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**SPONSORS OF THE COGS COASTAL SERIES**

FOWEY to HELFORD

Saturday 14 September 2024

SAILING

INSTRUCTIONS

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**Organising Authority** The organising authority is Fowey Sailing Committee (FSC) being the operating name Port of Fowey Race Organising Committee (POFROC), an unaffiliated body managed equally and jointly by Royal Fowey Yacht Club (RFYC) and Fowey Gallants Sailing Club (FGSC).

*The notation ‘[NP]’ in a rule means that a boat may not protest another boat for breaking that rule. This changes RRS 60.1(a)*

*The notation ‘[DP]’ in a rule of the Notice of Race or Sailing or Instructions means that the penalty for a breach of that rule may, at the discretion of the protest committee, be less than disqualification.*

# RULES

* 1. The race will be governed by the rules as defined in *The Racing Rules of Sailing*.
  2. Racing rules will be changed as follows:
     1. rules 28.1, A4 and A5 - see SI 10.3;
     2. rules 35, A4 and A5 - see SI 12.2;
     3. rule 62.1(a) - see SI 3.3 and 8.2.
     4. rule 52 ammended to allow autopilots and automatic steering devices
  3. The IRC Rules 2021 Parts A, B and C apply. IRC rule 22.4 does not apply. There are no limitations on crew number or weight.
  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.
  5. **Fowey Harbour Byelaws and Notices to Mariners** published by the Fowey Harbour Commissioners (FHC) apply within the harbour and International Regulations for Preventing Collisions at Sea always apply between competitors and non-racing vessels. The attention of competitors is drawn particularly to the requirement that commercial shipping has right of way within the harbour and its approaches. 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).

# NOTICES TO COMPETITORS

Notices to competitors will be posted on the COGS WhatsApp group and may be copied on the COGS website [www.cogsracing.org.uk/](http://www.cogsracing.org.uk/). Such notices will be posted by 08:30 on the day of the race.

# CHANGES TO SAILING INSTRUCTIONS

* 1. Changes to the sailing instructions will be posted before 08:30 on the day of the race.
  2. Changes may also be copied on the COGS website.
  3. The race committee may also broadcast verbal instructions on marine VHF radio channel M2. Failure to receive a broadcast will not be grounds for redress. This changes rule 62.1(a).

# SIGNALS MADE ASHORE

* 1. Signals made ashore will be displayed on the RFYC flagstaff.
  2. IC flag “L” displayed over flag “Z” will indicate a change to the sailing instructions.

# SCHEDULE OF RACES

* 1. Racing will be in separate fleets for IRC and RYA YTC handicap classes.
  2. The scheduled time of the first individual start is 10:00.

# CLASS FLAGS

* 1. The class flags displayed at the warning signal will be as follows:
     1. IRC - IC numeral pennant “1”
     2. RYA YTC - IC flag “E”
  2. Boats shall display their class flag beneath IC flag “Z” on the backstay or mainsail leech.

# RACING AREA

The racing area will be the Cornish coast between Manacle Point and the Fowey area west of longitude 004o 36.0 W and north of latitude 50° N.

# COURSES

* 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.
  2. The course will be broadcast including direction of rounding, by the race committee via VHF Channel M2, commencing approximately 20 minutes before the first individual start time and repeated at intervals until the last individual start time. Failure to receive this broadcast will not be grounds for redress. This changes rule 62.1(a).

# MARKS

* 1. Marks are described in Appendix A.

# THE START

**I**

* 1. **Individual start times** will be determined by the Race Committee and published on the COGS website and/or on the COGS WhatsApp a minimum of 12 hours before the scheduled start time. No starting flags, lights, sounds or individual recalls will be used for these races; Yachts should start according to their published start times. Yachts that start prematurely will be penalised by having ten times the difference between their actual starting time and their published starting time added to their elapsed time for the race. Boats should use GPS time. Start times for late entries will be notified directly to the competitors concerned, or they should use the default time of 10:00.
  2. **Start line will be Line One** - a line between the marked line on the front of the RFYC race office wall and the seaward side of Mark B (commercial yellow buoy).
  3. 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.

# THE FINISH

* 1. The finish will be a line extending 000o M from the Voose Cardinal Buoy (south of the Helford River in approximate position 50o005’77N 005o006’90W.The Voose Cardinal Mark must be left to port.
  2. Competitors are required to take their own time (BST) and record the boat ahead and behind and submit it to the COGS WhatsApp group. As soon after finishing as practical. Competitors may also send a message with their boat name and finish time to [Anthony.nathan@btinternet.com](mailto:Anthony.nathan@btinternet.com) or 07768 446815.

# TIME LIMITS

* 1. 18:00. If any yacht finishes before 18:00 then the time limit will be extended by 1 hour. This changes rule 35.
  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.

# PROTESTS AND REQUESTS FOR REDRESS

* 1. Protest forms are available at the race office of the HRSC. 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.

# SAFETY REGULATIONS

* 1. In addition to the requirements of SI 1.4, the following safety regulations will apply:
     1. Crew Lists

All boats shall report their name, sail number and number of persons on board via VHF Channel M2 to the race officer on Saturday 14 September no later than 10 minutes before their individual start time. Radio silence shall be kept after this time except if called by the race committee or in an emergency.

A full list of crew onboard each competing boat shall be held by a shore-based contact. The name and telephone number of the contact shall be emailed to [committee@foweysailing.org](mailto:committee@foweysailing.org) no later than 30 minutes before the start of the race.

* + 1. 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 via VHF Channel M2

Fowey Sailing Committee (POFROC) via [committee@foweysailing.org](mailto:committee@foweysailing.org)

* + 1. The race committee will lodge a protest or submit a report to the protest committee following a complaint received from a Harbour Authority.

# EQUIPMENT AND MEASUREMENT CHECKS

* 1. [DP] 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.

# RADIO COMMUNICATIONS

* 1. [DP] 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.

# PRIZES

* 1. Prizes will be given as listed in the COGS 2024 Notice of Race. The prize-giving will be held at the HRSC as soon as practicable after the last boat has finished. A time will be announced on VHF Channel 69 (Helford) or M2 (Fowey).

# RISK STATEMENT

* 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.
  2. Sailing by its nature an unpredictable sport and therefore inherently involves an element of risk. By taking part in the event, each competitor agrees and acknowledges that:

1. 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;
2. They are responsible for the safety of themselves, their crew, their boat and their other property whether afloat or ashore;
3. They accept responsibility for any injury, damage or loss to the extent caused by their own actions or omissions;
4. Their boat is in good order, equipped to sail in the event and they are fit to participate;
5. The provision of a race management team, safety patrol boats and other officials and volunteers by the organising authority does not relieve them of their own responsibilities;
6. The provision of safety patrol boat cover is limited to such assistance, particularly in extreme weather conditions, as can be practically provided in the circumstances;
7. 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;
8. [For offshore races] 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.

# COGS TWO HANDED SERIES

* 1. All boats enter the RYA YTC or IRC series. If a boat competes two-handed and wishes to be included in this series, the race officer must be notified within 1 hour of the last boat to finish.

# INSURANCE

* 1. 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

**THANKS TO THE SERIES SPONSORS ALLSPARS MASTS AND RIGGING FOR THEIR GENEROUS SUPPORT**

# Appendix A

**Marks**

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| --- | --- | --- |
| **Name** | **Description** | **Approximate Position** |
| Bay Buoy “N” | Yellow Special Buoy | 50o 19.51’N 4o 43.05’W |
| Buoy “A” | Yellow Special Buoy | 50o 08.50’N 4o 46.30’W |
| Buoy “B” | Yellow Special Buoy | 50o 10.30’N 4o 45.00’W |
| Buoy “C” | Yellow Special Buoy | 50o 10.40’N 4o 47.50’W |
| Cannis “G” | South Cardinal Mark | 50o 18.40’N 4o 39.90’W |
| Polruan Sails “J” | Yellow Special Buoy | 50o 19.10’N 4o 36.40’W |
| Gwineas | East Cardinal Mark | 50o 14.50’N 4o 45.30’W |
| Rosemullion | Yellow spherical buoy | 50o 06.55’N 5o 04.24’W |
| The Beach “M” | Yellow Spherical Buoy | 50o 20.04’N 4o 42.85’W |
| Bennett Jones “P” | Yellow Spherical Buoy | 50o 18.00’N 4o 43.80’W |
| Manacles Buoy | East Cardinal Mark | 50o 02.81’ N 5o  01.92’ W |

# Appendix B

**Supplementary Information for Competitors**

**1.** Moorings at Fowey**.**OnFriday evening, moorings will be available for COGS competitors, but competitors must contact the Fowey Harbour Office on 01726 832471 or VHF Channel 12 upon their arrival.

**2.** Fowey water taxi. Call on VHF Channel 6.

**3.** Fowey Gallants SC and Royal Fowey Yacht Club can both provide meals on the evening of Friday 13 September and welcome all competitors. To assist the caterers, would anyone intending to eat at the club please book by email asap:-

FGSC – [denaros@foweygallantssc.co.uk](mailto:denaros@foweygallantssc.co.uk)

RFYC – [barandrestaurant@rfyc-fowey.co.uk](mailto:barandrestaurant@rfyc-fowey.co.uk)

**4.** COGS Prize-Giving, will be at Helford River Sailing Club as soon as possible after the last boat finishes within the prescribed time limit.

**5.** Evening meal. The bar at HRSC will be open from 17:00. Pasties have been ordered 50 available, free, on a first come first served basis.

**6.** Water taxi. There is a Helford water taxi (on VHF Channel M1/37A) but it finishes at 17:00. HRSC will look towards ferrying competitors to and from their boats and the club can be contacted on the race VHF Channel M2. Please note the service by HRSC is free of charge.

**7.** In the Helford River, visitor moorings are green.

**8**. Contact information for COGS

Website: www.cogsracing.org.uk/

Email: chairman@cogsracing.org.uk