

SIDMOUTH SAILING CLUB

SAILING INSTRUCTIONS 2026

1. All races will be sailed under The Racing Rules of Sailing (RRS) 2025-2028 and prescriptions of the RYA except when modified in these standing Sailing Instructions (SIs) or by amendments posted Boat Store at the Club. The 3rd Substitute pennant will be flown from the club flagstaff when such amendments are posted.

2. **CONDITIONS OF ENTRY**

All races will be sailed under the burgee of Sidmouth Sailing Club (SSC):

- (a) All boats must be covered by third party insurance.
- (b) All boats must sail under its class number unless prior consent has been given by the Race Officer (RO). This rule will be relaxed for Club owned boats.
- (c) All sailors must be members of the club except for open meetings, Sidmouth Regatta and at the discretion of the Officer of the Day (OD). However, the OD's discretion is constrained. No guest shall go afloat as crew more than three times in any season. Moreover, all guests must be signed-in to the Routine Sailing Log in Race Control, along with details of next-of-kin.
- (d) To qualify for trophies awarded based on age, both helm and crew must be within the prescribed age limits.

3. **SAFETY REGULATIONS**

SSC Safe Sailing Policy (SSP) describes in detail elements to promote safe sailing. No aspect of SIs shall contradict SSC SSP. Some key points are reiterated here:

- (a) **Buoyancy:** RRS 40.1 always applies whilst afloat.
- (b) **Patrol Boat Priorities:** The priority of the patrol boats is the safety of competitors; the race committee can accept no responsibility for damage to boats or equipment. Crews must follow any instructions given by the patrol boats.
- (c) **Retirements:** Competitors who retire should endeavour to inform the patrol boat crew of that fact, so they can inform the RO. All sailors retiring must be aware there may be little or no assistance for recovery at the beach.
- (d) **Helping Those in Danger:** Attention is drawn to RRS rule 1.1 helping those in danger, 'a boat or competitor shall give all possible help to any person or vessel in danger'. Note rule 41 regarding 'outside help': If



outside help is given it does not automatically mean retirement for the competitor.

- (e) **Launching:** No boat is to be launched without authority to do so. The launched patrol boat will liaise with the RO, or delegated beach assistant, ahead of release of boats from the beach. When there is one patrol boat this is likely to be after the buoys have been dropped and the course set up.
- (f) **Briefing:** There will be a briefing at least 30 minutes prior to the scheduled start time. See SSP for detail and template.
- (g) **Changes to Sail Number:** Any change in sail number is to be noted on the Signing-On Sheet or reported to the RO before racing.

4. NOTICE TO COMPETITORS

Notices to competitors will be posted on the Official Notice Board in the Boat Store.

5. CHANGES TO SAILING INSTRUCTIONS

Any temporary changes to SIs will be posted at least 60 minutes before the advertised start time, or actual start time, whichever is the later, notified either by the nominated OD/RO by WhatsApp message. However, changes to bring forward any start times must be notified not later than 36hrs before the revised scheduled start time. This point is reiterated at para 7 below.

6. SIGNALS MADE ASHORE

Signals made ashore will be displayed from the club flagstaff of the. In the event the RO is afloat the signals will be made from the designated patrol boat.

7. RACE PROGRAMME

- (a) The Race Programme is set out on the SSC website calendar.

- (b) Start Times:

Saturdays 14:30 – 2 races

Wednesdays 18:30 – 1 race

Bank Holidays As notified on the club website and noticeboard

Note: Start times may be brought forward to promote safer sailing, informed by weather forecast and state of tide. Members will be notified by WhatsApp message **not later than 36hrs before the revised scheduled start time. Members who are unable to receive WhatsApp messages to inform the Commodore to discuss an alternative means of communication.**



8. CLASS FLAGS

Topper	International Code Flag T
Mirror	Numeral Pennant 6
Laser	Laser Class Flag (red with white Laser emblem)
Scorpion	Yellow with red horizontal stripe
RS Feva	International Code Flag F
Handicap	Numeral Pennant 9

9. COURSES

- (a) The course diagram will be displayed in the Boat Store. The preferred course format is triangle-sausage and repeated. Boats will be required to pass the northern side of the 'home' buoy after the start. Signals will usually be flown from the club flagstaff for beach starts.
- (b) See Appendix B for course diagram when a Committee Boat start is used. The course diagram will be displayed in the Boat Store including the intended start and finish line.
- (c) Number of rounds: The maximum number of rounds is nine.

10. MARKS

Course marks will be pillar buoys and other round or dan buoys. The colours of the buoys will be as described at the race briefing.

11. STARTS

11.1 STARTING RACES

- (a) A sound signal may be given approximately 10 minutes prior to the first warning signal.
- (b) All visual signals will be hoisted from the flagstaff on the Clubhouse or patrol boat.

11.2 ORDER OF STARTING

Unless otherwise notified, all starts will be a mass-start using Numeral Pennant 9 (Handicap). If the fleet must be split for two starts, the following will apply: Numeral Pennant 6 will be used for the Mirror, RS Feva and Topper start, the Laser Class Flag for the Laser and Scorpion Start. All classes that participate in the mass start will be racing and scored as a fleet.

11.3 START LINES

There are two possible start lines:



- (a) Races started from Race Control: The start line will be a transit through the Race Control and an 'inner limit' mark. Start in the direction of the course as per course diagram shown at the race briefing. There will be no outer limit mark unless specified.
- (b) The start line is between the mast on the nominated patrol boat and a starting mark as per the course diagram in Appendix B, or between two starting marks. If two starting marks are used a nominated patrol boat will be in close proximity at the starboard end of the line but it is not part of the line. Full sound and visual signals will be made from Race Control ashore or the committee boat.

11.4 RECALLS

- (a) **Individual recall:** RRS 29.1 is changed as follows: 'flag X' is deleted and replaced with 'the class flag displayed at dip'. This also changes RRS 26 and RRS Race Signals.
- (b) **General recall:** the warning signal for the succeeding class, if any, shall be made one minute after the 1st Substitute Pennant is removed (one sound), and the start for the recalled class shall follow any succeeding classes. This changes RRS 29.2.

12. FINISHING AND SHORTENING THE COURSE

- (a) If a course from SI 9a is used the finishing line will be a line from the 'home' buoy and Race Control. Boats will cross the finish line by leaving the finish line buoy in the same direction as other marks of the course.
- (b) If a course from SI 9b is used the finishing line will be described on the course diagram displayed in the Boat Store. The finish line may be as per SI 12(a), or between the mast on the committee/patrol boat and a finishing mark as per course diagram in Appendix B.
- (c) When Flag S is hoisted, all boats for the relevant class or classes to return to the starting area once the first boat of that class has finished the race; boats that have started the final leg will continue to race to the finish line, other boats will be given a position from the previous round.

13. **PENALTY SYSTEM.** Any competitor who has accepted the Two-Turns Penalty shall indicate the fact by writing 'Two-Turns' for each infringement after their signature on the declaration sheet.

14. **TIME LIMITS AND TARGET TIMES.** The target time for a race is 35-40 minutes for the first boat if two races are scheduled and 50 minutes if one race is scheduled. All remaining boats must finish within 30 minutes of the first boat.



15. **DECLARATIONS.**

Competitors must sign on and off (either physically or verbally to the RO). In the interests of safety, a competitor may inform a patrol boat if he/she has forgotten to sign on. This is at the discretion of the RO.

16. **PROTESTS AND RULES DISPUTES**

16.1 For each class, the protest time limit is 60 minutes after the last boat has finished the last race of the day.

16.2 **Rules Disputes:** Disputes with rules may be settled using three options:

- (a) Advisory Hearing (see Appendix A)
- (b) Mediation hearing (see Appendix A)
- (c) Protest hearing: protest forms are available from race control. Protests will be heard as soon as possible after the race.

17. **SCORING SYSTEM.**

The scoring system is as follows:

- (a) The helm will be awarded the points.
- (b) The minimum number of boats to form a race is two in each class. Where there is only one boat from a class race the boat will score in the handicap class.
- (c) The Committee reserves the right to measure any boat in the club.
- (d) Members representing a club at an open meeting may claim average points, providing they inform the sailing committee on the following weekend. Average points will be calculated at the end of the series and will be the mean of all the boat's results (of the races that the boat started) including discards.
- (e) On some occasions there will be a requirement for club members to support race management duties and the Club's RYA training. When this is required, it will be at the discretion of the senior officer present and Training Officer, and the process will be supported by a rota, it may be possible to claim average points. Average points will be calculated at the end of the series and will be the mean of all the boat's results (of the races that the boat started) including discards.

18. **LASERS and TOPPERS**

To encourage a safe and inclusive approach to sailing Lasers and Toppers, sailors will be allowed a flexible sail choice during a series however they will score with the fastest handicap throughout that series, i.e. a sailor will sail the series on the



handicap of the largest sail that they use, e.g. if a sailor uses a full rig for three races and a radial for six races all races are scored on the handicap of the full rig sail. If a sailor uses a radial sail five times and a 4.7 sail for five races all races are scored on the handicap of the radial sail.

19. DISCARDS

Within a series, the number of races to count will be half the races plus 1, e.g. in a 12-race series, seven races would count.

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APPENDIX A

Advisory hearing:

The aim of an advisory hearing is to discuss and resolve disputes, without there being a protest, in a timely, informal, and positive way. The option to request an advisory hearing belongs entirely to the aggrieved party.

- Procedure: party logs request and informs other party, each is allowed 1-2 minutes to say what happened. Parties may not call witnesses. Advisor asks questions and may call witnesses. Facts may or may not be agreed.
- If facts agreed, advisor explains which rules were broken and advises: (i) No protest is necessary, and if none is lodged no further action will ensue. (ii) A protest may be lodged. If one is lodged, either party may exonerate themselves at any stage before the hearing by accepting the reduced exoneration penalty. (Note, if it is established that a rule was broken, a party is not obliged to retire or take a scoring penalty. There is no stigma attached to that.
- If facts not agreed, they can only be established in a protest hearing. There is no expectation that either party will proceed to a protest. If either decides to proceed, they must complete a protest form. Either party may exonerate themselves before the hearing by accepting the specified reduced penalty. (Note, usual requirements for a protest hearing must be satisfied, time allowed for submission of a protest form will be extended to allow submission after an advisory hearing.

Mediation (pre-protest) hearing:

The aim of the mediation hearing is to resolve disputes in a way which is more convenient and less adversarial than a full protest hearing and introduce a significantly lower penalty.

- Aggrieved party completes protest form within the time allowed, validity checked. Each party is allowed 1-2 minutes to give account.
- If agreement is reached on significant facts mediator uses rule book to explain which rule has been broken and invites the party in breach of the rule to take the reduced penalty of 20% (maximum 5 places, minimum 2 places). If the penalty is accepted, the mediator invites protestor (if appropriate) to withdraw protest. Names of 'Advisors' and 'Mediators' will be kept in the race control.

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APPENDIX B

When the race is started from a committee boat or patrol boat, the preferred course configuration below may be used. The course detail, including start and finish line, will be displayed in the Boat Store. All marks to be rounded to port. First and third (odd rounds) are 'triangles', second and fourth (even rounds) are 'sausages'. The finish line will be described on the course board in the Boat Store.

