



# 2023 CORK Optimist Team Racing Event

[CORK/Sail Kingston](#)

August 3, 2022

Portsmouth Olympic Harbour

Kingston, Ontario, Canada

## Sailing Instructions

### 1 RULES

- 1.1 The regatta will be governed by the rules as defined in The Racing Rules of Sailing including Appendix D, Team Racing Rules.
- 1.2 The Cork/ Sail Kingston Support Team Regulations as shown in Addendum 1 apply.

### 2 NOTICES TO COMPETITORS

- 2.1 Notices to competitors will be posted on the online official notice board located at: <https://www.racingrulesofsailing.org/documents/5887/event?>

### 3 CHANGES TO THE SAILING INSTRUCTIONS

- 3.1 Any change to the sailing instructions will be posted on the online official notice board.
- 3.2 On the water, sailing instructions may be changed orally by the Race Committee and/or the Umpires before the warning signal, when flag L is displayed. It is the responsibility of each team to obtain any oral instructions given. Such changes will also be communicated to the coaches on VHF 10.
- 3.3 Changes to the format of racing and the publication of the schedule of subsequent races made on the water will be announced as described in SI 3.2.

### 4 SIGNALS MADE ASHORE

- 4.1 Signals made ashore will be displayed from the flagpole located at the NE corner of the main POH building.
- 4.2 When flag L is displayed ashore over a numeral pennant, the numeral pennant indicates the number of the notice to competitors that is posted. This changes race signal L.
- 4.3 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 30 minutes' in the RRS Race Signals AP.
- 4.4 [DP][NP] Boats shall NOT launch until flag D is displayed with one sound. The warning signal will be made not less than 30 minutes after flag D is displayed.

### 5 SCHEDULE

Date	Time	Event
Wednesday August 2	1300	Teams' draw and Racing Grid Published
Thursday August 3	0800 – 0900	Competitor and Coach Registration and check-in at POH (CORK registration desk)
	0900	Coaches meeting
	1100	Warning signal of the first race.

### 6 CLASS FLAGS

- 6.1 The Class flag will be an Optimist logo on a solid background.

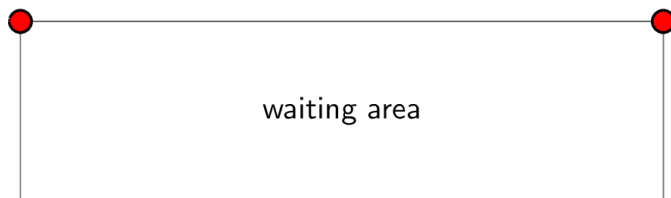
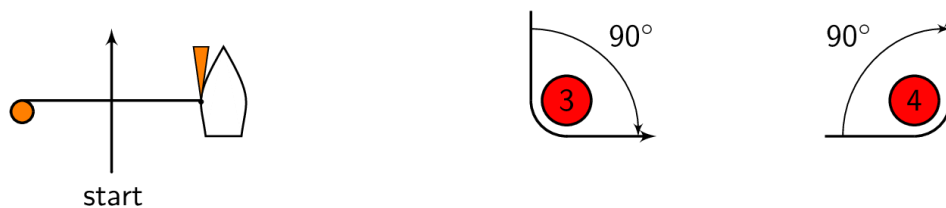
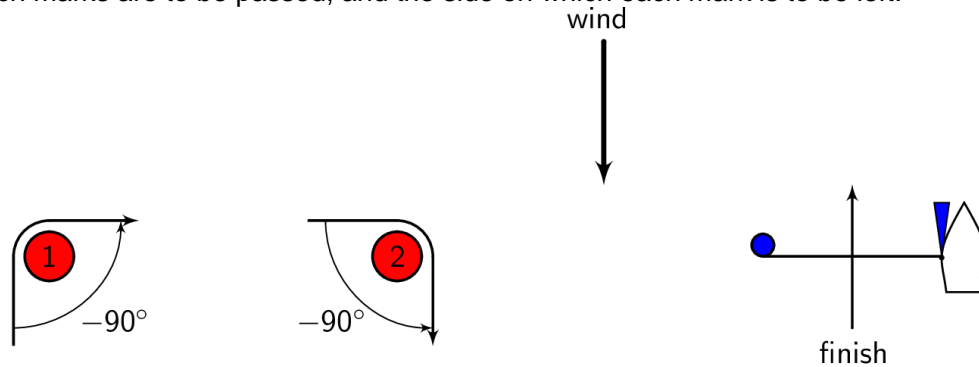
### 7 TEAMS' DRAW AND IDENTIFICATION

- 7.1 The teams' draw and racing grid will be posted by August 3, 1300.

- 7.2 Boats must be displaying a coloured streamer on their boom between the mast and vang attachment.
- 7.3 The team streamers must be acquired for the whole team for all team members from the Organizing Authority for a \$50 refundable deposit. Each boat will have two streamers, Yellow for the home team and Blue for the away team. The home team is listed on bottom in the team racing grid and on the right side on the signal boat board. Boats must display the colour accordingly the grid. Additional VHF announcements may be made.

**8 COURSES**

- 8.1 The racing area will be south of Portsmouth Olympic Harbour
- 8.2 The diagram below shows the course, including the approximate angles between legs, the order in which marks are to be passed, and the side on which each mark is to be left.



**The course to sail: Start-1-2-3-4-Finish**

- 8.3 Courses will not be shorted. This changes RRS 32.
- 8.4 The Race Committee may move marks of the course. RRS 33 will not apply. The moving of a mark by the Race Committee will not be grounds for a boat to request redress. This changes RRS 60.1(b).

## 9 MARKS

<b>Starting</b>	A race committee vessel or spar buoy
<b>Rounding marks</b>	Yellow Inflatable
<b>Waiting area windward boundary marks</b>	Red Inflatable
<b>Finish</b>	Spar buoy

## 10 THE START

- 10.1 The starting line will be between a staff displaying an orange flag on the signal vessel and the staff displaying an orange flag on the starting mark.
- 10.2 [DP] [NP] Boats whose warning signal has not been made shall wait in the waiting area.
- 10.3 The race number and competing team identification letters will be posted on the signal boat before the warning signal. When the race number is displayed in this way, it overrides all prior communications, schedules, or instructions. The Race Committee may at any time remove a particular race from the published sequence and run it at a later time or not at all.
- 10.4 RRS 26 is modified to change the starting sequence as follows:

<b>Signal</b>	<b>Minutes before the start</b>	<b>Sound Signal</b>	<b>Visual Signal</b>
Warning	3	One	Class flag displayed
Preparatory	2	One	"P" flag displayed
One-minute	1	One-long	"P" flag removed
Starting	0	One	Class flag removed

- 10.5 When an individual recall is made, flag X will be displayed for up to 1 minute. This changes RRS 29.1
- 10.6 The race committee will attempt to call the sail numbers of OCS boats. Failure to hail a boat, the order of sail numbers called, to hear a hail will not be grounds for a request for redress. This changes RRS 60.1(b) and 62.1(a).
- 10.7 A boat starting later than 2 minutes after her starting signal will be scored Did Not Start (DNS) without a hearing. This changes rules A5.1 and A5.2.

## 11 TIME LIMITS

- 11.1 The Mark 1 Time Limit, Target Time, Race Time Limit, and the Finishing Window are shown in the table below:

<b>Mark 1 Time Limit</b>	<b>Race Time Limit</b>	<b>Finishing Window</b>	<b>Target time</b>
10 minutes	20 minutes	3 minutes	6 minutes

- 11.2 Failure to meet the Target Time will not be grounds for redress. This changes RRS 62.1(a).
- 11.3 The Finishing Window is the time for boats to finish after the first boat sails the course and finishes. Boats failing to finish within the Finishing Window, and not subsequently retiring, penalized or given redress, will be scored Did Not Finish (DNF) without a hearing.
- 11.4 If no boat has passed the first mark within the Mark 1 Time Limit, the race will be abandoned.

## 12 PROTEST AND REQUESTS FOR REDRESS

- 12.1 For protests and requests for redress other than protests under a rule listed in rule D2.2, competitors shall inform an umpire or the Race Committee at the first reasonable opportunity upon finishing. The umpires will, when appropriate, hear protests and requests for redress while afloat.
- 12.2 The protest time limit for competitors is two minutes after finishing and for the Race Committee or Jury it is 60 minutes after the last boat finishes the last race of the day.
- 12.3 A hearing may be declined if it is not relevant to progress to the next round. This changes RRS 63.1.
- 12.4 When a hearing ashore is necessary, the schedule will be published no later than 30 minutes after the end of the protest time limit.
- 12.5 In addition to instructions marked [NP], breaches of class rules will not be grounds for a protest by a boat. This changes RRS 60.1(a). Penalties for these breaches will be at the discretion of the jury.

## 13 UMPIRING AND FLAGS

- 13.1 The event will be umpired in accordance with Appendix D as modified by these sailing instructions.
- 13.2 The required red protest flag shall be attached to the competitor, clothing or PFD, and be capable of being displayed at arm's length. To signal a protest, the flag shall be displayed from a concealed position to a position where it is easily visible to the protested boat and umpires.

**14 COMMUNICATIONS**

14.1 The race committee will be operating on VHF channel 10.

**15 RACE OFFICE**

15.1 The race office is off the lobby of the POH building.

**16 SAFETY REGULATIONS**

16.1 [NP] When flag V over flag H is displayed with one sound signal all boats shall return promptly and directly to the harbour. Further signals ashore. This changes RRS 37

16.2 RRS 37 is changed so that it applies when flag V or flag V over flag H is displayed with one sound.

16.3 [NP][DP] All competitors shall Check-out at the Race Office prior to leaving the harbor.

16.4 [NP][DP] All boats shall return directly to the harbour and shall Check-in after completing their last race of the day.

16.5 [DP] [NP] A boat that retires from a race shall notify the race committee as soon as possible.

16.6 Competitors who require assistance should wave one arm with hand open. If no assistance is required, the arm should be waved with fist closed.

16.7 [NP] [DP] Competitors and support persons shall comply with reasonable requests from regatta officials.

**17 [DP] REPLACEMENT EQUIPMENT**

17.1 In the event of damage, boats and equipment may only be substituted with the permission of the race committee, except as in SI 17.2. Equipment Substitution application is available on the online Official Notice Board.

17.2 If the damage occurs less than 2 hours before the first scheduled start on a racing day, and before the start of the last race of the day, provisional verbal permission shall be obtained from the race committee before using the equipment in a race and online equipment replacement permission shall be requested before the end of the protest time limit at the end of the day in which the substitution takes place.

**18 SCORING**

18.1 RRS D4 is deleted and replaced by:

Each team will race at least two times. Teams having lost two times are eliminated from the competition and may return ashore. The two remaining teams will race the SAIL OFF. This is a set of three races after which the winner of two of them becomes the winner of the championship.

18.2 If the team racing event is unable to be completed, the following will apply to define first, second and third places overall, taking in account the race at which the event is not completed:

INCOMPLETE AT RACE	FIRST	SECOND	THIRD
Before R23	Event not valid		
After R23 - before R27	W23	(A) 18.3 applies to Flight D remaining teams without consider R23.	
After R27 - before R28	W23	(B) 18.3 applies to Flight E teams without consider R27.	
After R28 - before R29	W23	(C) 18.3 applies to W28 and W29.	
After R29 - before R30	W23	W29	L29
After R30 without complete SAIL OFF	W30	L30	L29

18.3 As per 18.2, when applicable in cases (A), (B), or (C), to define second and third places, the following will apply:

- (i) The total of races won when the teams met (Only for (C));
- (ii) The total points scored in all races against common opponents;
- (iii) The order in which they entered the Team Racing event.

**19 [DP][NP]SUPPORT PERSONS**

- 19.1 The race course has a waiting area, described and illustrated shown on the course diagrams.
- 19.2 Support personnel shall stay to leeward of the waiting area boundary marks from the time of the preparatory signal for the first start until all boats have finished or retired or the race is postponed or abandoned.
- 19.3 At the request of the race committee, coach boats may enter the racing area to offer or provide outside assistance to a boat.

**20 OFFICIAL VESSELS**

20.1 Official vessels will be marked as follows:

<b>Safety/patrol</b>	A yellow flag with a centered vertical red stripe
<b>Jury / Umpires</b>	A code flag J
<b>Media</b>	A flag with the letter "M" on contrasting background

20.2 Failure of an official vessel to display an identifying flag will not be grounds for redress under RRS 60.1(b).

**21 [DP][NP] HARBOUR AND SITE REGULATIONS**

- 21.1 All boats shall be launched and hauled out as directed by the organizing authority.
- 21.2 At the sole discretion of the organizing authority, dollies and trailers with protrusions may be prohibited from the launch area.
- 21.3 No boat, except those in assigned mooring areas, shall be left unattended in the water.
- 21.4 Automobiles and other vehicles must be parked only in accordance with Portsmouth Olympic Harbour, the City of Kingston and the organizing authority's posted signage.



**CORK / SAIL KINGSTON**

**SUPPORT TEAM REGULATIONS**

## 1. General

- 1.1. These regulations apply to all Support Persons (RRS Definitions "*Support Persons*").
- 1.2. These regulations shall apply at all times while support persons are at the venue or in the areas of Lake Ontario south of Kingston while training or competing with their teams.
- 1.3. Support personnel and support boat drivers are responsible for the control of their boat at all times. They will be held responsible for any inappropriate behaviour, dangerous actions or improper practices, or actions affecting the fairness or safety of competition. Support boats shall take particular care to minimize their wake when transiting any course areas.
- 1.4. Support persons shall comply with reasonable directions or requests of a Race Official.
- 1.5. The protest committee may call a hearing based upon information received from any source to consider whether a support person has broken a rule. As a result of the hearing the protest may take action under RRS 64.5
- 1.6. Support personnel shall not leave any device, piece of equipment, buoy, marker or similar item permanently in the water. Temporary use of floating objects is allowed for current measurement. These objects shall be removed as soon as the measurement has been taken.
- 1.7. Support boats shall accept reasonable trash/refuse from competitors, to facilitate competitors' compliance with Rule 47.
- 1.8. Support Persons may be requested to support athletes that do not have a support person.

## 2. Changes to these Regulations

- 2.1. The organizing authority may change these regulations at any time. Any changes will be posted on the official notice board by 0900 on the day the changes will take effect.

## 3. Registration

- 3.1. Support boats and designated drivers shall register at the CORK Regatta Office before leaving the venue by water for the first time and complete online registration through CORK's Registration System.
- 3.2. The organizing authority may, at its discretion, refuse to register support boats it does not deem to be suitable. Suitable boats are generally open boats more than 4.0m and less than 7.5m in length, and having minimal or no superstructure, i.e., cabin, coach house, bridge, etc.
- 3.3. Support boats shall be marked at all times while afloat with, depending upon the specific event, either:
  - 3.3.1. The applicable national sail letters (RRS G1.1) clearly displayed on both sides of the boat or engine in contrasting colours, with a minimum height of 200mm. Letters will not be provided by the Organizing Authority;

- 3.3.2. A support boat number flag supplied by CORK. They shall be mounted so as to be visible by other vessels. Flags are to be returned to the CORK office at the end of the event.

## 4. Support boat requirements

- 4.1. Each boat shall verbally confirm that they have met the following requirements at the time of registration:
  - 4.1.1. Each support boat shall be insured with valid third-party liability insurance with a minimum coverage of \$1,000,000 CAD (or equivalent) per incident.
  - 4.1.2. Each support boat shall have readably available:
    - 4.1.2.1. a VHF radio capable of transmitting and receiving on Ship-to-Ship International channels;
    - 4.1.2.2. a floating tow rope (minimum 15m long and 10mm thick);
    - 4.1.2.3. a first-aid kit
    - 4.1.2.4. a knife, suitable for cutting the rigging or sails used on the class of vessel supported
- 4.2. The organizing authority may request to inspect a support boat at any time to ensure that they meet these requirements. The person responsible for the boat shall facilitate such inspection.

## 5. Canadian boating laws

- 5.1. Support persons are advised that federal, provincial and local laws specify required safety equipment. These laws are enforced by federal, provincial and local agencies and violations may result in required court appearances and fines. Required equipment may include: PFDs for all passengers, bailers, paddles, anchors, buoyant heaving lines, sound signaling devices, fire extinguishers, compass, charts, navigation lights, flares, etc. Details are specified in the (Canada) Safe Boating Guide, available at:  
<http://www.tc.gc.ca/media/documents/marinesafety/TP-511e.pdf>
- 5.2. Canadian law also requires:
  - 5.2.1. Persons driving a pleasure boat in Canada to have a motorboat driving license appropriate for their country of residence,
  - 5.2.2. Anyone using a VHF radio to have a maritime radio operator's certificate appropriate for their country of residence.

## 6. Portsmouth Olympic Harbour Venue

- 6.1. Support boats shall use the designated ramps for launching. Once launched, trailers shall be moved immediately to the trailer park or as otherwise directed by the organizing authority.
- 6.2. When not in use, support boats shall be appropriately berthed at the sailing venue in the allocated areas for support boats for the time that these Support Team Regulations apply (see Appendix A). Larger support boats may need to request and pay for a slip from the Marina.
- 6.3. Support boats shall give priority to competitor boats when launching or retrieving.
- 6.4. Support boats shall comply with local harbour and marina regulations, including speed limits and wake restrictions.

## 7. Safety

- 7.1. Team leaders are responsible for knowing who is afloat and ensuring their safe return to the venue.
- 7.2. If the support boat is equipped with a kill switch device, when the support boat engine is running drivers shall be connected to this device (e.g. "kill cord") that will stop the engine if the boat driver falls out of the boat or steps away from the engine controls.

## 8. Drones

- 8.1. The use of drones is prohibited unless specific permission is requested and granted by the CORK Office. It should be noted that the venue and sailing areas are close to an airport, and permits from Transport Canada will also be required.

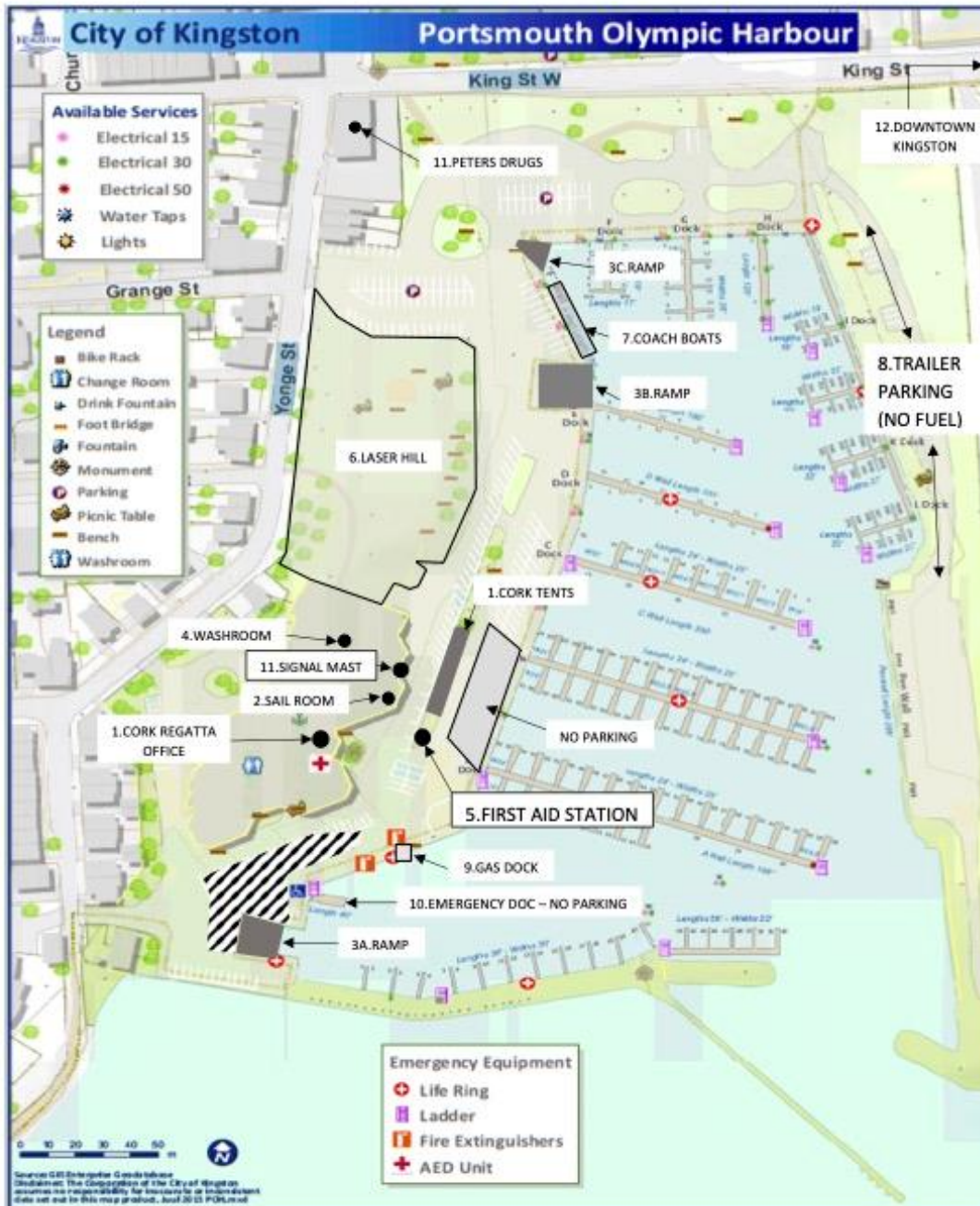
## 9. Restricted Areas and Movement

- 9.1. Support boats shall stay outside areas where boats are racing and shall not be:
  - 9.1.1. closer than 50m to any boat racing;
  - 9.1.2. within 50m to leeward of the starting line or within 50m of its marks from the time of the preparatory signal until all boats have left the starting area; however, when the Race Committee signals a postponement or abandonment, and until the next preparatory signal, support boats may enter the area to leeward of the start line and its extensions to service their athletes but shall restrict their speed to 5 knots;
  - 9.1.3. between any boat racing and the next mark of the course;
  - 9.1.4. between the inner and outer trapezoid courses when boats are racing on both courses;
  - 9.1.5. within 50m of any mark of the course while boats are in the vicinity of that mark;
  - 9.1.6. within 50m of the finishing line and marks while boats are finishing.
- 9.2. Support boats should proceed around the racing area in such a way to minimize the effect their wash will have on boats racing and on race committee vessels. Boats that are motoring above five knots shall remain at least 150m from any boat racing and race committee vessels.



Appendix A: Venue Map showing Launch Ramps and Support Boat mooring Areas

CORK: POH Venue Site Map 2023



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