



**COGS** Coastal & Offshore  
Yacht Racing

[www.cogsracing.org.uk](http://www.cogsracing.org.uk)  
email: [info@cogsracing.org.uk](mailto:info@cogsracing.org.uk)

**Lima 1 These sailing instructions  
replace Fowey-Falmouth V1 in their  
entirety. This change is dated 19<sup>th</sup>  
Sept 2018 @19:00**

**COGS 2018 - RACE 8**

**St Austell Brewery**

**Falmouth to Falmouth**

**Saturday 22<sup>nd</sup> September 2018**

The organising authority is the  
**Port of Fowey Race Organising Committee (POFROC),**

an unaffiliated body owned and controlled by the  
Royal Fowey Yacht Club (RFYC) and  
Fowey Gallants Sailing Club (FGSC).

# SAILING INSTRUCTIONS

## 1 RULES

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- 1.1** The race will be governed by the rules as defined in *The Racing Rules of Sailing*.
- 1.2** Racing rules will be changed as follows:
- (a) rules 28.1, A4 and A5 - see SI 10.6;
  - (b) rules 35, A4 and A5 - see SI 12.2;
  - (c) rule 62.1(a) - see SI 1.5, 1.6, 3.3, 8.2 and 10.5;
  - (d) rule 40, see SI 14.1 A3.
  - (e) Rule 26 is amended to allow a radio countdown for all starts.
- 1.3** The IRC Rules 2018 Parts A, B and C apply.
- (a) IRC rule 22.4 does not apply. There are no limitations on crew number or weight.
- 1.4** Boats shall comply with ISAF Offshore Special Regulations Race Category 4 Monohulls plus VHF radio. In addition, boats shall carry a partially inflated dinghy or a life raft each capable of carrying the full crew. Any boat that does not comply fully may apply to the Organising Authority for written dispensation.
- 1.5** In Falmouth Harbour, the Falmouth Harbour Byelaws apply to competitors. Note that these Byelaws prohibit boats racing within the moorings and boats failing to observe this rule may be disqualified without a hearing ([www.falmouthport.co.uk/pdf/recreational.pdf](http://www.falmouthport.co.uk/pdf/recreational.pdf)).
- 1.6**
- (a) International Regulations for Preventing Collisions at Sea (Colregs) apply between competitors and non-racing vessels at all times. The attention of competitors is drawn particularly to the requirement that commercial shipping has right of way within the harbour and its approaches.
  - (b) Boats failing to observe these rules or obey verbal instructions from safety boats or FHC staff will be disqualified without a hearing. This changes rule 62.1(a).

## 2 NOTICES TO COMPETITORS

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- 2.1** Notices to competitors will be posted on the official notice board located at the RCCYC, and may be copied on the POFROC ([www.pofroc.org.uk](http://www.pofroc.org.uk)) & COGS ([www.cogsracing.org.uk/](http://www.cogsracing.org.uk/)) websites.
- 2.2** No notices will be posted after 0830 on the day of the race.

## 3 CHANGES TO SAILING INSTRUCTIONS

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- 3.1** Changes to the sailing instructions will be posted before 0830 on the day of the race.
- 3.2** Changes may also be copied on the COGS website.
- 3.3** The race committee may also broadcast verbal instructions on marine VHF radio channel Ch. 69. Failure to receive a broadcast will not be grounds for redress. This changes rule 62.1(a).

## 4 SIGNALS MADE ASHORE

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- 4.1 Signals made ashore will be displayed on the RCYC flagstaff.
- 4.2 IC flag "L" displayed over flag "Z" will indicate a change to the sailing instructions.

## 5 SCHEDULE OF RACES

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- 5.1 Separate starts will be held for IRC and ByPN handicap classes (subject to weather).
- 5.2 The IRC handicap class will start first.
- 5.3 The scheduled time of the attention signal for the IRC class is 1000.
- 5.4 The time of the warning signal for the ByPN handicap class will be the time of the starting signal of the IRC class.

## 6 CLASS FLAGS

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- 6.1 The class flags are as follows:
  - (a) IRC - IC numeral pennant "1"
  - (b) ByPN - IC flag "E"
- 6.2 Boats shall display their class flag beneath IC flag "Z" on the backstay or mainsail leech.

## 7 RACING AREA

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- 7.1 The racing area will be the Cornish coast from Manacle Point to Fowey, and N of latitude 50°.

## 8 COURSES

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- 8.1 The course will be selected from the list of marks shown in appendix A, and will depend on wind strength and direction. Please note these are approximate positions.
- 8.2 The course will be broadcast, including direction of rounding, by the race committee on marine VHF radio channel 69, commencing approximately 20 minutes before the warning signal and repeated at intervals until the warning signal is displayed. Failure to receive this broadcast will not be grounds for redress. This changes rule 62.1(a).

## 9 MARKS

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- 9.1 Marks are as described in appendix B.

## 10 THE START

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- 10.1 Races will be started using rule 26.
- 10.2 An attention signal (orange flag) will be displayed five minutes before the warning signal for the first class to start and broadcast by VHF.
- 10.3 **Starting Lines Falmouth**  
**The start line** will be a line extending east from a transit formed by the orange triangle and the flagstaff on Pendennis Point at the West side of the entrance to Falmouth Harbour. The line will be bound at the Eastern end by the Black Rock Beacon and at the Western end by the shore. Boats shall start by crossing the line from North to South. The Black Rock Isolated Danger Mark and the shoreline under Pendennis Castle have outlying reefs. Competitors are advised to familiarize themselves with the extent of these reefs on the appropriate chart, and keep well clear. The start will be wholly controlled by a countdown transmitted on VHF Channel 69. **All boats shall radio the race officer with their boat name and crew number by 09:50 hrs. at the latest.**
- 10.4 **Handicap Starts** A countdown to each signal will be broadcast by the race committee on marine VHF radio channel 69. Failure to receive this broadcast will not be grounds for redress. This changes rule 62.1(a).
- 10.5 A boat starting later than 20 minutes after her starting signal will be scored Did Not Start (DNS) without a hearing. This changes rules 28.1, A4 and A5.

## 11 THE FINISH

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- 11.1 The finish line** – will be a line extending east from a transit formed by the orange triangle and the flagstaff on Pendennis Point at the West side of the entrance to Falmouth Harbour. The line will be bound at the Eastern end by the Black Rock Beacon and at the Western end by the shore. Please record your GPS time when the mark is due west of the mast of your boat, and record the name of the boat in front and to the rear of you. The information is to be signed and handed in to the race office.
- 11.2 The Finish Line** – The Black Rock Isolated Danger Mark and the shoreline under Pendennis Castle have outlying reefs. Competitors are advised to familiarise themselves with the extent of these reefs on the appropriate chart, and keep well clear. The line is to be crossed South to North.

## 12 TIME LIMITS

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- 12.1** The time limit is 1800. If any yacht finishes before 1800 then the time limit will be extended by one (1) hour. This changes rule 35.
- 12.2** Boats finishing later than the time limit will be scored Did Not Finish (DNF) without a hearing. This changes rules 35, A4 and A5.

## 13 PROTESTS AND REQUESTS FOR REDRESS

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- 13.1** Protest forms are available at the race office of the RCYC. Protests and requests for redress shall be delivered there within 60 minutes of the last boat finishing or of the race time limit, whichever is earlier.

## 14 SAFETY REGULATIONS

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- 14.1** In addition to the requirements of SI 1.4, the following safety regulations will apply:
- (a) Crew Lists
- (1) All boats shall report their name, sail number and number of persons on board via VHF radio channel 69 to the race officer on Saturday 22<sup>nd</sup> September no later than 10 minutes before the first scheduled warning signal. Radio silence shall be kept after this time except if called by the race committee or in an emergency.
  - (2) A full list of crew embarked must be held by a shore-based contact. The name and telephone number of the contact shall be e-mailed to [chris.ogg@me.com](mailto:chris.ogg@me.com) (and cc'd to [admin@pofroc.org.uk](mailto:admin@pofroc.org.uk)), no later than 30 minutes before the start of the race.
  - (3) Rule 40 is amended to the effect that all competitors shall wear **personal flotation devices** whilst competing without the display of flag Y. This requirement alters rule 40.
- (b) Retirement
- A boat that retires from the race or is unable to cross the finish line before the time limit (SI 12.1) shall notify the race committee as follows:  
Race committee - VHF radio channel 69
- (c) Merchant and naval shipping
- Areas around commercial and naval vessels under way and constricted in their ability to manoeuvre are designated as moving exclusion zones. Such exclusion zones extend to 100m on all sides of the vessel and include tugs, pilot boats and official boats escorting the vessel. No boat is at any time to enter the exclusion zone, and, if becalmed, shall endeavour to use other means of propulsion to move out of the way. This should only be sufficient to move out of the exclusion zone, and the distance travelled should be the shortest necessary to keep clear.
- (d) Diving activity
- Exclusion zones extend 30m around a dive boat displaying international code flag "A", an orange pillar mark indicating a diver beneath the surface, and a diver on the surface. No boat may enter an exclusion zone at any time.

- (e) Complaint by Harbour Authority  
The race committee will lodge a protest or submit a report to the protest committee following a complaint received from either Fowey or Falmouth Harbour Authority.
- (f) Navigation  
Cannis, Gwineas and Manacle cardinal buoys shall be passed on their correct navigational sides at all times except when a mark of the course shore.

## **15 EQUIPMENT AND MEASUREMENT CHECKS**

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- 15.1** A boat may be inspected at any time for compliance with the class rules and sailing instructions. On the water, a boat can be instructed by the race committee to proceed immediately to a designated area for inspection.

## **16 RADIO COMMUNICATIONS**

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- 16.1** Except in an emergency, a boat shall neither make radio transmissions while racing, nor receive radio communications, not available to all boats. This restriction also applies to mobile telephones and data.

## **17 PRIZES**

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- 17.1** Prizes will be given as listed in the COGS 2018 notice of race. The prize giving will be held at the RCYC as soon as practicable after the last boat has finished. A time will be announced on VHF radio channel 69

## **18 RISK STATEMENT**

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- 18.1** Rule 4 of the Racing Rules of Sailing states: "The responsibility for a boat's decision to participate in a race or to continue racing is hers alone."
- 18.2** Sailing is by its nature an unpredictable sport and therefore involves an element of risk. By taking part in the event, each competitor agrees 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, their crew and their boat to such inherent risk whilst taking part in the event;
  - (b) They are responsible for the safety of themselves, their crew, 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 omissions;
  - (d) Their boat is in good order, equipped to sail in the event and they are fit to participate;
  - (e) The provision of a race management team, patrol boats, umpires and other officials and volunteers by the organiser does not relieve them of their own responsibilities;
  - (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;
  - (g) They are responsible for ensuring that their boat is equipped and seaworthy so as to be able to face extremes of weather; that there is a crew sufficient in number, experience and fitness to withstand such weather; and that the safety equipment is properly maintained, stowed and in date and is familiar to the crew.

## **19 COGS TWO HANDED SERIES**

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- 19.1** All boats enter the Byron or IRC series. If a boat competes two-handed and wishes to be included in this series, the RO must be notified within one (1) hour of the last boat to finish.

## **20 INSURANCE**

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Each participating boat shall be insured with valid third-party liability insurance with a minimum cover of £3,000,000 per incident or the equivalent.

## Appendix A

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### Marks

Name	Description	Approximate Position
Manacle Buoy	Eastern cardinal buoy	50° 02.81 N 05° 01.92 W
Buoy "A"	Yellow special buoy	50° 08.50'N 4° 46.30'W
Buoy "B"	Yellow special buoy	50° 10.30'N 4° 45.00'W
Buoy "C"	Yellow special buoy	50° 10.40'N 4° 47.50'W
Cannis "G"	South Cardinal mark	50° 18.45'N 4° 39.88'W
Gwineas	East Cardinal mark	50° 14.50'N 4° 45.30'W
Rosemullion	Yellow spherical buoy with name "Ancasta"	50° 06.55'N 5° 04.24'W
The Beach "M"	Yellow spherical buoy	50° 20.04'N 4° 42.86'W
Maenporth	Yellow spherical buoy	50° 07.50'N 5° 04.80'W
Manacle	West Cardinal mark	50° 02.78'N 5° 01.97'W
Black Rock	Isolated danger beacon	50° 08.72'N 5° 01.99'W

## Appendix B

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### Supplementary information for competitors (not part of the SI)

**B1 Moorings at Fowey**

N/A

**B2 Water taxi**

N/A

**B3 Food**

A fixed price two course meal at the RCYC on Saturday night is arranged From 16:30 for £14:00, the first 40 pre booked get discount from Cogs off £4:05 please advise if additional places required  
Tribute @ £1:00 for first 70 pints.

**B4 COGS Prize-Giving**

Will be at RCYC Sailing Club.

COGS 2018 Race 2 S/S