



SANGUINETTI DINGHY REGATTA

Optimist Class

Saturday May 10, 2014
Marina del Rey, California USA

GREEN FLEET



SAILING INSTRUCTIONS

GENERAL INFORMATION

Organizing Authority: California Yacht Club, 4469 Admiralty Way, Marina del Rey CA 90292 | Phone: 310.823.4567
Web: www.calyachtclub.com | Regatta Chairman: Mike Shocklee | Phone: 310.266.7162 | Email: atomicmonkey@me.com

The Green Fleet is designed as an introductory level of Optimist racing and all are participating at a basic level of expertise, many for the very first time. Therefore, every effort will be made to ensure that this event is:

- A. FUN! On and off the water. If it's fun, the kids will want to keep doing it.
- B. An experience based on learning as opposed to competition based experience. Not to say that competition isn't a part of it, but it will not be allowed to overshadow the more positive, intrinsic aspects that this level of sailor craves, FUN and LEARNING.
- C. Sailors, parents and coaches should expect the Green Fleet at this event to de-emphasize, but not exclude, competitiveness and to accentuate the FUN and learning aspects. This will include group games, clinics and coaching each day as well as racing. Skippers, (parents and coaches), desiring more than the Green Fleet level of racing may be better served by participation in one of the more competitive, age appropriate Opti fleets.

Safety:

All competitors must have proper safety equipment including: correct size PFD with whistle attached by a lanyard / 28' bow line free of knots (but 6" bowline in end), adequately secured to the mast step and led through a bow loop / mast tie down system (not just a clamp) / three (3) good airbags / two (2) adequate bailers (not "Clorox" type bottles) / boom bridle within 10cm of boom. All competitors shall wear U.S. Coast Guard approved PFDs at all times while on the water. Failure to do so may result in disqualification.

There will be a daily check out/check in sheet at the top of the launch ramp, which will be used by the RC to keep track of all skippers on the water. Failure to sign out AND in may result in penalties or disqualification. Sailors arriving to the race course late or leaving the race course early are to notify the Race Committee.

Coaching:

USODA guidelines allow for on the water coaching of the bottom half of the fleet while racing. Coaches shall be currently certified as US Sailing Level 1. All coaches MUST wear a US Coast Guard approved PFD. Coaches must sign in with the Head Coach each day. Any boat in the race area not following these requirements will be asked to leave or their sailors may be disqualified at the discretion of the race committee.

By entering the sailing area, coaches agree to coach the fleet fairly and equitably, but with emphasis on those who are having trouble or are in the back. Coaches must agree to this even if hired to coach a team or individual. Coaches observed acting in conflict with this may be warned or asked to leave the racing area. Coaches may actively assist sailors in capsize situations in order to get the sailor back in the race ASAP, but with emphasis on sailor autonomy and instruction. To sum up: The coach's role is of support, encouragement and instruction, so that even the last sailor has a great experience.

Schedule of Races:

There will be a daily Green Fleet Skipper's meeting immediately following departure of the other fleets. This will include race instruction modifications (if any), go fast and racing tips, games, rigging clinic, etc. Races are to follow.

Rules:

We will be using a simplified version based on the Racing Rules of Sailing.

TEN RACING RULE COMMANDMENTS:

- 1) Port keeps clear of starboard.
- 2) Windward keeps clear of leeward
- 3) The boat astern keeps clear of the boat ahead.
- 4) A boat Tacking or Jibing keeps clear of one that is not.
- 5) Avoid collisions. Racing Rules are defensive to prevent collisions, not offensive racing tactics.
- 6) If you gain right of way or change course, give the other boat room and time to keep clear.
- 7) The inside boat(s) at three boat lengths from the mark is entitled to room to round the mark.
- 8) A boat that is backing up or not racing keeps clear.
- 9) If you have violated a rule, or hit a mark, take one penalty turn.
- 10) It is better to give way than to spend hours explaining what happened.

Boats are asked to have a unique numbered sail distinguishing it from the other Green Fleet competitors.

Protests:

Formal protests are discouraged for Green Fleet competitors. Any issues or questions that come up will be dealt with in a group setting as a learning experience.

Racing:

There will be a courtesy attention signal about a minute before each starting sequence. The standard 5-minute starting sequence will be used and the time may be called over a loud hailer, including the last 10 seconds before starting signal:

Class flag will go up with one sound-----5 minutes before starting signal

"P" flag will go up with one sound-----4 minutes before starting signal

"P" flag will be removed with one long sound----- 1 minute before starting signal

Class flag will be removed with one sound-----Starting Signal

We will try to do as many races as possible, usually completing more races than the competitive fleet. Races may be delayed or cancelled due to weather conditions not conducive to Green Fleet. Courses will be triangle, windward / leeward or as discussed at daily skipper's meetings.

Scores will be posted, but not ranked in order.

FUN is mandatory! Expect it!!!