



www.cogsracing.org.uk/
email: chairman@cogsracing.org.uk

Falmouth to Fowey

Saturday 13th April 2024

Organising Authority:
RCYC Sailing Ltd

SAILING INSTRUCTIONS

1. RULES

- 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 26, 28.1, 29, A4 and A5 - see SI 10 and SI 12.2;
 - (b) Rule 32 see SI 8.3;
 - (c) Rule 33 - see SI 8.3;
 - (d) Rule 44 - to allow a one-turn penalty in place of a two-turn penalty.
 - (e) Rule 52, to allow the use of autopilots and automatic steering devices.
 - (f) Rule 62.1(a) - see SI 3.2, 8.2 and 10.2.
 - (g) Rules 21.1, 29.1, 30 and 44.2 For the purposes of the definition of "Start" and "Finish" the term "hull" includes a boat's bowsprit in its normal position
- 1.3. The IRC Rules Part D does not apply.
 - (a) IRC rule 22.4 does not apply. There are no limitations on crew number or weight.
- 1.4. World Sailing Offshore Special Regulations, Category 4 with life-raft apply.

2. NOTICES TO COMPETITORS

- 2.1. Notices to competitors will be posted on the official notice board located in the hall of the RCYC, and may be copied on the club website <https://www.royalcornwallyachtclub.org/cogs-races-3/> and the COGS website www.cogsracing.org.uk/
- 2.2. No notices will be posted after 0830 on the day of the race.

3. CHANGES TO SAILING INSTRUCTIONS

- 3.1. Changes to the sailing instructions will be posted before 0830 on the day of the race, and may be copied on the club website <https://www.royalcornwallyachtclub.org/cogs-races-3/> and the COGS website www.cogsracing.org.uk/.
- 3.2. The race committee may also broadcast verbal instructions on marine VHF radio channel 69 and or WhatsApp group messaging. Failure to receive a broadcast will not be grounds for redress. This changes RRS 62.1(a).

4. SIGNALS MADE ASHORE

- 4.1. Pre-start abandonment signals made ashore will be displayed on the RCYC signals mast.
- 4.2. IC flag "L" displayed over flag "Z" at the RCYC will indicate a change to the sailing instructions.

5. SCHEDULE OF RACES

- 5.1. Separate starts will be held for IRC and YTC handicap classes.
- 5.2. IRC will start first.
- 5.3. The scheduled time of the warning signal for the IRC class is 1000.
- 5.4. The time of the warning signal for the YTC handicap class will be the time of the starting signal of the IRC class.

6. CLASS FLAGS

- 6.1. Boats shall display their class flag beneath IC flag "Z" on the backstay or mainsail leech as follows:
 - (a) IRC - IC numeral pennant "1"
 - (b) YTC - IC flag "E"
- 6.2. No class flags will be displayed by the race committee (see SI 10.2).

7. RACING AREA

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

8. COURSES

- 8.1. The course will be selected from the list of courses shown in appendix A, and will depend on wind strength and direction.
- 8.2. The course identifier will be broadcast by the race committee on marine VHF radio channel 69, and or WhatsApp group messaging commencing approximately 10 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 RRS 62.1(a).
- 8.3. **Shortening, Abandoning or Changing The Course After The Start.**
The race committee may use VHF broadcasts or WhatsApp Group messaging in place of flag signals for Shortening, Abandoning or Changing The Course, This changes Rules 32 and 33. Failure to receive this broadcast will not be grounds for redress. This changes RRS 62.1(a)

9. MARKS

- 9.1. Marks are described in appendix B.
- 9.2. If any mark is missing then a virtual mark shall be considered to exist at the position given in appendix B. A virtual mark shall be treated as if it were a mark.
- 9.3. When data from electronic positioning fixing systems are used to determine the position and track of a boat for the purpose of verifying compliance with the rules, precedence shall be given to data from the boat's primary navigation system.
- 9.4. Boats are strongly advised to make a photograph of a relevant navigation system display to verify compliance with the rules.

10. THE START

- 10.1. Races will be started by using rule 26 with the warning signal made 10 minutes before the starting signal.
- 10.2. No visual starting signals will be displayed. This changes rule 26. Starting signals, including a countdown, 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 RRS 62.1(a).
- 10.3. No visual individual or general recall signals will be displayed. This changes RRS 29. Signals will be broadcast by the race committee on marine VHF channel 69. Failure to receive this broadcast will not be grounds for redress. This changes RRS 62.1(a).
- 10.4. The starting line will be a line extending east on a transit formed by the orange triangle and the signals mast on the east side of Pendennis Point. The line will be bounded at the eastern end by Black Rock beacon and at the western end by the shore. Black Rock and the shore of Pendennis Point have outlying reefs. Competitors are advised to familiarise themselves with the extent of these reefs on the appropriate chart, and to keep well clear.
- 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 RRS 28.1, A4 and A5.

11. THE FINISH

- 11.1. The finish line will be a line in Fowey harbour extending from the Royal Fowey Yacht Club (RFYC) signals mast to the southern extremity of the "Yellow Ship Buoy" on the eastern side of the fairway..
- 11.2. Boats should record their finishing time, and the sail numbers, or names, of the boats next ahead and next behind respectively, and submit this information by email to committee@foweyssailing.org and copy to chairman@cogsracing.org.uk

12. TIME LIMITS

- 12.1. The time limit for both classes is 1830.
- 12.2. Boats finishing later than the time limit will be scored Did Not Finish (DNF) without a hearing. This changes RRS 35, A4 and A5.

13. PROTESTS AND REQUESTS FOR REDRESS

- 13.1. Protest forms will be available at the race office at RFYC. Protests and requests for redress shall be delivered there within the appropriate time limit.
- 13.2. For both classes, the protest time limit is 60 minutes after the last boat has finished or after the race time limit, whichever is earlier.
- 13.3. Notices will be posted at the race office no later than 30 minutes after the protest time limit to inform competitors of hearings in which they are parties or named as witnesses and where the hearings will be held.

14. SAFETY REGULATIONS

- 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 Ch. 69 to the race officer on Saturday 13^h April 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 kvnmaclean@yahoo.com, no later than 30 minutes before the start of the race:
 - (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 or the RFYC as follows:

Falmouth race committee	- VHF Ch. 69 & 07733 457496
RFYC race office	- VHF Ch. M2 or call 01726 833573
 - (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 is at any time to enter the exclusion zone.
 - (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 the Harbour Authority.
 - (f) Navigation. Cannis & Gwineas cardinal buoys shall be passed on their correct navigational sides at all times. No boat shall sail between Cannis or Gwineas Rocks and the nearby shore.
 - (g) Fowey Harbour Byelaws and Notices to Mariners. The byelaws and NtM published by the Fowey Harbour Commissioners (FHC) apply both within the harbour and the approaches to it. The byelaws are available from FHC or at <https://foweyharbour.co.uk/safety/>

15. EQUIPMENT AND MEASUREMENT CHECKS

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

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.

17. PRIZES

Prizes will be given as listed in the COGS 2024 notice of race. The prize-giving will be held as stated in appendix C.

18. RISK STATEMENT

- 18.1. Rule 3 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) It is their responsibility to familiarise themselves with any risks specific to this venue or this event drawn to their attention in any rules and information produced for the venue or event and to attend any safety briefing held for the event;
 - (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. INSURANCE

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

Courses

The cardinal marks Gwineas and Cannis shall be passed on their correct navigational sides in all courses.

Course 1 - North Wind

25 Nm
Start
Buoy "A" to Port
Bay Buoy to Starboard
Finish

Course 6 - South East Wind

30 Nm
Start
Maenporth racing mark to Port
Buoy "C" to Starboard
Buoy "A" to Port
Finish

Course 2 - North West Wind

29 Nm
Start
Buoy "A" to Port
Buoy "C" to Starboard
Bay Buoy to Starboard
Finish

Course 7 - East Wind

25 Nm
Start
Buoy "A" to Port
Bay Buoy to Starboard
Finish

Course 3 - West Wind

25 Nm
Start
Buoy "B" to Port
Buoy "C" to Starboard
Bay Buoy to Starboard
Finish

Course 8 - North East Wind

19 Nm
Start
Finish

Course 9 - Race Officer's Choice

Marks announced by VHF

Course 4 - South West Wind

29 Nm
Start
Maenporth racing mark to Port
Buoy "C" to Port
Bay Buoy to Starboard
Finish

Course 10 - Medium Wind Course "A"

25 Nm
Start
Maenporth racing mark to Port
Buoy "C" to Port
Finish

Course 5 - South Wind

28 Nm
Start
Maenporth racing mark to Port
Buoy "B" to Starboard
Buoy "A" to Port
Finish

Course 11 - Medium Wind Course "B"

21 Nm
Start
Bay to Starboard
Finish

Appendix B

Marks

Name	Description	Approximate Position
Bay Buoy (N)	Yellow special buoy	N 50° 19.51' W 4° 43.05'
Buoy "A"	Yellow special buoy	N 50° 08.50' W 4° 46.30'
Buoy "B"	Yellow special buoy	N 50° 10.30' W 4° 45.00'
Buoy "C"	Yellow special buoy	N 50° 10.40' W 4° 47.50'
Cannis	South cardinal mark	N 50° 18.45' W 4° 39.88'
Gwineas	East cardinal mark	N 50° 14.50' W 4° 45.30'
Maenporth	Yellow spherical SW Ventilation	N 50° 07.50' W 5° 04.80'
The Beach (M)	Yellow spherical buoy	N 50° 20.04' W 4° 42.86'
Bennett Jones (P)	Yellow spherical buoy	N 50° 18.00' W 4° 43.80'

Appendix C

Supplementary information for competitors (not part of the SI)

- C1 Friday 12^h April** – A sailing supper will be served from approximately 2000 on Friday evening at the RCYC. All are welcome. Sailing supper will be available anyway as this is a club sailing night, but it would be useful if competitors could telephone the club on 01326 311105 to let the catering staff know that they require food.
- C2 RCYC club launch** - The launch will run from 0830 hrs on Saturday morning for competitors who wish to board their yachts at moorings in the inner harbour area
- C3 Prize-giving** - Prize-giving on Saturday 13th April, COGS crews should meet on the terrace at the Royal Fowey Yacht Club. If you would like food please book using the following <https://www.rfyc-fowey.org.uk/book-a-table.html> The prize giving will be held as soon as possible after all yachts have finished and a time will be announced on VHF Ch.M2.
- C4 Berthing in Falmouth** - Berthing is available in Falmouth Marina (01326 316620) or Channel 80), the Yacht Haven (01326 310991) or channel 80) and Port Pendennis Marina (01326 211211 or channel 80). The Yacht Haven and Falmouth Marina are the most convenient for the RCYC. The Harbour Master (01326 312285 or Channel 12, 14 and 16) has some visitor's moorings and the RCYC launch (Channel 37) will be running until about 2030 on Friday evening. Falmouth Harbour water taxi can also be contacted on channel 37
- C5 Mooring in Fowey** - Moorings are available from the Harbour Master (01726 832471 or VHF Ch. 12 and 16). The water taxi works on Ch. 06. A dedicated pontoon will be reserved in the harbour for COGS competitors.