

# Instructions for Competitors (Race Course)

This document contains instructions on how to progress to the start line, the start procedures, the turn buoy rules and the procedures for stopping and resuming racing

## Important General Points

- Please review the Course Maps and the safe evacuation points on the maps in case of an emergency.
- You must follow directions of the On Water Safety Team (Safety Boats) at all times.
- A standard flag system will operate a start and finish of the race. (See below for how this works)
- You must follow the rules for turning and overlap. Please see the turning and overlap document. Any crew who does not follow the turning and overlap procedures may be disqualified.
- During low tide slipway is slippery (hence the name) and there is smelly mud (it is not sewage). There are also mussel beds on very low tide that want avoiding. It is best to wear shoes when entering and exiting water.
- At low tide there are strong currents running past the end of slipway, so hold boat at all times until paddling off or exiting water.
- Coastal Safety points – the whole beach is fairly safe so long as you are landing / launching just downwind of a groyne, allowing you space miss the next downwind groyne. But please review the Course Maps to see the appropriate emergency egress points as they are best suited for emergency vehicles.
- River safety points – Keep to the starboard side of the river and other vessels when in the river. Safety access points within the river are 1 kilometre from SYC on the south side of the bank at Silver Sands and if by the harbour entrance then there is a small beach on the west arm.
- Please ensure you watch for fishing lines on the side of the river. They can extend out quite far. Going in the centre of the lane will help to avoid fishing lines. This is especially important at the mouth of the harbour mouth where fishing lines can extend out 30 meters out from both east and West arms.
- Be very aware of downward current on dropping tide pushing you into or under a pontoon or moored vessel. Its easy to avoid but worth acknowledging.
- At the harbour mouth watch for:
  - Large ships entering the harbour stay to starboard side on the way down stream and port side on the way back up.
  - Exiting or entering the harbour mouth avoid larger vessels or wait until they have passed.
  - If heavy fog you should still be able to navigate safely back in the port and starboard harbour lights. Port / red is on your left, Green starboard is on your right.
- Once over the finish line head straight back to the club house with no overtaking, so supporters will know your placing in the race. Remove your boat to the dry dock.

### Start Area - Coastal race.

- Racing will start 150 meters out from Littlehampton East Beach.
- Va'a will be directed to depart the shore by the Dock Marshalls. No Va'a should depart until directed to do so.

### Start Procedures

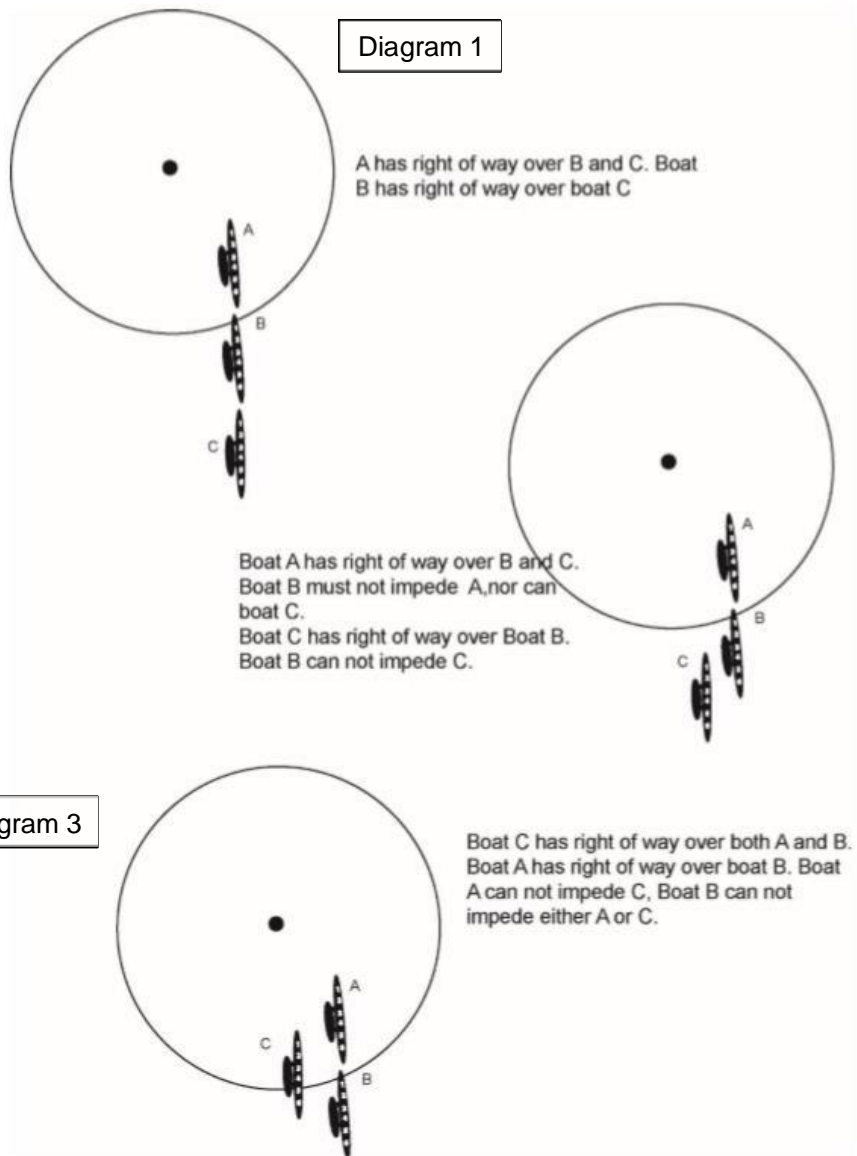
- The start will be a mass start.
- If a huli occurs on the start line the race will be paused until the Va'a that has huli'ed is righted. The VA'a will be given 5 minutes to rectify. Safety/ Start Boat will make a determination if the Va'a can continue in the race.
- In the Start Zone, instructions to competitors are provided using a Flag system and all competitors need to be aware of the signification of each flag colour. The flag procedures will also be reviewed in the safety briefing.
- Any Va'a that does not exhibit the technical competency required to race will be removed from the race.

### Starting the Race

- The start shall be controlled by the starter located in a boat approximately 60 metres in front of the start line.
- The white flag shall signal the va'a to assemble behind the starting line.
- The red flag shall signal the va'a to align behind the start line markers.
- If the starter raises a black flag while the red flag is raised, this indicates that an infraction exists and the bow of at least one va'a is across the start line. Competitors will be given the opportunity to line up correctly. If, after a reasonable time, the infraction has not been corrected (in which case the black flag will still be raised), the race will be started.
- The green flag shall signal the start of the race. In addition to the green flag, a supporting signal may be used, such as an air horn or sound device.
- Any va'a that crosses the start line prior to the green flag being raised shall be penalized by ten (10) minutes.
- All V6 must start with six (6) paddlers. All OC2 must start with two (2) paddlers.

### Turning and Overlap

- There are specific procedures you must follow at the turn buoys. Any crew who does not follow the turning and overlap procedures may be disqualified.
- "Overlap" is defined as a condition that exists when no open water can be seen between the stern of one canoe and the bow of another, when canoes are viewed at right angles to their course.
- "Turning Circle" is defined as an area encircling an obstacle, float or marker with a radius of two (2) boat lengths with the obstacle, float or marker at the center



\*note in diagram 2 above C only has right of way once they enter the circle area.

### Emergency Stop Procedure

The On Water Safety Lead may change the course if the conditions warrant it.

A red flag shall be raised to signify a change in course and any such change shall be notified to all other competitors and officials.

All safety boats to issue Sound Signals using the following protocols:

## **STOPPING RACING**

- The Sound Signal to stop the race will be 4 long blasts.
- All Va'a must stop immediately.
- The safety boats will direct competitors as to the appropriate course of action (stay in position or make their way to shore and shelter).
- If the race is suspended, participants should remain in their position and not attempt to gain an advantage by moving forward down the course.
- If the race is stopped or cancelled, competitors must follow safety boat directions as to the appropriate course of action.

## **RESUMPTION OF RACING**

- If a race has been suspended, racing will be resumed using a sound signal.
- One long blast will be issued by the safety boats to signify that racing will be resumed in 3 minutes. The safety boats will issue 2 long blasts to signal the start of the race.

## **MOBILE PHONE MESSAGING (WHATSAPP)**

During registration a WhatsApp group will be formed that will broadcast messages from Command and Control to competitors. The official in Command and Control will be in charge of any messaging. Each competitor needs to be sure the text tone on the group is set at 'Pager Beeper Tone'.

The WhatsApp group will be used as an additional tool to coordinate any temporary or permanent halt to racing with a message from the Race Director and/ or On Water Safety Lead in response to the onset of sea fog offering less than 250 meters visibility or other such weather problems such as lightning strikes, sudden extreme wind etc. Example messages include:

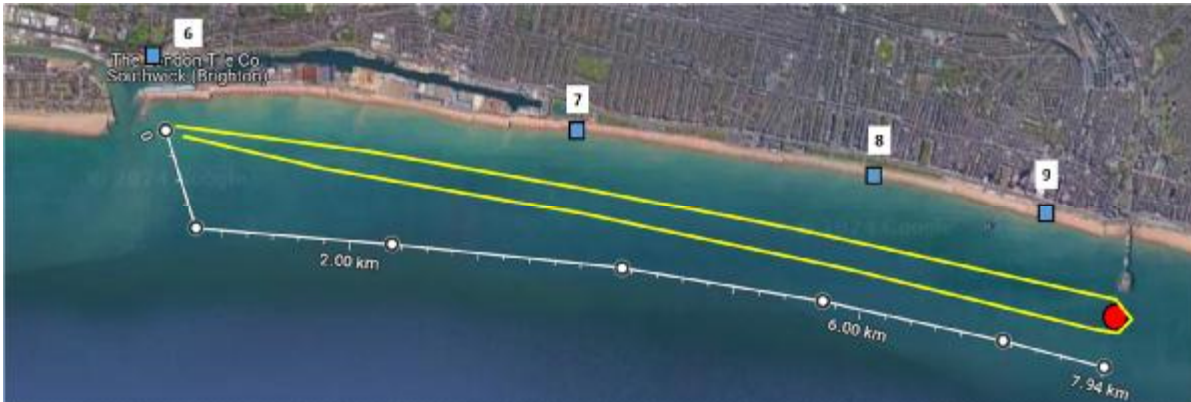
- 'make a hasty retreat to the closest shore and take shelter. Please reply stating all 6 of you are accounted for and your exact location using What3Words or similar. If all 6 are not accounted for call the coastguard immediately on 999.
- A follow up text stating 'Please get ready to restart the race'.
- Follow up text stating the 'race has started'.

## **Evacuation**

- Please see Safety Document: Emergency Action Plan for full details of evacuation procedures.



Saturday Plan A Race : Littlehampton to Shoreham (Westerly, Southerly Northerly Winds)



Saturday Plan B Race : Shoreham to Brighton and Back (Easterly Wind)

Coastal route Medivac points: Littlehampton to Shoreham

- 1: Amering Beach House (filer.decking.scooped)
- 2: Sealane Café (glitz.wire.inform)
- 3: Splashpoint—Worthing (admiral.active.blame)
- 4: Lancing Green. Lancing (lance.fines.switch)
- 5: Ferry Road Shoreham (scatter.organist.alive)
- 6: Kingstone Beach (giant.cones.puddles)

Coastal route Medivac points: Brighton to Shoreham

- 7: Hove Lagoon—Hove (admiral.active.blame)
- 8: Adeladsquare —Hove (pretty.buddy.longer)
- 9: Brighton Lifeguard Station (filled.solved.name)

River Route Medivac points :

- 1: Sussex Yacht Club (served.salary.teacher)
- 2: Old Shoreham Toll bridge West Side by Ricardos Engineering main entrance (goodness.hoped.mealtime)



Saturday Plan C Race : Shoreham River Adur Up and Back (Too windy for racing at sea)



Sunday Plan A Race: Worthing Sailing Club to Shoreham Harbour