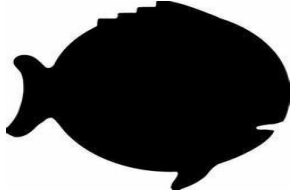


UNITED STATES SUNFISH CLASS ASSOCIATION



2022 SUNFISH WOMEN'S NORTH AMERICAN CHAMPIONSHIP

Sailing Instructions

September 23-25, 2022
Lake Bluff Yacht Club
Sunrise Beach, Lake Bluff, IL USA

Organizing Authority Lake Bluff Yacht Club - Endorsed by United States Sunfish Class Association

1 RULES

- 1.1 The regatta will be governed by the rules as defined in *The Racing Rules of Sailing* (RRS).
- 1.2 The Rules and By-Laws of the International Sunfish Class Association Rules will apply.
- 1.3 In RRS 44.2 insert after the first sentence: however, if mark 1a is set, a boat may delay taking a penalty for an incident in the zone around mark 1 or on the leg between mark 1 and mark 1a, until she passes mark 1a. This changes RRS 44.2.
- 1.4 The US Sailing prescriptions will apply except the prescriptions to RRS 63.1 and 63.2.

2. CHANGES TO THE SAILING INSTRUCTIONS

- 2.1. Changes to the sailing instructions (SIs) will be posted on the Official Notice Board Online (ONBO) before 0900 on the day it will take effect, except that any change to the schedule of races will be posted no later than 1800 on the day before it will take effect.
- 2.2. Oral changes to the SIs may be given on the water in accordance with RRS 90.2 (c). When the L flag is raised with one sound on the Race Committee Signal Vessel (RCSV). All competitors must come by the stern of the committee boat on starboard and acknowledge the change.

3 COMMUNICATIONS WITH COMPETITORS

- 3.1 Notices to competitors will be posted on the [ONBO](#) .

- 3.2 The race office is located in the shelter immediately to the South Gate of the yacht club compound.
- 3.3 On the water the race committee intends to monitor and communicate with any support boats on VHF radio channel 69.

4 CODE OF CONDUCT

- 4.1 **[DP] [NP] [SP]** Competitors and support persons shall comply with reasonable requests from race officials.

5 SIGNALS MADE ASHORE

- 5.1 Signals made ashore will be displayed on a flagpole situated near the South Gate of the yacht club compound.
- 5.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 30 minutes' in Race Signals.

6 SCHEDULE OF RACES

Friday, September 23		
1000 – 1700	Check-In	
1400	Practice Race	
1800	Dinner	
 Saturday, September 24		
0800 – 0900	Breakfasts and bagged lunches available	
0800 -- 0900	Check-In	
0930	Competitor's Meeting	
1030	First Warning	
1800	Lobster boil on the beach	
 Sunday, September 25		
0800 – 0900	Breakfasts and bagged lunches available	
0930	First Warning	
1400	No warning signal will be made after 1400, except as a consequence of a General Recall. Awards Ceremony as soon as possible after racing.	

7 CLASS FLAG

- 7.1 The class flag is a white flag with a red Sunfish emblem.

8 RACING AREA

- 8.1 The racing area will be on Lake Michigan off the Lake Bluff Beach as detailed in SI Attachment A.

9 THE COURSE

- 9.1 The diagram in Addendum B to the Notice of Race (NOR) 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.
- 9.2 No later than the warning signal, the race committee signal vessel will display on a placard the course to be sailed.

10 MARKS

- 10.1 Mark 1, 2s, 2p will be orange tetrahedrons.
- 10.2 Mark 1a will be a red buoy.
- 10.3 The new mark, as provided in 12.1 will be a round yellow inflatable mark.
- 10.4 The starting marks will be a race committee vessel displaying an orange flag and a red

- buoy.
- 10.5 The finishing mark will be a race committee vessel displaying a blue flag and a port-end red buoy with a white stripe.

11 THE START

- 11.1 The starting line is between a staff displaying an orange flag on the signal vessel at the starboard-end and the course side of the port-end starting mark.
- 11.2 If any part of a boat's hull is on the course side of the starting line at her starting signal and she is identified, the race committee will attempt to hail her sail number. Failure to hail her number, failure to hear such a hail, or the order in which boats are hailed will not be grounds for redress. This changes RRS 62.1 (a).
- 11.3 A boat that does not start within 5 minutes after her starting signal will be scored Did Not Start without a hearing. This changes RRS A5.1 and A5.2.
- 11.4 For unofficial information only, the race committee will attempt to post the sail numbers of boats being given a starting penalty, from the then current race, on a board on the signal boat. An error or omission in these postings will not be grounds for redress. This changes RRS 62.1(a).

12 CHANGE OF THE NEXT LEG

- 12.1 To change the next leg of the course the race committee will lay a new mark (or move the finishing line) and remove the original mark as soon as practicable.
- 12.2 In event of a mark 1 change to a new mark, there will not be an offset mark 1a at the new mark.
- 12.3 The race committee may, without signal, move a mark to change the direction up to 10 degrees or 10% of the previous length provided that no boat is sailing to the mark. This changes RRS 33.

13 THE FINISH

- 13.1 The finishing line is between a staff displaying a blue flag on the signal boat and a port-end finishing mark.

14 SCORING

- 14.1 When fewer than (6) races have been completed, a boat's series score will be the total of her race scores. This changes RRS A2.1.
- 14.2 When (6) or more races have been completed, a boat's series score will be the total of her race scores excluding her worst race. This changes RRS A2.1.
- 14.3 Failure to meet the target time will not be grounds for redress. This changes RRS 62.1(a).

Mark 1 Time Limit	Race Time Limit	Finishing Window	Target Time
20	60	20	40-45

15 SAFETY REGULATIONS

- 15.1 [DP] While on the water, each competitor is required to wear either a USCG-approved Personal Flotation Device or a flotation device that complies with the regulations of their own country at all times, except for brief periods while adding or removing clothing. The device shall be in good condition and must be 100% dependent on foam for flotation. This changes the preamble to Part 4 and RRS 40.
- 15.2 A boat that retires from a race shall notify the race committee as soon as possible, or if not possible, notify the organizing authority immediately upon reaching shore.

- 15.3 **[DP]** Prior to the warning signal for the first race of each day in which it intends to compete, each boat shall check in by sailing on starboard tack past the stern of the race committee signal vessel and hailing her sail number. Acknowledgement from the race committee shall be obtained.

16 RISK STATEMENT

- 16.1 Competitors participate in the event entirely at their own risk. See RRS 3, Decision to Race. Competitors acknowledge that sailing involves potential risks. As a condition of their participation in this regatta, competitors release all claims they may have against Lake Bluff Yacht Club and its officers, directors, members, committees, employees and race officials for damage to property, personal injury or death sustained in conjunction with or prior to, during or after the regatta. Competitors shall be responsible for damage or injury caused by their breach of The Racing Rules of Sailing or applicable governmental rules for the avoidance of collision.
- 16.2 Sailing is by its nature an unpredictable sport and therefore inherently involves an element of risk. By taking part in the event, each competitor and the responsible adult agree and acknowledges that:
- a) They are aware of the inherent element of risk involved in the sport and accept responsibility for the exposure of themselves and their boat to such inherent risk whilst taking part in the event;
 - b) They are responsible for the safety of themselves, their boat and their other property whether afloat or ashore;
 - c) They accept responsibility for any injury, damage or loss to the extent caused by their own actions or omission;
 - d) Their boat is in good order, equipped to sail in the event and they are fit to participate; if they are chartering a boat for the event, they have thoroughly inspected such boat and deemed it seaworthy for this event;
 - e) The provision of a race management team, patrol boats and other officials and volunteers by the event organizer does not relieve them of their own responsibilities; and
 - f) The provision of patrol boat cover is limited to such assistance, particularly in extreme weather conditions, as can be practically provided in the circumstances.

17 FURTHER INFORMATION

Regatta OA and Event Chairs:

Gretchen Seymour, (312) 208-2820, gretchenseymour@me.com

Rich Chapman, (847) 651-2112, sail59541@comcast.net

USSCA Women's Coordinator:

Gail Heausler, (813) 758-8484, heauslerg@gmail.com

Principal Race Officer:

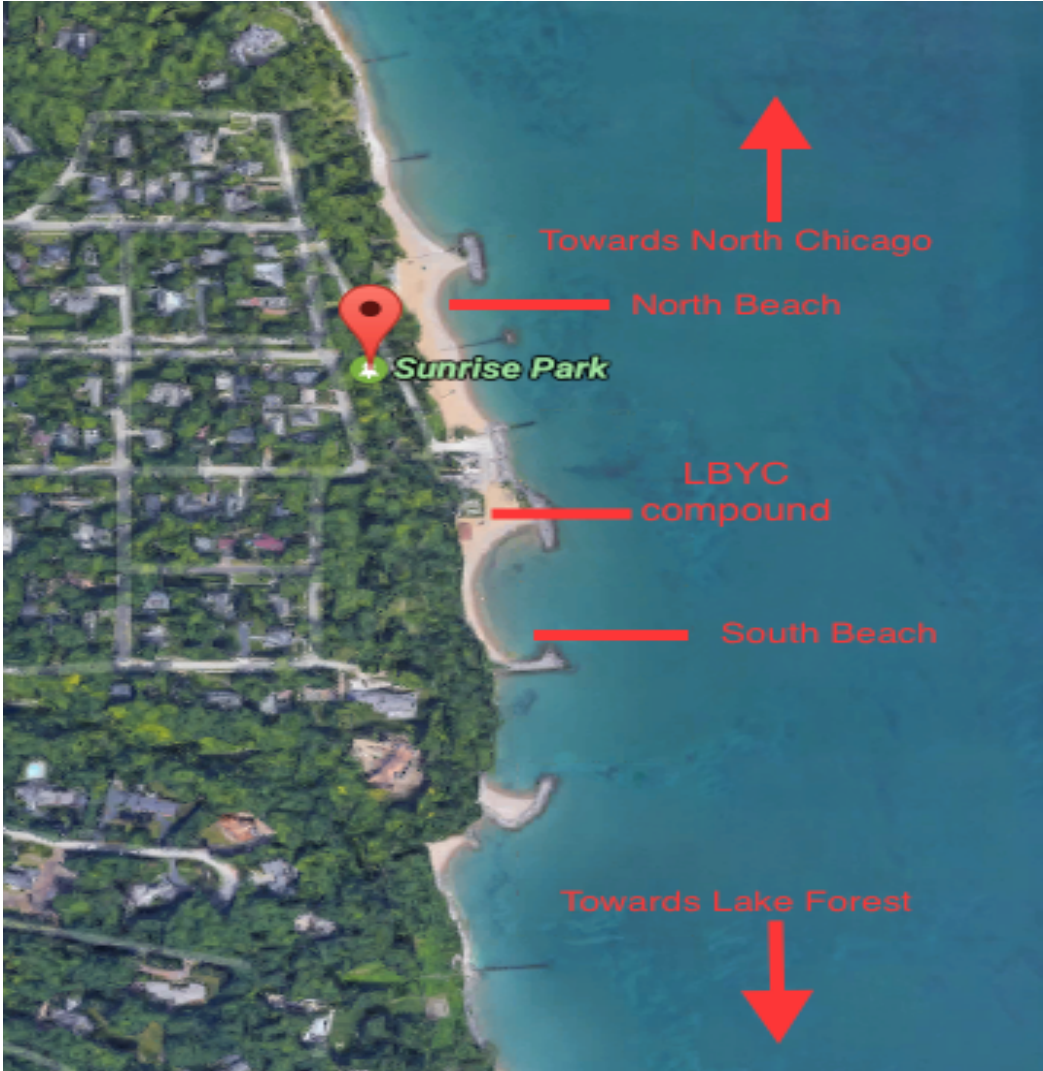
Taran Teague (703) 851-2552 [jteague@aol.com](mailto:jtteague@aol.com)

Chief Judge:

Russ Sabotta rrsobotta@gmail.com

Please read the SIs in conjunction with the NOR.

Attachment A Racing Area



Attachment B Emergency Card



LAKE BLUFF YACHT CLUB EMERGENCY CARD Summer, 2022

Emergency or Life Threatening Incident or Injury – Steps

1. Render assistance
2. Call for help and medical assistance. First call is to 911
Be prepared to tell them:
 - A. Location of the incident or injury and if it is on land or on the water
 - B. Type of injury or situation
 - C. For boats in distress, number of people involved, description of boats involved and location relative to shore
 - D. If injury on the water, where you plan to bring injured person ashore
 - E. Age/gender/number of injured people
 - F. Your name and call back number
3. Monitor and administer first aid
4. Send someone to meet/direct Emergency vehicles
5. Transfer injured to care of Emergency team
6. Debrief and inform key people Commodore, Vice Commodore, Beach Manager

Emergency Numbers

911

Coast Guard

VHF #16

Non-Emergency Numbers

Lake Bluff Fire and Police Depts.

Dispatch

847-861-9608

Sunrise North Beach

847-295-6586

Yacht Club Numbers

Commodore, John Palizza

224-619-4433

Vice Commodore, Bob Stelling

847-223-8318

Beach Manager, Piet Kreunen

847-428-0018

