



Stithians Activity Centre, Stithians Lake, near Redruth, Cornwall TR16 6NW.

SAILING INSTRUCTIONS

1 RULES

- 1.1** The regatta will be governed by the rules as defined in the Racing Rules of Sailing 2025 - 2028 (RRS).

2 NOTICES TO COMPETITORS

- 2.1** Notices to competitors will be posted on the **official** notice board located at, on the Lake side patio area

3 CHANGES TO SAILING INSTRUCTIONS

- 3.1** Any change to the sailing instructions will be posted at least 1 hour prior to the race start that is affected. Any change to the schedule of racing will be posted by 1900 the evening before and will be posted on the WhatsApp group.

4 SIGNALS MADE ASHORE

- 4.1** Signals made ashore will be displayed at Stithians Activity Centre.
- 4.2** When AP flag is displayed ashore, there will be minimum 15mins before the warning flag is displayed to commence any further races.

5 SCHEDULE

- 5.1** A maximum of 12 Races are scheduled. The intention is that there will be 6 races a day. However, at the discretion of the Race Committee a race may be brought forward or moved back if circumstances require it. No more than 8 races will be sailed in one day.
- 5.2** A competitor's briefing will be held at 10:00 on the first day. If necessary, a further briefing will be held on the second day at 09:30.
- 5.3** The first warning signal will be no earlier than 10:45 each day.



5.4 To alert competitors 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 the first warning signal for the first race is made.

5.5 **If there are sufficient entries** Racing may be run in flights. The bib colour will indicate which flight a racer is in, the committee boat will display a notification before the warning signal showing the colour of the flight starting next.

5.6 If the intention is to run competitors in flights, the second flight will start 4mins after the first flight.

7 RACING AREAS

7.1 The exact course area will be notified at the Race Officers Briefing on the morning of each day

8 THE COURSES

8.1 The target time will be approximately 9 minutes.

8.2 The diagram in SI Appendix 1 shows course S the Slalom course, the order in which marks are to be passed and where relevant the side on which each mark is to be left.

8.3 No later than the warning signal the course and number of laps to be sailed will be displayed on a white board on the starboard side or transom of the committee boat.

9 MARKS

9.1 **1 – Large Orange pillar buoys 2 – Large Orange Pillar buoys**

9.2 **Start mark Small Red pyramid / dumpies**

9.3 **Finish mark small Red pyramid / dumpies**



10 THE START –

10.1 Races will be started using the following sequence. This changes RRS 26.

3 Minutes	- 3 flags displayed red, yellow & green	- 1 long sound
2 Minutes	- Red flag removed, Yellow & Green remains displayed	-1 sound
1 Minute	- Yellow removed, Green remains displayed	-1 sound
0 Minutes	- Start - Green flag removed	-1sound

10.2 The starting line will be between a mast displaying an orange flag on the committee boat and the course side of the starting mark.

10.3 A boat that does not start within 3 mins of the starting signal will be scored DNS (did not start) without a hearing.

10.4 **Boats that were over the start line at the start will be signalled at mark 1 with a whiteboard and sound signal. If signalled competitors that are identified in the way must retire from the race and keep clear of course are while making their way back to the starting area. Competitors that fail to comply maybe subject to a 5point addition to their overall score. (SP)**

10.5 **If a number of boats are over the line at the start and the race committee cannot identify them all, a general recall will be signalled with two sound signals and red flag displayed.**

11 THE FINISH

11.1 The finishing line will be between a mast displaying an Orange flag on the Committee Boat and the course side of the finishing mark.

11.2 Failing to finish within 10 minutes after the first board completes the course and finishes will be scored with their observed position on the course.

11.3 Competitors finished in accordance with SI 11.2 will not have grounds for redress.



12 PROTESTS AND REQUESTS FOR REDRESS

- 12.1** To be notified to the RO at the end of the race concerned and completed forms submitted to the race office within 1 hour of the last boat finishing for the day or the last race being abandoned for the day.

13 SCORING

- 13.1** (a) When fewer than 4 races have been completed, a competitors's series score will be the total of their race scores.
- (b) When from 4 to 7 races have been completed, a competitors's series score will be the total of her race scores excluding their worst score.
- (c) When more than 7 races have been completed, a competitors's series score will be the total of her race scores excluding their worst two scores.

14 SAFETY REGULATIONS

- 14.1** All competitors shall be required to ensure the sea worthiness of their equipment. (DP)
- 14.2** All competitors are required to wear a helmet and impact jacket (DP)
- 14.3** A competitor that retires from a race shall notify the race team on the water or in the beach park as soon as possible. (DP)
- 14.4** In the event of a collision resulting in injury all competitors will hove to and offer assistance. The race in progress will be abandoned using flag N  with three sound signals. There will be no more racing until the rider is secure and we have a safety craft back on station. The Race officer will recommence racing



by removing Flag N with one sound signal one minute before the next start sequence, in accordance with the RRS. (DP)

15 OFFICIAL BOATS

15.1 The Committee boat will be a medium sized RIB.

16 RADIO COMMUNICATION

16.1 From the first warning signal until the end of the last race of the day, except in an emergency, a competitor shall not make voice or data transmissions and shall not receive voice or data communication that is not available to all boats. This restriction includes mobile telephones. (NP)

17 PRIZES

17.1 Prizes will be awarded in Each class as follows: 1st, 2nd & 3rd.

18 DISCLAIMER OF LIABILITY

18.1 See NoR 21.

19 INSURANCE – BKSA MEMBERSHIP

19.1 Each competitor is required to have a valid BKSA membership, this will ensure all participants shall be insured with valid third-party liability insurance with a minimum cover of £3,000,000 per incident or the equivalent.

KING OF THE WING

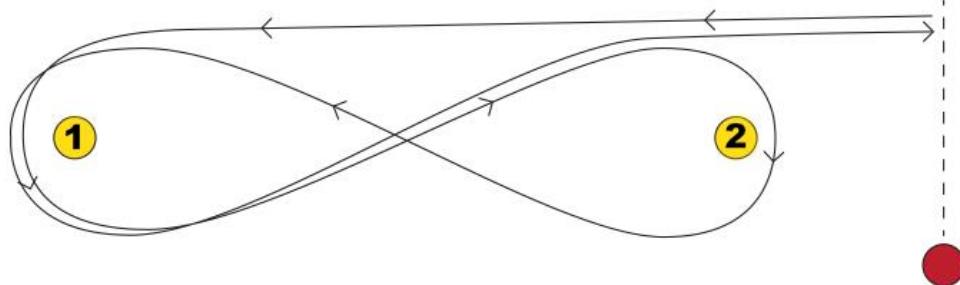
Wing Foil Racing @ Stithians Lake,
Cornwall
17th / 18th May



Appendix 1 - Slalom



Course S



S2START, 1P, 2S, 1P, 2S, FINISH

S3START, 1P, 2S, 1P, 2S, 1P, 2S, FINISH

