



# Saltash to Fowey Race

Saturday 30th May 2026

## Sailing Instructions

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**2026 Coastal Series**

# Sailing Instructions

## ORGANISING AUTHORITY – SALTASH SAILING CLUB

### SAFETY – RESPONSIBILITY – RISKS

Yacht racing, like any sport, can be dangerous. The Plym Yacht Club & Saltash Sailing Club organising committee have no responsibility for loss of life or injury or for the loss of or damage to any vessel or property. Before racing every person is urged to effect adequate and suitable insurance to cover their person, their property and their responsibilities to others.

Every person has a responsibility for rules observance, to “think safety” and to wear adequate personal buoyancy as required in RRS 1.2. The skipper of every team shall draw the attention of every crew member to these requirements. Attention is drawn also to RRS 3: The responsibility for a boat’s decision to participate in a race or to continue racing is hers alone.

Plymouth is a Naval and Commercial Port and the Port Authorities have ABSOLUTE control of seagoing activities within the Port, which by definition also extends two nautical miles to the seaward of the Breakwater. Where yachts are sailing within the boundaries of the Port, they shall comply with such regulations as may be enforced by the Port Authority. In particular, regulations regarding interference with the navigation of large vessels must be strictly complied with. Competitors are referred to the Dockyard Port of Plymouth Order 2020, a copy of which is displayed at the Plym Yacht Club and at Saltash Sailing Club. A copy can be viewed online at: <https://www.royalnavy.mod.uk/khm/plymouth/safety-and-regulations-plymouth/regulations>. Any breach of such regulations will result in the yacht concerned being disqualified from the race in which it was sailing at the time, or in a serious case, such other races as the sailing committee may decide. Legal action may also be taken by the Port Authority. Similarly, yachts should comply with the Fowey Harbour Regulations.

### 1 RULES

1.1 All races will be governed by the Racing Rules of Sailing, the Prescriptions of the Royal Yachting Association and Class Association Rules, except as amended by these Sailing Instructions.

1.2 The following changes to the RRS shall apply:

Rule 26, to allow VHF broadcasts in place of flag signals for starting races, to use an alternative starting procedure when a number of classes are being started in sequence and to allow staggered starts.

Rule 32, to allow shortening course by VHF broadcast.

Rule 44, to allow a one-turn penalty in place of a two-turn penalty.

Rule 52, to allow the use of autopilots and automatic steering devices.

Rule 61, so that failure to receive or hear a VHF broadcast or WhatsApp group message shall not be grounds for redress.

### 2 ENTRIES

2.1 Eligible boats must be entered by completing the registration form available on-line and paid the appropriate entry fee as specified in the COGS Notice of Race. Late entries may be accepted at the discretion of the Race Committee.

2.2 The safety of a boat and her entire management, including insurance, shall be the sole responsibility of the owner/person in charge who must ensure that the boat and crew are adequate to face the conditions that may arise in the course of the race. Neither these Sailing Instructions nor any inspection of the boats limits or reduces the absolute responsibility of the

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owner/person in charge for the crew, the boat and her management. The race organisers shall not be responsible for any loss, damage, death or personal injury, howsoever caused to the owner/person in charge or crew, as a result of their taking part in the race or races. Moreover, every owner/person in charge warrants the suitability of the boat for the race or races.

- 2.3 Yachts shall be insured for third party racing cover (minimum £3,000,000).
- 2.4 Competing yachts shall fly a distinguishing pennant corresponding to their Class. Yachts entered in the COGS race will fly flag 'Z' inferior to their class flag.
- 2.5 Yachts must have a valid 2026 IRC Certificate issued by the RORC, Seashore Building, Bath Road, Lymington, Hants. SO41 9SE. Telephone 01590 677030.
- 2.6 A copy of each yachts current IRC certificate should be lodged with COGS prior to racing.
- 2.7 For yachts racing in the IRC Classes IRC rule 22.4 (crew numbers/weight) will not apply for the purpose of racing under these instructions.

## 3 NOTICES TO COMPETITORS

- 3.1 Notices to Competitors will be posted on the official notice board located in Saltash Sailing Club and Plym Yacht Club. Notices may also be posted on the COGS WhatsApp Group.

## 4 CHANGES IN SAILING INSTRUCTIONS

- 4.1 Any changes in Sailing Instructions will be posted on the official notice board not later than one hour before the start of any race. Any amendments to these instructions will also be indicated by Flag 'L' flown at the start. Competitors must come within hailing distance of the start line to be advised of the amendments.

## 5 SIGNALS

- 5.1 All signals will be made in accordance with RRS (except as modified by these sailing instructions). Signals before and at the start will be made from the Start Line.

## 6 CLASSES AND CLASS FLAGS

- 6.1 Yachts:

Class	Flag Description
MOCRA	Flag M
Cruiser/YTC/COGS IRC Class 2	Numeral Pennant 2
IRC/COGS IRC Class 1	Numeral Pennant 1

## 7 Event Programme

- 7.1 Saturday 30<sup>th</sup> May Plymouth – Fowey. First Start **1025**

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## 8 COMMUNICATIONS

- 8.1 Yachts shall monitor VHF Channel 37 (M1). Visual signals may be replaced by announcements on Channel 37 (M1). In the event of Channel 37 (M1) being unusable, Channel 72 or 77 will be used in its place. RFYC Finish Line also monitor VHF Channel M2 (P4).

## 9 COURSES AND MARKS

- 9.1 The course will be displayed adjacent to the Plym Yacht Club Race Box and will be broadcast on VHF CH 37 (M1). Courses are:

Course 1 - From the Start Line direct to the Finish Line off the Royal Fowey Yacht Club - (22nm)

Course 2 – Start Line, UoP L4 Buoy (S), Cannis Rock Buoy (S) to Finish Line – (27.1nm)

Course 3 – Start Line, Hand Deep's Buoy (S), Cannis Rock Buoy (S) to Finish Line – (27.9nm)

(UoP L4 Buoy approximate position 50 15.0N 004 013.0W)

## 10 THE START

- 10.1 Races will be started in accordance with RRS 26.

CLASS	START TIME	WARNING SIGNAL
MOCRA (not COGS)	1025	Flag M
PPSA YTC/ COGS IRC Class 2	1030	Numeral Pennant 2
PPSA IRC/COGS IRC Class 1	1035	Numeral Pennant 1

## 11 START LINE

PLYM YACHT CLUB START LINE: Will be between the Flagstaff of the Plym Yacht Club Race Box on the end of Mount Batten Breakwater and West Mallard Buoy.

## 12 DUTY TO KEEP CLEAR (exception to RRS 22)

- 12.1 Boats whose Preparatory Signal has not been made shall KEEP CLEAR OF THE START LINE AREA and of all boats whose Preparatory Signal has been made. Failure to comply with this instruction will lead to disqualification of the offending boats by the OOD without protest.

## 13 INDIVIDUAL RECALL

- 13.1 Will be in accordance with RRS 29.1

## 14 GENERAL RECALL (This amends RRS Rule 29.2)

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- 15.1 If there is a General Recall due a number of unidentified boats on the course side of the line that class will start after all other classes.

## 15 FINISH LINE

- 15.1 ROYAL FOWEY YACHT CLUB FINISH LINE: **Line One** - a line between the marked line on the front of the race office wall to the seaward side of the Northern most Yellow Ship Buoy (previously known as the Silver Ship Buoy) located approx. 135° from the race office, extending right across the river. There is no Outer Distance Mark.

## 16 SHORTEN COURSE (This amends RSS Rule 32.2)

- 16.1 For courses 2 and 3 the Race Officer may shorten the course to finish at Cannis Rock Buoy by an announcement on VHF Ch 37 (M1). The Race Officer may also put a post on the COGS WhatsApp Group The Race Officer may not be in a position to record finishing times. **Yachts should record their time when rounding the buoy (when due W of the buoy), the name sail no. and approximate finish time of the boat ahead and astern.**

## 17 RETIREMENTS

- 17.1 Yachts retiring shall report their retirement to the Race Committee within one hour after finishing or retiring. Yachts who fail to report their retirement within two hours of their retiring will be scored DNE without a hearing, unless a satisfactory explanation of the delay is presented to the Race Committee. Yachts flying ensigns at the start or during a race will be deemed to have retired.
- 17.2 Declarations and Notifications of Retirement for Offshore and Passage Races: Every boat that completes the race within the time limit shall deliver its declaration to the Race Committee as soon as possible after the arrival at the finish and in all cases within two hours of the expiry of the time limit. Notification of Retirement:

Any boat that retires shall inform the Race Committee at the finish or PYC or SSC as soon as possible, and in any case within two hours of the expiry of the time limit. Retirements may be reported by hail, or by telephone to SSC on (01752) 845988 or to PYC Race Control on (01752) 404991 or by any other available means.

## 18 TIME LIMITS (Exception to RRS 32 & 35)

- 18.1 Time Limit - 1800.

## 19 PROTESTS (Exception to RRS 60)

- 19.1 Protest shall be made in accordance with RRS 60 and lodged in writing with the Race committee within 1 hour of finishing. This time may be extended at the discretion of the Race Committee.

## 20 RACE SCORES (RRS Appendix A)

- 20.1 The low point scoring system, Appendix A, A4 of the racing rules will apply. Any ties will be scored in accordance with rule A7

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## 21 SPECIAL REGULATIONS

- 21.1 Yachts shall comply with OSR Category 4. Additional to the requirements of these regulations, boats shall carry a life raft (or tinker tramp or traveller) or an inflatable dinghy, of which at least one half shall be properly inflated, stowed on the working deck and with inflation pump securely attached.

## 22 SUPPLEMENTARY NOTICES TO COMPETITORS

- 23.1 Visiting yachts will be welcomed at Saltash Sailing Club on Friday evening (30th May). Overnight berthing will be available free of charge on the Club pontoon or moorings adjacent to the Club. Please contact the Club administrator on 01752 845988 (am only) or Neil Trathen on 07790 906987 for further details.
- 23.2 The galley will be serving food until approximately 2000.
- 23.3 Moorings in Fowey – moorings are available from the Harbour Master (01726 832471 or VHF Channel 12). A pontoon has been reserved for competing boats.
- 23.4 Food on Saturday, will be available at the Royal Fowey Yacht Club. To avoid disappointment competitors are recommended to book a table:

RFYC call 01726 833573 Option 2 or email: [barandrestaurant@rfyc-fowey.org.uk](mailto:barandrestaurant@rfyc-fowey.org.uk)

It would be appreciated that any yacht that books a meal and then subsequently retires through unforeseen circumstances contacts the Club in order that their table may be released for others.

- 23.5 The COGS and PRS prize giving will be held at the **Royal Fowey Yacht Club** on Saturday evening at approximately 1900.