



2022 Sail West Championships
No Coast ILCA Masters Championships
Western Canadian ILCA Masters Championships
Breadbasket Optimist Championships
Host: Gimli Yacht Club (GYC)
Organizing Authority: Sail Canada
July 15th to July 17th, 2022
Gimli, Manitoba, Canada

SAILING INSTRUCTIONS (SIs)

The notation '[NP]' in a rule of the sailing instructions (SIs) means that a boat may not protest another boat for breaking that rule. This changes RRS 60.1(a).

1 RULES

- 1.1 The event is governed by the rules as defined in *The Racing Rules of Sailing*.
- 1.2 **[DP][NP]**. RRS 40.1 applies and is amended so that it applies at all times while afloat.
- 1.3 Appendix P is in effect.

2 CHANGES TO SAILING INSTRUCTIONS

- 2.1 Any change to the sailing instructions will be posted before 0900 on the day it will take effect, except that any change to the schedule of races will be posted by 2000 on the day before it will take effect.

3 COMMUNICATIONS WITH COMPETITORS

- 3.1 Notices to competitors will be posted on the official notice board located on the East window of the South Building.
- 3.2 **[DP]** From the first warning signal until the end of the last race of the day, except in an emergency, a boat shall not make voice or data transmissions and shall not receive voice or data communication that is not available to all boats. This includes cell phones.





4 CODE OF CONDUCT

- 4.1 **[DP]** 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 the club mast in front of the club buildings.
- 5.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 45 minutes' in Race Signals AP.
- 5.3 **[DP]** When flag AP is displayed over H ashore, boats must stay on shore. This changes race signal AP over H.

6 SCHEDULE OF RACES

6.1

<i>Date</i>	<i>Time</i>	<i>Event</i>
<i>July 15</i>	<i>1330</i>	<i>Warning signal of Practice Race</i>
<i>July 16</i>	<i>1100</i>	<i>Warning signal first race of the day</i>
<i>July 17</i>	<i>1000</i>	<i>Warning signal first race of the day</i>

- 6.2 One extra race per day may be sailed, provided that no class becomes more than one race ahead of schedule and the change is made according to SI 2.1.
- 6.3 To alert boats that a race or sequence of races will begin soon, the orange starting line flag will be displayed with one sound at least five minutes before a warning signal is made.
- 6.5 On the last scheduled day of racing no warning signal will be made after 1400.

7 CLASS FLAGS

- 7.1 The class flags are:

<i>Class</i>	<i>Flag</i>
<i>ILCA 7</i>	<i>White Laser flag</i>
<i>ILCA 6</i>	<i>Blue Laser flag</i>
<i>ILCA 4</i>	<i>Green laser 4.7 flag</i>
<i>29er</i>	<i>29er logo on white background</i>

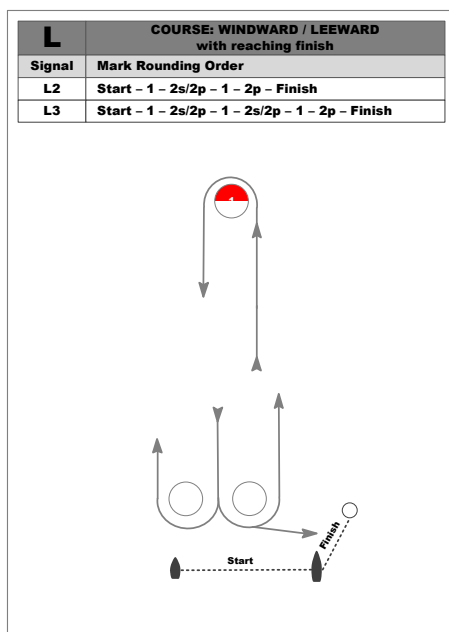
C420	C420 logo on white background
Optimist	Optimist logo on White background
Open	Solid yellow flag

8 RACING AREA

8.1 SI Addendum A shows the location of the racing areas.

9 COURSES

9.1 The diagram below shows the courses, 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 There will be two courses as follows:

Designation	Flag	Classes
North	White RC	29er, C420, Open
South	Green RC	ILCA 7,6,4 and Optimist



9.3 The course to sail for each class will be posted on the official board before 1000 on July 15th, 2022.

10 MARKS

10.1 Marks 1, 2S, 2P for all classes except the Optimist class will be *yellow cylindrical* marks. Mark 1 for the Optimist class will be a *yellow tetrahedral* mark. Marks 2S and 2P for the Optimist class will be the same marks as the other classes on the South course (*yellow cylindrical* marks)

10.2 The starting marks are a staff displaying an orange flag on the Race Committee boats.

10.3 The finishing marks will be a staff displaying a blue flag on the Race Committee boat.

10.4 New marks, as provided in SI 13, are *green tetrahedral marks*.

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12 THE START

12.1 The starting line will be between a staff displaying an orange flag on the Race Committee boat at the starboard end of the course side line and an orange ball at the port end.

12.2 **[DP][NP]**Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other races.

12.3 A boat that does not start within 4 minutes after her starting signal will be scored Did Not Start without a hearing. This changes RRS A5.1 and A5.2.

13 CHANGE OF THE NEXT LEG OF THE COURSE

13.1 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. When in a subsequent change a new mark is replaced, it will be replaced by an original mark.

14 THE FINISH

14.1 The finishing lines will be between a staff displaying a blue flag on the starboard end of the Race Committee boat, on the course side of the line, and an orange ball at the port end.

14.2 The Race Committee may, at its reasonable discretion, award points to a boat, equivalent to the boat's position in the race. This changes RRS A3, A4 and A5.2.

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16 TIME LIMITS [AND TARGET TIMES]

16.1 The Mark 1 Time Limit, Race Time Limit (see RRS 35), and the Finishing Window are shown in the table below.

CLASS	Mark 1 Time Limit	TARGET TIME	TIME LIMIT
<i>ILCA 4, ILCA 6, ILCA 7, Open, C420</i>	25	45	90
<i>Optimist</i>	20	40	70
<i>29er</i>	20	35	65

16.2 If no boat has passed the first mark within the Mark 1 Time Limit, the race will be abandoned.

16.3 Boats failing to finish within the 20 minutes after the first boat of its class sails the course and finishes will be scored Did Not Finish without a hearing. This changes RRS 35, A4 and A5.

16.4 Failure to meet the Target Time will not be grounds for redress. This changes RRS 62.1(a).

17 HEARING REQUESTS

17.1 For each class, the protest time limit is 60 minutes after the last boat finishes the last race of the day or the race committee signals no more racing today, whichever is later. The time will be posted on the official notice board.

17.2 Hearing request forms are available from the race office.

17.3 Notices will be posted no later than 10 minutes after the protest time limit to inform competitors of hearings in which they are parties or named as witnesses.

17.4 A list of boats that have been penalized for breaking RRS 42 under Appendix P will be posted.

17.5 RRS 62.2(a) and 66.2(a) do not apply.

18 SCORING

18.1 One race is required to be completed to constitute a series.

18.2 (a) When fewer than 5 races have been completed, a boat's series score is the total of her race scores.

(b) When 5 or more races have been completed, a boat's series score



is the total of her race scores excluding her worst score.

- 18.3 To request correction of an alleged error in posted race or series results, a boat may complete a scoring enquiry form available from the official notice board.

19 SAFETY REGULATIONS

- 19.1 **[NP]** When flag V over flag H is displayed with one sound signal all boats shall return promptly and directly to the club. Further signals ashore. This changes RRS 37.
- 19.2 **[DP]** A boat that retires from a race shall notify the race committee at the first reasonable opportunity.
- 19.3 **[DP]** All boats are required to "check out" at the safety desk as well as "check in" with the safety desk when returning at the end of the racing day, or earlier in the case of the retirement.

20 REPLACEMENT OF CREW OR EQUIPMENT

- 20.1 **[DP]** Substitution of competitors is not allowed without prior written approval of the *race committee*.
- 20.2 **[DP]** Substitution of damaged or lost equipment is not allowed unless authorized in writing by the *race committee*. Requests for substitution shall be made to the committee at the first reasonable opportunity, which may be after the race.

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23 OFFICIAL VESSELS

- 23.1 Official vessels will be identified as follows:

JUDGES BOATS	J flag
SIGNAL BOATS	Sail Canada race committee flag

24 SUPPORT TEAMS

- 24.1 **[DP]** Team leaders, coaches and other support persons shall stay outside areas where boats are racing from the time of the preparatory signal for the first start until all boats have finished or retired or the race committee signals a postponement, general recall or abandonment.

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30 RISK STATEMENT

30.1 RRS 3 states: 'The responsibility for a boat's decision to participate in a race or to continue to race is hers alone.' By participating in this event each competitor agrees and acknowledges that sailing is a potentially dangerous activity with inherent risks. These risks include strong winds and rough seas, sudden changes in weather, failure of equipment, boat handling errors, poor seamanship by other boats, loss of balance on an unstable platform and fatigue resulting in increased risk of injury.

Inherent in the sport of sailing is the risk of permanent, catastrophic injury or death by drowning, trauma, hypothermia or other causes.

31 INSURANCE

31.1 Each participating boat shall be insured with valid third-party liability insurance.



SI ADDENDUM A

