

LANZAROTE NACRA WINTER TRAINING

NAVIERA ARMAS TROPHY

February 3 to 6 2021 Lanzarote (Canary Islands, Spain)

SAILING INSTRUCTIONS

The **LANZAROTE NACRA WINTER TRAINING**, will be held in the Playa Blanca Bay from February 3 to 6, 2021 organized by Dinghy Coach Lanzarote, Marina Rubicón and Club de Regatas 4vientos, the Institutional support of the City Council of Yaiza with the support of the Naviera Armas and Canarian Sailing Federation.

1. RULES

- 1.1 The regatta will be governed by the Rules as defined in The Racing Rules of Sailing with the provisions made in the Notice Of Race Point 1.
- 1.2 [NP][DP] COVID-19 Operational Protocol for the return to the official national, non-professional competitions (2020-2021 Season), available on the regatta web site.
In addition to the Safety Protocol, competitors and Support Persons shall wear protective masks at all times while ashore at the event venue.
- 1.3 [NP] [DP] Varadero Regulations: Above all, be very careful with the current of the sea in the docking ramp and respect with the other users of the facilities, when leaving the docking carts and leaving the common spaces free.
- 1.4 In addition to RRS 61.1 (a) a boat intending to protest will communicate this fact to the Race Committee boat on the finishing line immediately after finishing and until her intention has been recognized by the Race Committee.
- 1.5 In all the rules that govern this event:
 - 1.5.1 [NP] denotes that a breach of this rule will not be grounds for a protest by a boat. This changes RRS 60.1(a).
 - 1.5.2 [SP] denotes a rule for which a standard penalty may be applied by the Race Committee or Technical Committee without a hearing or a discretionary penalty applied by the Jury with a hearing. This changes RRS 63.1 and A5.

2. SAFETY REGULATIONS. [NP] [DP]

- 2.1 A Boat that retires from a race or decides not to go afloat for the day's races shall notify the Race Committee and shall complete a retirement declaration form at Race Office at the first reasonable opportunity for each action.
- 2.2 Coaches and Support persons shall monitor the RC communication channel VHF 72 for instructions under rule 22.
- 2.3 Boats that for any reason arrive ashore at a location other than the Club shall promptly report to one of the following telephone numbers:

Person & Entity	Channel VHF	Phone number
Race Committee	Channel 72 VHF	+34 657 762 017
Safety Coordinator	Channel 72 VHF	+34 630 737 868
Race Office	Channel 72 VHF	+34 928 519012
Maritime Rescue Coordination Center	Channel 9 / 16 VHF	+34 928 467 757

3 COMMUNICATION WITH COMPETITORS. CHANGES TO THE SAILING INSTRUCTIONS

- 3.1 Notices to COMPETITORS will be posted between 09:00 to 20:00 each day, on on-line Official Notice Board (ONB) of the regatta located on the website: www.cr4vientos.es and by the WhatsApp of the Nacra group.

Notices will be replicated on the Notice Board (NB) located Plaza de Capitanía in Marina Rubicon. Failure to replicate a notice will not be grounds to request regress (this changes rule 62.1).

3.2 Any modification to the sailing instructions will be displayed on the Official Notice Board (ONB) and before 09:00 hrs. on the day they will take effect, except that a modification to the schedule of races will be posted 20:00 hrs. on the day before it will take effect.

4. RACE SIGNALS

4.1 Signals made ashore

4.1.1 When the **AP** flag is displayed ashore “1 minute” is replaced with "not less than 45 minutes" in Race Signal AP.

4.1.2 [NP] [DP] Flag **D** displayed ashore with one sound means: “Boats can go to the racing area. The next warning signal will not be made before the scheduled time or less than 45 minutes after flag D is displayed. Boats shall not leave the shore before this signal is made, unless expressly authorized by the Race Committee (CR.)”.

4.2 Signals made on the water

4.2.1 [NP] [SP] Flags AP or N over H or A together with flag V mean: ‘All boats shall return immediately to their assigned harbor.’

4.3 The standard penalty [SP] for a breach of SI 4.1 or 4.2 will be a 5 points penalty calculated in accordance with rule 44.3(c).

5 SCHEDULE.

5.1 The Race Schedule is defined as follows. (See Notices 1&2 – Change to NoR 8 Schedule)

DATE	TIME	ACT
February 8 to 10 2021	11:00 hrs.	Warning signal 1 st race of the day (4 Races)
February 11, 2021	11:00 hrs. End of the day	Warning signal 1 st race of the day (2 Races + 1 Medal Race) Toast in the One Bar

5.2 The number of races scheduled per class is as follows

Class	Races Scheduled
Nacra 17	15

5.3 To alert boats that another race or sequence of races will begin soon, the orange flag defining the starboard end of the starting line will be displayed with one sound at least five minutes before a warning signal is displayed.

5.4 On the last day of regata each class, no warning signal will be made after 16.00 hrs. (This changes NoR 8.3)

6 FORMAT OF RACING

6.1 For all classes, the opening series will be sailed in a single fleet.

7 CLASS FLAGS

7.1 **RUBICON AREAS:** Class Flags will be Nacra Class logo - white background.

8. RACING AREAS

8.1 SI Attachment 1 shows the location of the possible racing areas.

8.2 The race course is defined as the surface of a polygon whose edge exceeds by 100 meters the shortest theoretical course that a boat could make in racing.

8.3 The starting area is defined as the rectangle that covers an area of 75 meters to windward and leeward sides of the starting line and 200 meters away from each end.

8.4 The finishing zone is defined as the rectangle that covers an area 50 meters to windward and leeward sides of the finishing line and 50 meters away from each end.

9. COURSES

9.1 The diagrams in SI Attachment 2 show the courses, including the approximate angles between legs, the order in which marks are to be passed, and the side on which each mark is to be left.

9.2 No later than the warning signal, the Race Committee signal vessel will display the approximate compass bearing of the first leg.

9.3 A leeward gate can be replaced by a single mark. In his case it will be left to port.

10. MARKS

10.1 The Marks will be as described below:

COURSE MARKS	STARTING MARKS	FINISHING MARKS
<p>Course Marks: Yellow inflatable cylindrical</p> <p>Change of course marks: red inflatable cylindrical</p>	<p>Race Committee Signal Vessel Boat displaying a orange flag</p> <p>Pin: orange inflatable cylindrical</p>	<p>Race Committee Boat displaying an Blue flag</p> <p>Pin: orange mark with Blue flag on pole</p>

10.2 A race committee vessel that is signaling a change of course is a mark, as provided for in Sailing Instruction 12.

11. THE START

11.1 The starting line will be between a staff displaying an orange flag on the Race Committee vessel at the starboard end and the course side of the pin-starting mark at the port end.

11.2 A boat that does not start within 4 minutes after her starting signal will be scored Did Not Start without a hearing. This changes rules A5.1 and A5.2.

11.3 [NP] [DP] Boats whose warning signal has not been made shall stay out of the starting area as defined in SI 8.3.
 These boats will sail into the starting area only after the boats in the previous start have started.

11.4 [NP] [DP] Boats that have finished will return directly to leeward of the starting area or ashore, keeping clear of boats that are racing, or whose warning signal has been made.

11.5 The sail numbers of the boats identified as UFD or BFD may be displayed on the Race Committee signal vessel before the next warning signal.

12. CHANGE OF THE NEXT LEG OF THE COURSE

12.1 To change the next leg of the course, the Race Committee will:

- Lay a new mark, or
- Move the leeward gate or move the finish line.

When a new mark is laid, the original mark will be removed as soon as possible. When in a subsequent change a new mark is replaced, it will be replaced by an original mark.

12.3 Except at a gate, boats shall pass between the Race Committee boat signaling the change and the nearby mark, leaving it to port and the Race Committee Boat to starboard. This modifies RRS Rule 28.

13. THE FINISH

13.1 The finishing line is between staffs displaying blue flags on the finishing marks.

14. PENALTY SYSTEM

14.1 The penalty for breach of a Class rule may be a standard penalty [SP] or a discretionary penalty [DP].

14.2 For the 49er FX, rule 44.1 is changed so that the Two-Turns Penalty is replaced by the One-

Turn Penalty.

14.3 RRS Appendix P applies.

15. TIME LIMITS

15.1 The Limit times and the intended times are the following:

CLASS	MARK 1 TIME LIMIT	TARGET TIME	RACE TIME LIMIT	FINISHING WINDOW
Nacra	15 minutes	30 minutes	50 minutes	10 minutes

15.2 If no boat has passed Mark 1, within the Mark 1 Time Limit, the race will be abandoned.

15.3 Failure to meet the Target Time will not be grounds for redress. This changes rule 62.1(a).

15.4 The Finishing Window is the time for boats to finish after the first boat sails the course and finishes.

Boats failing to finish within the Finishing Window, and not subsequently retiring, penalized or given redress, will be scored DNF without a hearing. This changes RRS 35, A5.1 and A5.2.

16 PROTESTS AND REQUESTS FOR REDRESS

16.1 Protest forms are available at the event website. Protests and requests for redress or reopening shall be delivered at the race office within the appropriate time limit.

16.2 For each class, the protest time limit is 70 minutes after the last boat has finished the last race of the day or when the RC abandons or signals no more races today, whichever is later.

16.3 Notices will be posted within 30 minutes of the protest time limit to inform competitors of hearings in which they are parties or named as witnesses. Hearings will be held in the protest room located in the Club House, beginning at the time posted. Hearings may be scheduled to begin up to 30 minutes before the end of protest time.

16.4 Notices of protests by the Race Committee, Protest Committee or Technical Committee will be posted to inform boats under RRS 61.1(b).

16.5 A list of boats that have been penalized for breaking RRS 42 under Appendix P will be posted.

16.6 On the last scheduled day for racing a request for redress based on a protest committee decision shall be delivered no later than 30 minutes after the decision was posted. This changes rule 62.2.

16.7 The race committee or the technical committee may protest a boat when they consider the standard penalty to be inappropriate. A boat that has been penalized with a standard penalty can neither be protested for the same incident by another boat nor can another boat request redress for this race committee action. This changes RRS 60.1, 63.1 and Appendix A5.

17. SCORING

17.1 **Nacra 17 CLASS:**

15 races are scheduled.

17.2 For each class, 2 races are required to be completed to constitute a series.

17.3 When 6 or more races have been completed, a boat's series score will be the total of her race scores excluding her worst score.

18. [DP] REPLACEMENT OF CREW OR EQUIPMENT

18.1 Only the crew may be replaced (not the Skipper).

18.2 Substitution of damaged or lost equipment is not allowed unless authorized by the Technical Committee. Requests for Substitution shall be made to the Technical Committee at the first reasonable opportunity.

18.3 Substitution of competitors will not be allowed without prior written approval of the Race

Committee.

19. [NP] [DP] EQUIPMENT & MEASUREMENT CHECKS.

A boat or its equipment can be inspected at any time to verify compliance with the Class Rules and Sailing Instructions. On the water, a boat can receive instructions from an Equipment Inspector to immediately go to a certain area for inspection.

20. [NP] [SP] BERTHING

20.1 *Boats shall remain in their assigned places in the boat park, except when going to and coming from the water.*

21. [NP] [DP] SUPPORT PERSONS VESSELS.

21.1 *Team leaders, coaches and other support personnel will remain outside the zones defined in IR 8.2, 8.3 and 8.4, where boats are racing from the Warning Signal for the first class to start until all boats have finished or until the Race Committee signals a General Recall or postpones or abandons the race.*

21.2 *Support persons duly registered as Coaches will remain outside the zones defined in IR 8.2, 8.3 and 8.4, where boats are racing, from the Warning Signal for the first class to start until all boats have finished or until the Race Committee signals a General Recall or postpones or abandons the race.*

21.3 *Support Persons' vessels other than Coaches shall remain within the "Support Personnel" zone (see Attachment 2) at all times from the first Warning Signal for the first Group to start until all boats have finished or the support boat leaves the racing area.*

22 COMMUNICATIONS

22.1 *Any type of communication between competitors and no-competitors during a race is prohibited. This restriction includes radio communications and also mobile phones.*

22.2 **Marina Rubicon:** *The Race Committee will use channel 72 VHF for its communications.*

23 [NP] [DP] TRASH DISPOSAL

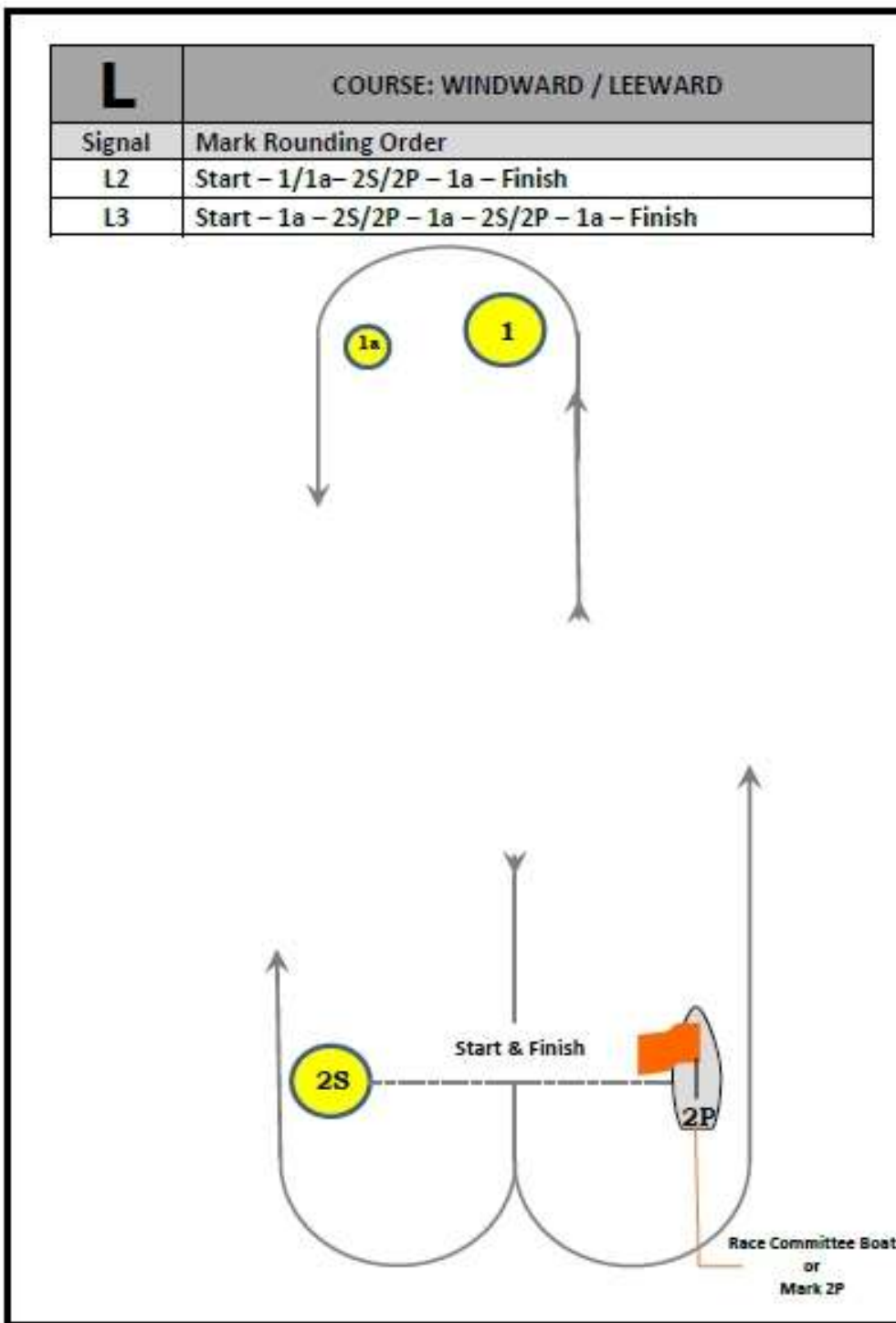
Trash may be placed aboard official or support person vessels.

26. DISCLAIMER OF LIABILITY

*RRS 3 states: 'The responsibility for a boat's decision to participate in a race or to continue to race is hers alone.' By participating in this event each competitor agrees and acknowledges that sailing is a potentially dangerous activity with inherent risks. These risks include strong winds and rough seas, sudden changes in weather, failure of equipment, boat handling errors, poor seamanship by other boats, loss of balance on an unstable platform and fatigue resulting in increased risk of injury. **Inherent in the sport of sailing is the risk of permanent, catastrophic injury or death by drowning, trauma, hypothermia, or other causes.***

ATTACHMENT 1

Playa Blanca COURSES



COURSE LR 2

START – MARK 1 – GATE 2S 2P – MARK 1 – FINISH

ATTACHMENT 2

PLAYA BLANCA RACING AREAS



ATTACHMENT 3 COVID-19 MEASURES

[NP] [DP] MEASURES IN RELATION TO COVID-19.

- a.** Access to the regatta facilities is conditional on controlling body temperature.

Access to the facilities will not be allowed to those persons whose body temperature exceeds 37.5° degrees or those who refuse to take part of the temperature control. This decision does not constitute grounds for requesting redress (this modifies RRS 62.1(a)).

A breach of the "Security Protocol in relation to COVID-19" may lead, after a hearing, to the imposition of penalties at the discretion of the Protest Committee.

- b.** Competitors and support persons are required to wear a mask: 1st: At all time while ashore
2nd: When go on board of rescue boats and any boat belonging to the Regatta, Protests and Measurement Committees.
3^{re}: Support Persons shall use the face mask on the water if more than one person goes on board of the support boat
4th Masks and gloves should be thrown only in the containers provided for it, duly marked.
- c.** Competitors and support persons are required to respect the capacity and access shifts, where appropriate, to:
1st: In changing rooms and showers. it is strictly forbidden to deposit clothing and bags.
2nd: Bar, Restaurant and Social Lounges.
- d.** Competitors and support persons are required to respect the order of launching of boats into the water and will keep the corresponding queue, avoiding overtaking and crowding; the trolleys will be removed and stored by the organization personnel.
Similar rules will be followed when stranding.
- e.** Competitors and support persons are obliged to clean their hands frequently and, where appropriate, to use hydrogels available when accessing open or closed areas.
- f.** Competitors and support persons are obliged to use the one-way lanes when moving inside the facilities.
- g.** Competitors and support persons will at all times obey any reasonable instructions given to them by the AO and its representatives.