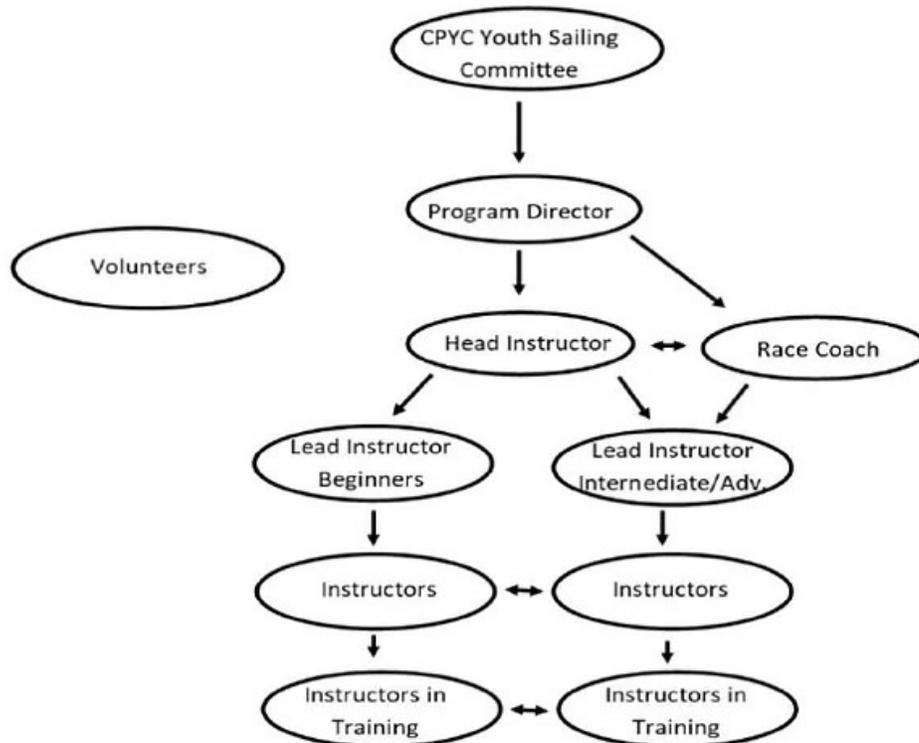


C.P.Y.C. YOUTH SAILING

HANDBOOK

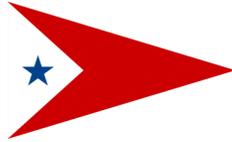
www.cpycs.org

CPYC YS Organizational Structure



CPYC Youth Sailing Program Committee and Contacts

| | |
|---------------------------------|--|
| Barry Lawton – <i>President</i> | barry@barrylawton.com |
| Rick Clancy – <i>Secretary</i> | rick.ang@verizon.net |
| Jen Cataldo | jcataldo@partners.org |
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Welcome to C.P.Y.C. Youth Sailing!

This Handbook will provide you with general information about the CPYC Youth Sailing Program.

Our program is designed to incorporate lessons on both land and on the water. Emphasis is placed on water safety, boat care and responsibility, self-esteem and confidence. The CPYC Youth Sailing Program invites members' families to experience the fun and thrill of sailing while building lifelong friendships. Our program has been in existence for over a half-century and serves approximately 75 children. We offer a 8 week summer learn to sail program with beginner, intermediate and advanced sailing instruction to young sailors aged 8 and above. Instruction begins in N10 and Optimists dinghies accompanied with an instructor. As lessons progress over the years, intermediate and advanced sailors are encouraged to learn to sail RS Feva, Laser, and C420 dinghies. Instructors for these advanced classes have strong racing backgrounds. The program's goal is to make all our sailors, whether skippering or crewing, to feel comfortable, safe and secure on the water at all times. We have a high instructor to student ratio of to ensure your child's safety and personal attention.

The Youth Sailing Committee seeks to retain highly qualified sailors who also have the ability to build a great relationship with your child. Most of our instructors are sailors who themselves have grown up at CPYC and to a person, have exhibited their ability to serve as role models for our sailors. All Instructors are experienced sailors, and have been working hard off-season to enhance their skills. Many of our instructors have become US Sailing certified, taken Safe Boating Classes, as well as CPR and First Aid. Several have continued sailing through High School and college, reflective of their love of the sport.

Class Placements:

Placement in sailing levels is at the sole discretion of the Program. Any concerns should be addressed in writing to the Youth Sailing Committee and will be handled on an individual basis.

Beginner – Designed for young sailors (at least 8 years old by Program start date, or entering the 3rd grade) who have little or no boating experience and who seek to gain self confidence in a boat. Lessons will focus on the fundamentals of sailing, naming the parts of the boat, terminology, rigging, safety, boat handling, basic knots and seamanship. Emphasis is on fun, safety and comfort in and around boats on the water. Lessons will be in N10 and Optimist sailboats.

Intermediate – Sailors will expand on their knowledge of boat handling techniques and will begin racing and close quarter drills. Some prior sailing experience is required. The student is expected to be able to rig and sail an N10, Opti or RS Feva dinghy without an instructor in the boat and control the boat in low to medium wind with confidence. They must be able to name all the parts of the boat and have a good understanding of the function of each part. They must be able to avoid collision. Terminology is emphasized. Spinnakers are introduced. Sailors will be introduced to the RS Feva, Laser, and 420 dinghies. Many sailors at this level gain skills and confidence by crewing for advanced sailors.

Advanced – Advanced Sailors are those who have complete and total independence on the water. At this level they should feel confident mentoring younger sailors. They must know the points of sail and wind direction. They must be completely capable of tacking and gibing around a course of buoys. They must be able to safely sail in all conditions including high wind. Many advanced sailors may choose to race and are encouraged to do so at their own maturity level. If racing, they must have knowledge of racing rules and be completely trustworthy on and off the water. This course will prepare the sailor for high school or college sailing.

Since there is some inherent danger associated with boating and water activities, each sailor must demonstrate their swimming ability by passing a basic swimming test. Sailors will also learn to react to, recover, and regain control after an emergency such as a capsized sailboat or a crewmember overboard.

Swim Test In order to participate in the youth sailing program every sailor must be able to demonstrate his or her basic swimming ability.

Capsize At the beginning of season every sailor will learn the basic skill of capsizing in a sailboat. The sailors are instructed in a controlled environment, with guided practice, to react to their boat going over and being thrown into the water. They will learn the proper procedures to follow, not to panic, and to maintain control. This will allow them to react in a safe manner when they do capsize as a result of a gust of wind. They will also learn the appropriate rescue and recovery procedure so they would be able to assist other sailors if needed.

Arrival and pick-up procedure

All sailors should arrive 15 minutes before the start of their lesson and be fully prepared to sail. Sailors should be accompanied by the Parent to the head pier, where an Instructor will greet the sailor and check them in. And sailors should be picked up promptly at the conclusion of their lesson. Please notify the Program Director in writing if someone other than a parent is picking up a sailor, or if the sailor will be walking or riding bicycles unaccompanied to and from the program.

Upon arrival sailors should take with them items they will need during the lesson and store their backpack or bag neatly in the locker area adjacent to the snack bar at the head pier. Everything that a sailor brings to the program should be labeled with the sailor's name. Please note the locker area is not considered secure. If the sailor carries a cell phone for emergency contact, they must keep it safely stored, turned off, or in silent mode. **DO NOT BRING:** valuables, electronic equipment, toys, games, tools, pocketknives, or weapons of any kind as CPYC and CPYC Youth Sailing is not responsible for lost or stolen items.

What to do if late If a sailor arrives late, and all the instructors are out on the water, the parent should wait with sailor. The sailor should get ready to go out on the water and then wait on the head pier with parent for an instructor to return to the dock to pick him/her up.

Stormy Weather Policy:

Sailing lessons will be conducted on rainy days when it is considered safe to sail. Proper rain gear will be needed. Children will have indoor lessons and activities on those rainy days when it is unsafe to sail. Sailors should report inside to the ball-room stage area at their scheduled time. Appropriate behavior is important on these days and parents should remember instructors are only responsible for children during scheduled lesson times. Per usual, sailors should be picked up promptly after their scheduled lesson.

Boat and User Fees:

Currently the Youth Sailing Program owns some boats, and in addition, we have been fortunate enough that boat owners have traditionally offered their boats to the program for use during supervised lessons. It is understood that mishaps are apt to occur. The Youth Sailing Program covers minor damage that occurs in these incidents. A non-boat owner user fee of \$125 per sailor was established to help boat owners and the Youth Sailing Program with repairs that need attending-to due to the daily wear and tear of boats. This fee does not cover any malicious damage or major boat repairs. Malicious or major damage (determined by the Youth Sailing Board, after consulting with the instructors and parties involved) will be the sole responsibility of the offender and his/her family. We want all sailors to continue to be able to enjoy the program, so please impress upon your children the need to respect all the boats, both the Program's and those that are privately owned.

Any damage to boats must be immediately reported to the Program Director who will then notify the Youth Sailing Committee.

Lost and Found

Please label all of your clothing and gear. The lost and found bin is located in the locker area adjacent to the snack bar. Please check it frequently.

Food/Lunch

CPYC Youth Sailing Program does not provide lunch for sailors. The snack bar on the head pier is open during program hours and sailors may purchase snacks and beverages on a cash basis. Refillable water bottles are strongly encouraged.

For Sailors:

Sailing is a lifetime sport and pastime. Some of the friends and acquaintances you will make at CPYC YS will turn into lifelong friendships and places visited for competitions will be visited over and over throughout life. How you act as a junior sailor will have a lasting impact. Please recognize that sailing at CPYC YS is a privilege and you are being provided with a fun and fulfilling opportunity. To make the most of this experience, we ask that you follow these guidelines:

- Sail for fun and the love of the sport.
- Work hard to improve your skills.
- Listen, ask questions, and watch others to see how you can better your skills.
- Learn teamwork, sportsmanship, discipline, confidence and self-control.
- Be a team player – get along with others.
- Appreciate the contribution each person makes to the learning environment.
- Learn the rules, and play by them.
- Always be a good sport and set a positive example for others.

Temperatures and weather conditions on the water can be more extreme and unpredictable than ashore; so the right gear and clothing are an important part of enjoying the program. The CPYC YS webstore has an assortment of hand picked sailing clothes and gear available for purchase.

Each sailor should bring a small duffle bag with the following items:

Must Haves

US Coast Guard approved life jacket/PFD

Whistle attached to PFD

Sunscreen

Bug Spay

Towel

Water Bottle

Hoodie/Jacket

Fast Drying Closed-Toe Shoes

Recommended

Quick Drying Clothes
Snack Money for Snack Bar
Bathing Suit
Sun Glasses
Hat
Extra Clothes
Snack

1. All sailors must WEAR LIFE JACKETS at all times on the lower floats and on the boats. They must be properly fitting USCG approved personal flotation devices and equipped with a whistle. Life Jackets must be properly fastened. NO EXCEPTIONS. All sailors, siblings and friends 12 years and under must wear a life jacket at all times upon entering the Head Pier.
2. All sailors should arrive 15 minutes before the start of their lesson and be fully prepared to sail. Sailors should wear hats, sunglasses, proper shoes (no open toes), sunscreen and bug repellent. Please notify instructors in writing if someone other than a parent is picking up a student, or if they will be picked up before the end of class. Students meet under the Head Pier Tent. Parents and siblings are not allowed in this area as it interferes with the instruction.
3. As part of the lessons all children are responsible for rigging and de-rigging the boats every day, washing and folding sails, returning equipment to lockers, putting boats on moorings, etc.
4. Sailors should not assume that once they have left the boat, they are done for the day. Lessons are finished after the equipment is stowed and the instructors have dismissed the class.
5. Instructors are not responsible for childcare once the lesson is over, nor are they available at lunchtime.

Swearing , bullying, destructive and abusive behavior is not tolerated.

Parent Responsibilities:

The CPYC Youth Sailing program is a parent-run organization. Consequently, parents are encouraged to become involved to support the children and the program. Please have your child arrive on time. Sailors should not be left unattended before or after lessons. Instructors are only responsible for sailors during their scheduled lessons.

1. We completely understand a parent wanting to watch their sailor participate in such an exciting program. Your effort to help your sailor learn independence and focus on their class instructions without distraction is appreciated.
2. Please be sure your child wears appropriate clothing, footwear (no open toe shoes) and a Coast Guard approved life jacket that fits properly with a whistle. They will also need bug repellent, money for the snack bar and sunscreen..
3. It is the parent's responsibility to get their sailor and boat to and from any regattas in which they wish to participate.
4. Volunteer. Over the course of the program, parents will be asked to assist with hospitality, Twilights, Regattas and other activities. Whether it be a dish to share at a cookout or organizing Twilights, parent involvement and support is necessary for a successful program, and helps make for a memorable summer sailing experience for all.

Communication

CPYC Youth Sailing Program is a volunteer and parent-run organization. As with all families, everyone is busy, especially in the summer months. Good and respectful communication is necessary and CPYC YS and our instructors are committed to keeping an open line of communication with the sailors and their parents or legal guardian. We will do our best to address any concern or questions promptly through the correct means of communication. Please note that different types of communication are best for different situations.

Mass program communications and information will most often be disseminated via email. Please make sure we have all your desired emails correct. Check out www.cpycs.org and our Facebook page often for updates and pictures.

Schedules, calendars, Twilights/regatta sign-ups, and important information will also be posted on www.cpycs.org and the Youth Sailing Bulletin Board located in the locker area adjacent to the snack bar.

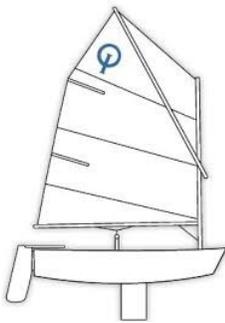
Communicating with the Instructors. The instructors have limited time before and after classes, but are happy to help with short issues or information. If you perceive there to be a major problem, please direct your concerns to a current Youth Sailing Committee member:

Individual concerns and questions (even if they may concern the group) are best discussed over the phone or in person. Often, concerns can be easily addressed via informal conversations with the program director or a member of the YS Committee. Should further attention be required, pre-arranged meetings are often the best way to handle concerns. This allows parents and CPYC YS to sit down, read the situation correctly, receive feedback, and to solve issues conclusively. Please note - Contentious issues are not allowed to be dealt with via e-mails. Contact the Youth Sailing Committee directly to arrange for a face to face conference.

As part of our communications policy, CPYC YS emphasizes that we are here to build robust and well-rounded sailors that can voice their concerns themselves. Please help encourage your student to advocate for themselves directly with our instructors. We always welcome parent communication, but for the benefit of the sailor's growth, self-advocacy should be their first line of communication. If a student feels uncomfortable talking to a particular staff member directly, try suggesting that they communicate through the CPYC YS Head Instructor or Program Director.

The Boats We Use

Many sailors choose to bring their own boats to the program but you don't need to own a boat to participate.



Optimist The Optimist is the largest one design racing fleet in the world and the international standard in junior instruction. A skipper can race Optimists until December 31st in the year they turn 15. On December 31st of that year, they age out of Optimists and can no longer race the boat. To promote participation across a wide range of skill levels and ages, Optimist racing events are divided into fleets. Green fleet is a special fleet for beginners. Green fleet sailors can be any age up to 15. A green fleet might have skippers who are as young as 6 and as old as 15. Green fleet typically sails relatively close to shore and on short courses. Green Fleet Sailors often may be coached during racing. Green fleet focuses on keeping sailors having fun and not as much on competition. After moving out of green fleet, skippers who are 10 or under sail in the white fleet. Skippers who are 11 and 12 sail in the blue fleet. Skippers who are 13, 14, or 15 sail in the red fleet. In all fleets, the determining date is the skipper's age first day of regatta.

The class website is www.USODA.org



National 10 (N-10) The national N10 class was originally introduced as the Turnabout class with production started in 1953 by Harold R. Turner as a small wooden single or double-handed, cat rigged dinghy. The boats were initially built as a junior training boat, although adults enjoy the boats as well. The class has grown mainly in the New England and Northeastern regions of the U.S. Fleets are located in Northern Lake George, New York; Boston, Massachusetts, Rhode Island, Maine and New Jersey. The class is 4,200 boats strong and is competitively rigged and can fly a spinnaker.

The class website is www.n10association.com



Club 420 The C420 is the most popular and versatile double-handed junior boat in North America. The C420 is durable and safe while providing the challenge of having a spinnaker and trapeze. The C420 is widely used by many high school and college sailing programs. The boat is best suited for sailors 12-18 years of age and over 100 pounds.

Additional information about the 420 Class Association is at www.club420.org



Laser The Laser is the single-handed option for sailors who are too big or too old to sail the Optimist. The Laser can be rigged with three different sail plans, providing great versatility across a wide range of sizes. Lasers are best suited to sailors 13 years of age or older, over 125 pounds, and focused on racing. Lasers are one of the largest one-design classes in North America and a primary singlehanded boat used in youth sailing events. In 2008, the Laser Radial debuted as the Women's singlehanded event at the Olympics. Because of this, a number of young women are now sailing in the Radial. It is not atypical to see a significant number of female sailors at Laser Radial events.

Additional information about the Laser Class Association is at www.laser.org



RS FEVA The RS Feva is the world's leading double handed dinghy for youngsters and parent / child teams. An International Class with events around the globe, the RS Feva is the choice for families, clubs and National Authorities to build the pathway to a lifetime in sailing – and a stepping stone at the crucial time in sailing lives. Exciting performance is the secret behind the success. Modern styling and practical features make it popular.

CPYC Youth Sailing Perpetual Trophies

The following perpetual trophies are displayed in the main clubhouse and represent a long tradition of encouraging the ideals of our Corinthian sport. Sportsmanship, effort, care and maintenance, seamanship, and dedication are awarded in addition to success on the racecourse. They are presented in the Fall at the CPYC Youth Sailing Celebration and Cup Night dinner.

The Commodore Richard B Fulham Award - The Richard B. Fulham Award is historically presented each year to a sailor who has demonstrated growth in racing and as well as sportsmanship, citizenships and helpfulness in the program.

The Charles Loomis Award – The annual Charles Loomis Award represents sailors who are always out participating, exhibits outstanding sportsmanship, never gives up, and is helpful to other sailors.

The Commodore Ralph W. Baker Award - The Ralph W. Baker Award is presented annually to a youth sailor who has displayed citizenship, sportsmanship, cooperation and helpfulness around the club..

The John F Lally Award - The John F. Lally Award is presented to a senior youth sailor who has shown determination and sportsmanship, and has developed a passion for sailing, has grown tremendously as a mentor and racer. A youth sailor at CPYC, John Lally became an avid sailor in the Snipe Class. Sailing as many weekends as possible and all about the country with a long list of crew. He was not always the top skipper but was always a force to reckon with. He loved to tinker with his boat and was always available to help others.

Club Races

Time on the water is key to building confidence, friendships and community, and translates into having fun! In addition to sailing daily lessons, the Program has regularly scheduled races throughout the summer for sailors to practice and get time on the water. Depending on their interest, students should be encouraged to participate in club races as soon as possible. Participating in Club races is a fun way to practice skills, get a feel for racing, and spend more time with friends. While the Club races are somewhat competitive in nature, the emphasis is on fun and learning.

Tiller Time Regatta at CPYC - This informally run in-house regatta is for the novice sailor who may be interested in racing and would like to try it out. It's about having fun while learning some basic skills such as starting, following, and finishing a race. Even though this is not a competition, scoring will be kept to offer instruction assistance. Arrangements for skipper and crew should be done prior to regatta day. This is a great opportunity for beginners.

Hatch Brown Race Series - This is our Club Championship. Hatch Brown was the retired sailing coach and former Sailing Master at MIT. Hatch founded the regatta as a way of volunteering his time and expertise to help mentor our Youth Sailing sailors. This series is a one-fleet race with multiple class boats that is skippered and crewed by our youth sailors who already have some race course experience. The Hatch Brown Series is held each Thursday afternoon weather permitting and sailor should be rigged and ready by 11:30am. Scoring is recorded and will be posted on the bulletin board at the snack bar. Sailors not wishing to participate attend their usual scheduled lesson. Please refer to our calendar for scheduled HBS dates. 1st-3rd place Trophies for each class boat (Opti, N10, C420) in the series are given out at our Youth Sailing Cup Night.

Twilights

“Tuesday Night Twilights ” - is a fun way for sailors to recreationally build on what they learn in class. Students from CPYC and Winthrop YC are invited out to participate in a series of non-competitive races around a set course. The Twilight program is not a mandatory part of the sailing instruction program. It is purely recreational and a wonderful family activity. Any boat owner and his/her crew are welcome to attend this parent-run weekly event. We also make our Program owned Optis and N10s available for sailor use in Twilights for free on a 1st come basis. Parents/guardians of participating sailors must attend the races or arrange for supervise their children. Historically, weather permitting the racing begins promptly at 6 pm on Tuesday nights. Prior to the race all sailors must arrange for boats, skippers and crew. Skippers and crew should plan to arrive at 5:30 to rig their boats and be on the starting line before 6 pm. Instructors are not available for supervision. We need volunteers to help run this program.

Typically the Twilight races are held in the waters off Pico Park between the CPYC and the Winthrop YC. So, Pico Park is usually the best viewing site. Many parents with boats act as spectators or volunteers. YS does not arrange for spectator boats but our boating families are very accommodating so if you would like to view Twilights from on the water simply ask a boat owner if they have room to take you out. It's a great way for our parents to get to know each other. Usually, some pizza and beverages (or similar type of fare) is offered at our head pier snack bar on a cash basis - once the sailors have returned ashore after the races.

WATCH YOUR EMAIL - If your sailor is planning to participate in Twilights please watch your email closely in the hours prior to start. Weather is unpredictable and monitored closely. In the event that CPYC YS feels that the weather is threatening we will send out a blast email canceling Twilights. If you don't receive a cancellation email then assume Twilights will happen. Parental support and involvement are important to the success of Twilights...please consider volunteering.

Regattas

For sailors who already have the beginning skills, we offer a more competitive opportunity – sailing in Regattas.. While the CPYC YS “club races” are held at the club with just CPYC member participants, regattas are open to members of other clubs and sailing associations, and are hosted by various yacht clubs. While regattas are a larger commitment, both club races and regattas are open to new sailors and emphasize community and fun. A positive experience at your child’s first regatta goes a long way - Picking a day with good weather -- especially considering the winds -- is an important part of picking the first race. Your child’s instructors and our Program Director can help determine whether your child has mastered the skills necessary to compete, and can also help encourage your child.

What is a regatta - A Regatta is a term used to describe either a boat race, or series of boat races. Although the term typically describes racing events of unpowered watercraft, some powerboat race series are also called regattas. Most commonly, a regatta is either a series of rowing, sailing, gondola or yacht racing. A regatta often includes social and promotional activities which surround the racing event. Although regattas are typically amateur competitions, they are usually very highly organized, formally structured events, with complex rules precisely describing the schedule and procedures of the event. Regattas may be organized as championships for a particular area or type of boat, but are often held just for the joy of competition, camaraderie, and general promotion of the sport. For CPYC hosted and CPYC YS sanctioned regattas our instructors and coaches are on the water for the races and can assist your child as necessary. There are many local regattas and your sailor is welcome to sign up for any regatta which they want to sail but YS only sends instructors, coaches, and support to YS Sanctioned regattas. . All CPYC class fleets - Opti’s, N10’s, RS Feva, Laser, and 420’s are suitable for racing in regattas and are available for use on a 1st come basis.

What is a CPYC YS sanctioned regatta? - A CPYC YS sanctioned regatta is a regatta that has been approved by the Program for a higher level of CPYC YS participation. They can be either hosted (at CPYC) or away. CPYC YS will supply instructors, coaching boats, club sailboats and whenever possible help with transportation of boats for sanctioned regattas. CPYC YS hosts at least two sanctioned regattas each year – an N10 Class regatta and CPYC’s Annual Make-A-Wish Regatta with opti, N10, and C420 participation. CPYC YS usually participates in several sanctioned away regattas.

Away regattas are generally a full day or multi-day event and conclude with an awards ceremony. Participation generally involves transporting the boats from CPYC the afternoon before race, attending the event, and then transporting the boats back to CPYC at the end of the regatta's final day. Many parents meet early on race day and commute together with the boats and instructors. Often the hosting Club provides Sailor lunches on the water and a celebratory dinner. Parents are required to coordinate the transportation of their children, boat, and "gear" to and from regattas. Sailors are solely responsible for their boats, gear and belongings at regattas. There is a strong sense of community around regattas and other parents are often able to help and parents of children who actively participate in regattas are encouraged to volunteer. Talk with our Program Director about your sailor's individual situation.

If you will not be attending CPYC YS sanctioned regatta with your sailor, it's important to make sure that you carry your cell phone so that you are accessible.

While Attending Regattas - CPYC and our Junior Program sailors are expected to conduct themselves accordingly. Also encouraged is their participation in the social functions that are part of these events. Our goal is to create an environment that supports ethical and sportsmanlike behavior at CPYC. We want to stress being proactive rather than being reactive as we strive to give our sailors the tools to make positive choices. We want CPYC's sailors to be known for their friendly, hardworking, positive, and sportsmanlike attitudes above all else. All of us, including program chairs, instructors, coaches, and parents should work together with our junior sailors to accomplish this goal.

- Treat other persons and their property as you know they should be treated, and as you wish them to treat you and your property.
- Regard the rules as agreements, the spirit or letter of which you should not evade or break.
- Be gracious in victory or defeat.
- Be cooperative and respectful. Remember that your actions on and off the water reflect you, the CPYC, and the CPYC Youth Sailing Program.

Regatta Guidelines for Parents

1. Please support the coaching staff's decisions. The coaches have the best interests of your athlete at heart.
2. Place winning in the context of fun, good sportsmanship and fair play.
3. Promote the total sport of sailing and boating, not just racing.
4. As spectators, remain in designated areas specified by coaches and directors.
5. Remember that any coaching during a race is prohibited, except for Opti Green, under the Racing Rules of Sailing.
6. Show respect for race officials and regatta rules.
7. Understand that they must uphold event regulations on and off the water
8. Assist all sailors to develop to their fullest potential.
9. Encourage your sailor to be organized and responsible for their own equipment and to respect the property of others.
10. Help your sailor set realistic goals/expectations for themselves

Please refer to our calendar, www.cpycys.org, bulletin board in the snack bar, for regattas being held in the area. Most clubs post information on line regarding fees, ages, lines of boats and schedules for sailors. We will keep you informed as soon as we know the notice of race has been posted.

Skippers and crew must be selected before the regatta and registered as such.

Sailors interested in participating in a regatta should make it known to the instructors as well as their parents so that plans can be formulated.

Regattas – What to Expect

Registration – Many regattas offer online registration which opens well ahead of the regatta date. In the absence of online registration typically the sailor will register at the hosting club the evening before the regatta (this is convenient if bringing over a boat the day before the event) or arrive early the day of the regatta to register. When registering the sailor will receive useful information about the Club and event and likely receive a skipper bag which may contain necessary items (such as the Sailing Instructions) as well as some fun goodies.

A **Race Committee** is responsible for organizing and running a sailboat regatta. The responsibilities of this committee include informing participants, ensuring the venue is set up and ready, holding a Skippers Meeting, running the actual race and generating results. Generally, the Race Committee first sends out a **Notice of Race (NOR)**, usually months in advance. A set of **Sailing Instructions (SI's)** are also produced. Typically, these are handed out at the Skippers' Meeting.

The **Skippers' Meeting** is usually held on the morning of the regatta. Last-minute updates to the documentation are provided at this point, including race schedule updates, course corrections, local weather conditions, hazardous aspects of the course, etc.

The **Committee Boat** often occupies one end of the starting line. Through the use of flags, signals, guns and VHF radio, people aboard the committee boat will count down through the "starting sequence" and begin the race. If there are multiple fleets participating in a regatta, each fleet will have their own starting sequence, noted through the use of a "class flag". The committee boat will also make sure no boats have crossed the starting line early, and will signal over-early boats. A boat which was over early and did not make amends (usually by coming back to the starting line, or by going around one end of the starting line) will be penalized in the scoring process.

At the end of the race, the committee boat will write down finish-times. If the regatta has multiple races, the committee boat will begin the starting sequence for the next race, after all the boats have finished the previous race.

After the racing, hearings are held to handle any protests which have arisen. Finally, the scores are tallied and posted. If a fleet contained more than one class of boat, it is common to use the handicapping systems such as PHRF to adjust scores. Performance Handicap Racing Fleet (PHRF) is a handicapping system used in regattas. It allows dissimilar classes of sailboats to be raced against each other. The aim is to cancel out the inherent advantages and disadvantages of each class of boats, so that results reflect crew skill rather than equipment superiority.

Regatta Flags

Here it is race day. You've polished up your boat. Polished up your good manners and you are ready to race. But what do all those flags on the Committee Boat mean?

The start sequence for sailboat races is a five-minute countdown series .

Here's how the sequence goes.

If everything is on schedule, when you get out to the committee boat you will see an **RC** flag and an orange flag that delineates the committee boat end of the start line. If things are running late, you will see the previous two flags and the  **AP** signal. That's a red and white pennant, which is also called the  **Answering Pennant**.

When the  **AP** comes down, it signifies one minute until the class flag is raised. The class flag is the one which is so designated by the Sailing Instructions. So, at this point, there are six minutes until the start.

The **Class Flag** goes up at five minutes before the start and remains up until the start. This is a warning flag only. The Rules of Racing (RRS) don't kick in for another minute. **It is accompanied by a sound signal.**



The  **P** (Preparatory) flag goes up at four (4) minutes before the start. The P flag is blue with a white, square center. **It is accompanied by a sound signal.** This flag will remain up for three minutes.

The  **P** flag comes **down** at one minute before the start. **It is accompanied by a sound signal.** The only flag still up is the **Class Flag**.

START: The Class Flag comes down. **It is accompanied by a sound signal.** You should be at or very near the starting line going fast.

Other Flags You Should Know



X Flag means that one or more boats have started prematurely. This flag will be lowered when all premature boats have returned or after 4 minutes, whichever comes first.



FIRST SUBSTITUTE: This flag indicates a **General Recall**. Everybody starts over. New start sequence, etc.



I Flag indicates that Rule 30.1 (the around-the-ends rule) is in effect at the start.



BLACK FLAG: This flag is all black. It means that any boat on the course side of the start line within a minute prior to the start is disqualified.



Y Flag means that all competitors are **required** to wear personal buoyancy.



L Flag Ashore, it means that a notice to competitors has been posted. Afloat, it means come within hail or follow me.



M Flag means, "The mark is missing. Round me instead of the missing mark."



S Flag means, "The course has been shortened. The finish is between this flag and the nearby rounding mark,"



C Flag means, "The course has been changed." Look for compass heading to new mark and/or + or - sign indicating leg will be longer or shorter.

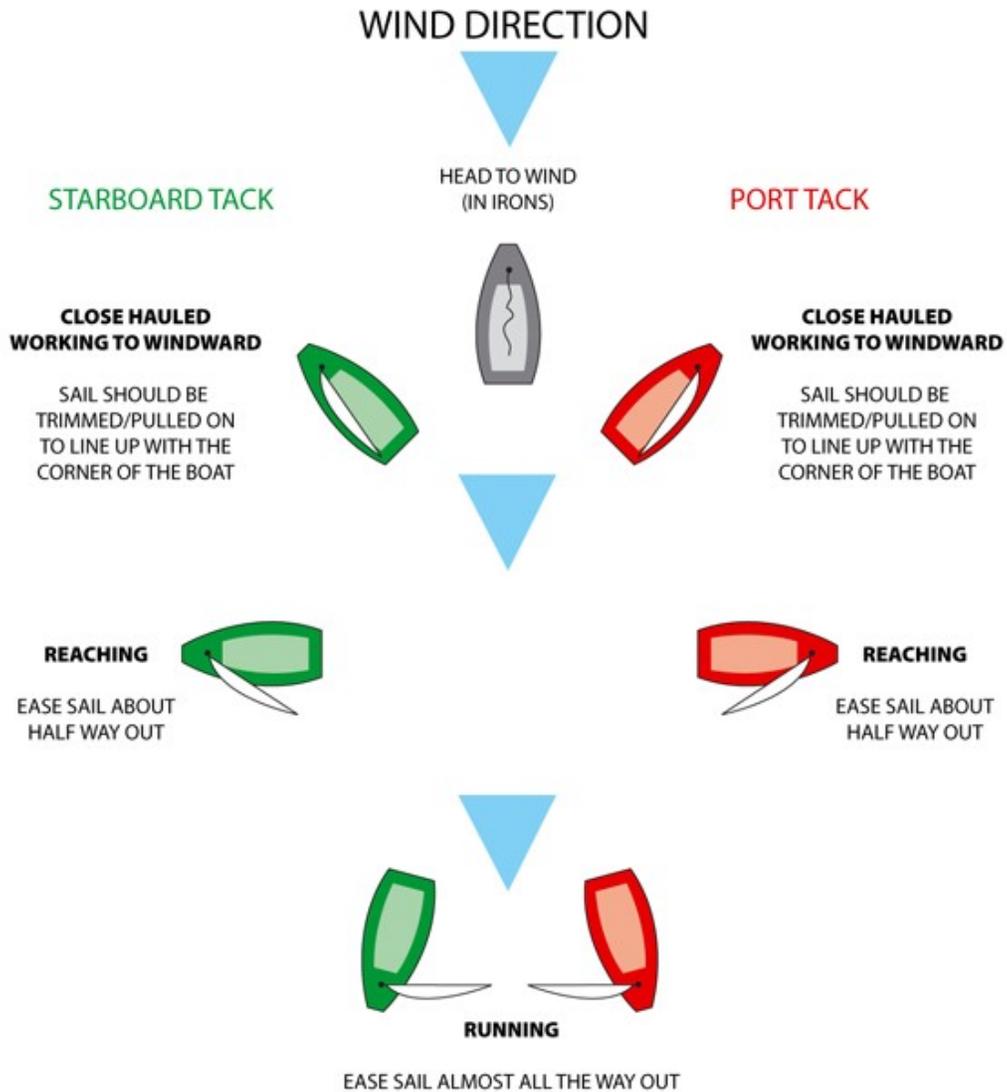


N Flag means, "The race has been abandoned." It should be accompanied by 3 sound signals.

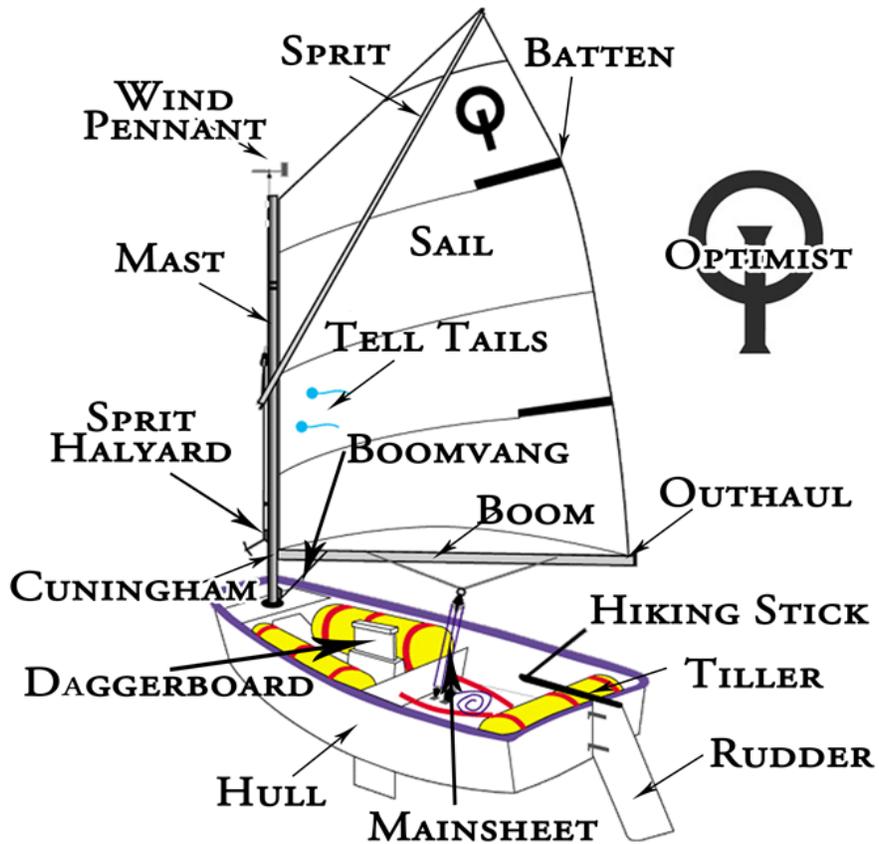


N over A: means, "Races have been abandoned. Further signals will be made ashore."

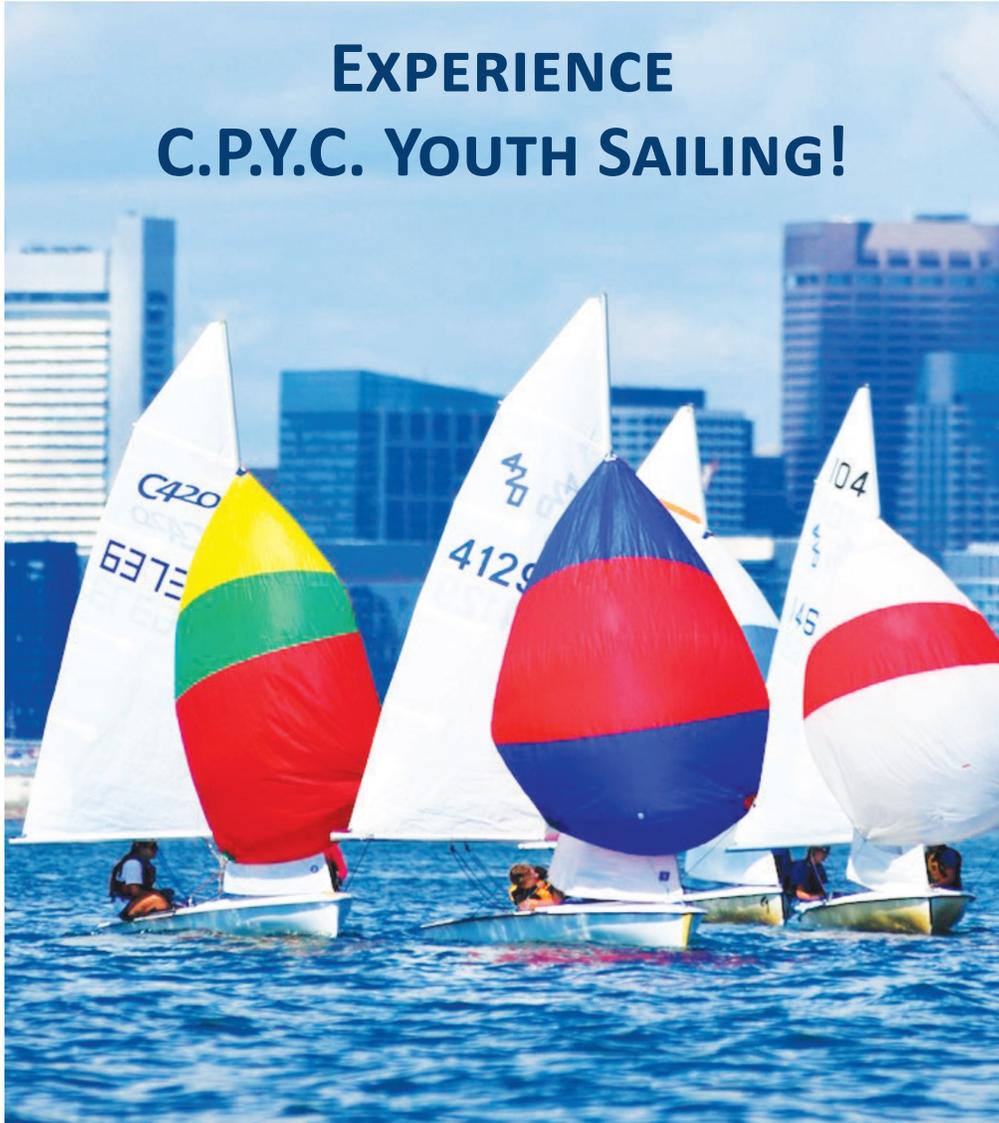
Points of Sail



Optimist Nomenclature



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