5 - 6 - 1 - Finish
9	N	5	Nth	Port	Start - 5 - 3 - 1 - Finish
10	N	6	Nth	Port	Start - 5 - 4 - 1 - Finish
11	N	7	Nth	Port	Start - 5 - 4 - R2 - 1 - Finish
12	N	7	Nth	Port	Start - 5 - R3 - R2 - 2 - 1 - Finish
13	N	8	Nth	Port	Start - 5 - 4 - 3 - 4 - 3 - 1 - Finish
14	N	9	Nth	Port	Start - 5 - 3 - 1 - 6 - 5 - 6 - 1 - Finish

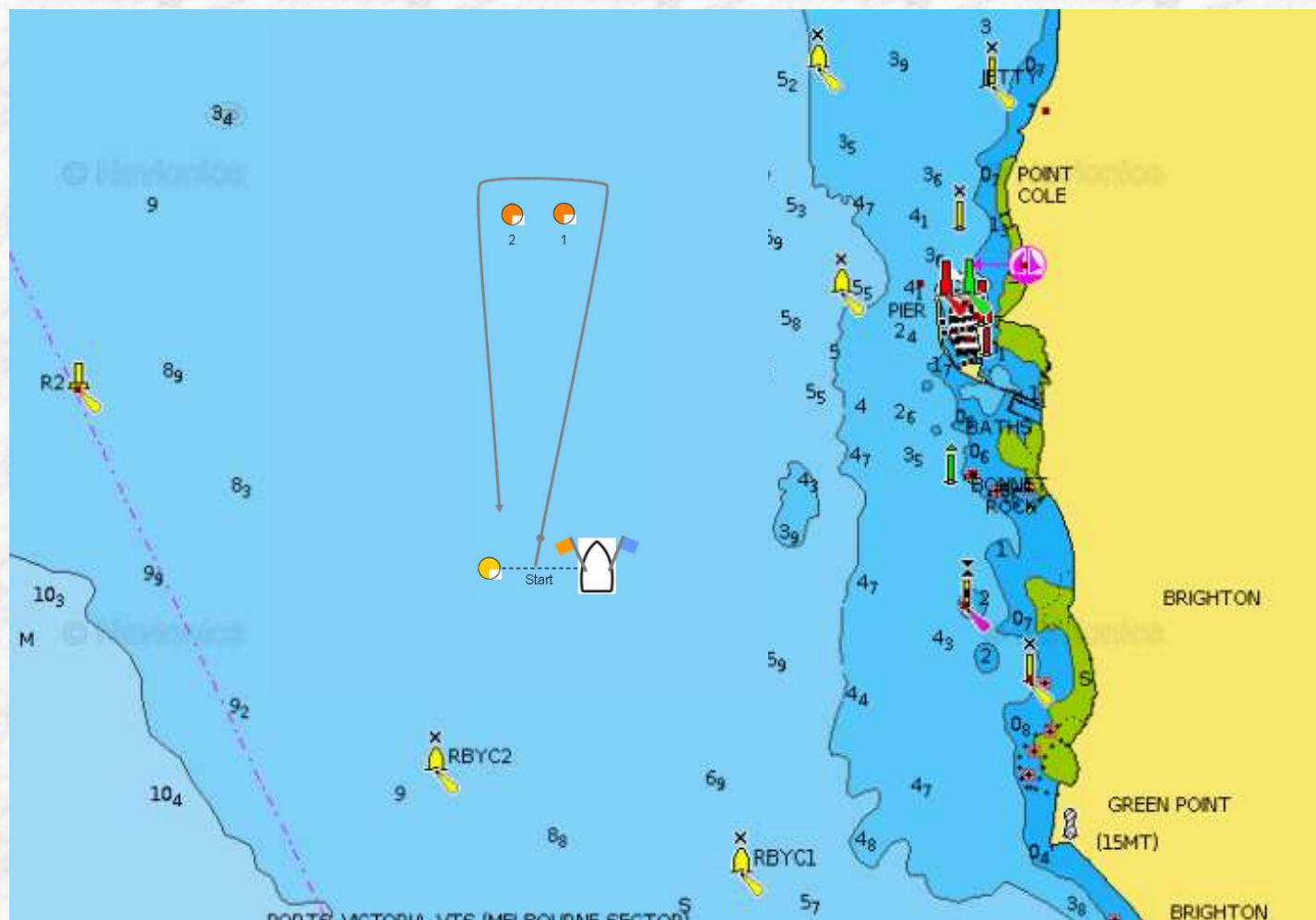




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- Centre Course Races (Boat to Boat)





• Centre Course Races (Boat to Boat)

Etchells, Dragons, VX One

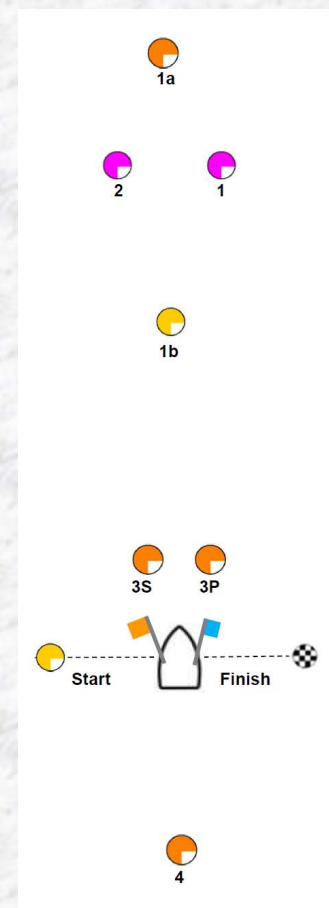
Course	Course to be sailed
1	Start – 1 - 2 - Finish
2	Start – 1 - 2 - 3p/s – 1 - 2 - Finish
3	Start – 1 - 2 - 3p/s – 1 - 2 - 3p/s – 1 - 2 - Finish

2.4mR

Course	Course to be sailed
1	Start – 1b – Finish
2	Start – 1b - 3p/s – 1b - Finish
3	Start – 1b - 3p/s – 1b - 3p/s – 1b - Finish

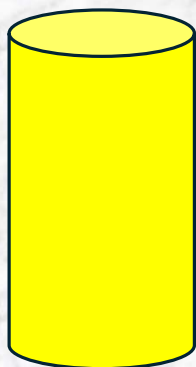
All Other Keelboats

Course	Course to be sailed
1	Start – 1a – Finish
2	Start – 1a - 4 – 1a - Finish
3	Start – 1a - 4 – 1a - 4 – 1a - Finish

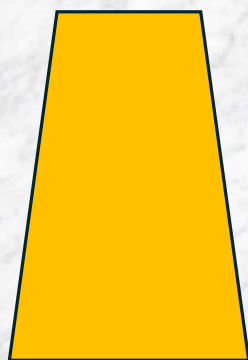




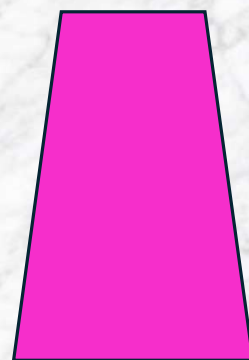
- **Common Laid Marks**



Start Mark



Leeward
Gate Mark



Weather &
Hitch Marks



Finish Mark



- **Flags and Start Sequences**





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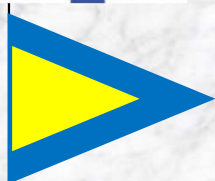
Start Line



Finish Line



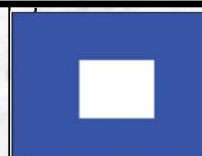
Recalls



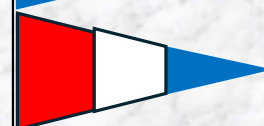
Class Flags



Prep Flags



AP / Course Flags





class

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10 Minutes before the start



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Start Line



5 Minutes before the start

Class Flags



Course Flag





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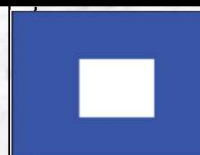


4 Minutes before the start

Class Flags



Prep Flags



Course Flag





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Start Line



1 Minutes before the start

Class Flags



Course Flag





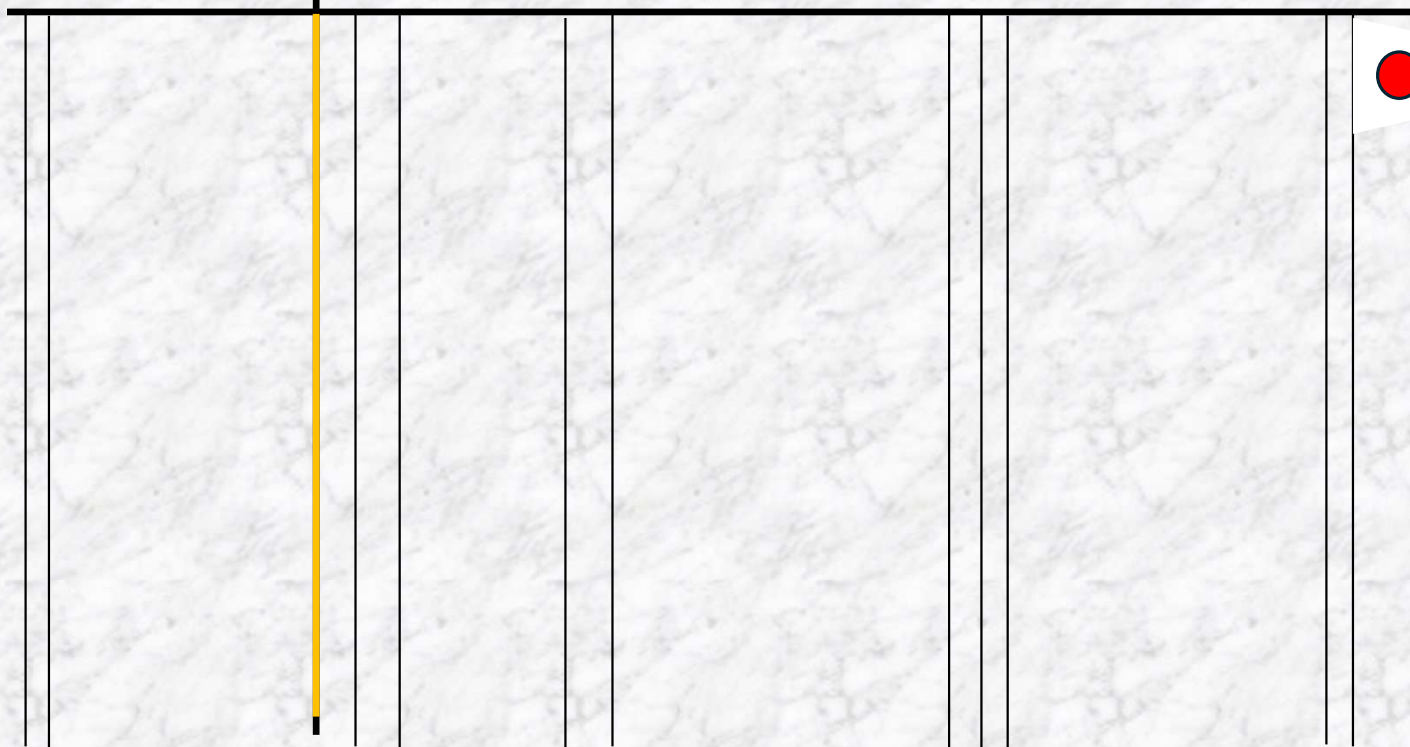
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Start Line



At the start





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Start Line



Recall



If one or two people are over the line
They must come back and restart
Everyone else keeps sailing





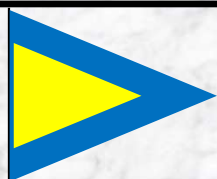
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Start Line



Recall



Lots of people were over
Everyone come back and we will try again





Start Line



If the start is delayed





Race Signals

The meaning of visual and sound signals are stated in the following slides.

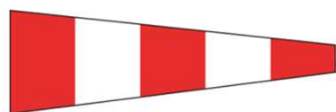
An arrow pointing up or down means that a visual signal is displayed or removed.

A dot means a sound may be heard in conjunction with the visual signal.

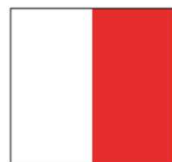
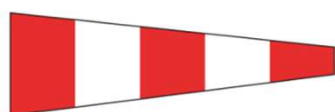
Five short dashes mean repetitive sound.

A long dash means a long sound signal.

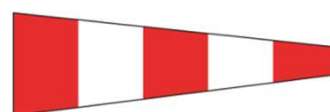
Postponement Signals



AP Races not started are postponed. The warning signal will be made 1 minute after removal unless at that time the race is postponed again or abandoned.



AP over H Races not started are postponed. Further signals ashore.



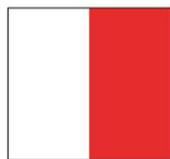
AP over A Races not started are postponed. No more racing today.



Abandonment Signals



N All races in progress are abandoned. Return to the starting area. The warning signal will be made 1 minute after removal unless at that time the race is abandoned again or postponed.

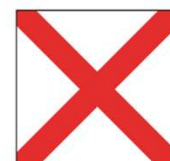


N over H All races in progress are abandoned. Further signals asho



N over A All races in progress are abandoned. No more racing today.

Safety

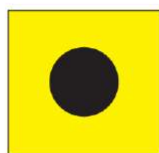


V Monitor communication channel for safety instructions (see rule [37](#)).

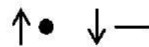
Preparatory Signals



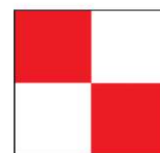
P Preparatory signal.



I [Rule 30.1](#)



Z [Rule 30.2](#)



U [Rule 30.3](#) is in effect.



Black flag. [Rule 30.4](#) is in effect.



Recall Signals

↑ •

X Individual recall.

↑ • • ↓ •

First Substitute General recall.
The warning signal will be made 1 minute after removal.

Shortened Course

↑ • •

S The course has been shortened. [Rule 32.2](#) is in effect.

Changing the Next Leg

C The position of the next *mark* has been changed:

to starboard;

to port;

to decrease the length of the leg;

to increase the length of the leg.

Other Signals

↑ •

L Ashore: A notice to competitors has been posted.
Afloat: Come within hail or follow this vessel.

M The object displaying this signal replaces a missing [mark](#).

↑ •

Y Wear a personal flotation device (see rule [40](#)).

(no sound)

Orange flag. The staff displaying this flag is one end of the starting line.

(no sound)

Blue flag. The staff displaying this flag is one end of the finishing line.



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Thank You

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