



LYC Sailing Instructions 2010 for points series and trophy events

1. RULES: All races will be sailed under the I.S.A.F. Rules including the R.Y.A. prescriptions as contained in the current R.Y.A. publication YR1 except where modified below.

2. NOTICES & CHANGES to sailing instructions will be displayed on the club notice board

3. SCHEDULE OF EVENTS - The date and start time is given for each race. Unless otherwise stated the courses for trophy events will be based on the same marks and courses as the points series except that all classes will follow the course set to enable the result to be based on average lap times. For classes, Keelboats and Solings, on Monday evenings there will be 3 series of points races. The two classes will start at the same time and follow the same course but may be finished separately. For Fast and Slow handicap dinghies, on Wednesday evenings, there will 3 series of points races. Slow handicap dinghies will start 10 minutes after the fast h'cap dinghies and courses will be varied as in paragraph 8 below. In September there will be a Sunday Series for Fast and Slow handicap dinghies.

3.1. FROSTBITE (D): Sun 28th Mar/1400 hrs. Result will be based on average lap times.

3.2. BRASS MONKEY (K): Sun 25th Apr/1400 hrs. Result will be based on average lap times.

3.3. CORRAN RED (K): Sun 30th May/1200 hrs. Start between Flagpole and mark 'A', Leaving mark 'A' to starboard. Finish between Flagpole and mark 'A' to port. Corran Red Buoy is to be rounded to starboard. At the discretion of the OOD, the race may be shortened, by displaying flag "S" between the Safety boat and a convenient point. (See guidance notes for OOD) If the race is postponed it may be rerun on 15th August/ 1300 hrs.

3.4. KEELBOAT CREWS RACE (K) Sun 6th June/1400 hrs. Keelboats including Solings must be helmed by one who normally crews in points series races. Result will be based on average lap times.

3.5. BLACK ROCK (D): Sun 27th June/1200hrs. Start between Flagpole and mark 'A' (leaving mark 'A' to starboard). Black Rock will be rounded to starboard. Finish between Flagpole and mark 'A' (Leaving mark 'A' to port). At the discretion of the OOD, the race may be shortened, by displaying flag "S" between the Safety boat and a convenient point. (See guidance notes for OOD) If the race is postponed it may be rerun on 4th July/ 1600 hrs.

3.6. LOCH EIL (D): Sun 11th July/1700 hrs. Start between mark 'A' and the Flagpole in a northerly direction. Leave marker buoy in Loch Eil to starboard. Finish between mark 'A' and the Flagpole in a southerly direction. At the discretion of the OOD, the race may be shortened, by displaying flag "S" between the Safety boat and a convenient point. (See guidance notes for OOD) If the race is postponed it may be rerun on 8th August/ 1600 hrs.

3.7. DINGHY CREWS RACE (D) Sunday 25th July/1400 hrs. Dinghies must be helmed by one who normally crews in points series races or a sailor who has not been taking part in the points series. Result will be based on average lap times.



3.8. JUNIOR HELM (K): No date set. The race will be postponed if the wind strength exceeds Force 4. The helm must be under 18 years of age on the 1st Jan 2010. The helm must take the helm from the preparatory signal until finishing.

3.9. NO DUFFERS CUP (D): No Date Set. To be eligible for this race you have to be in your first year of race helming. The race will be postponed if the wind strength exceeds force 4. Result will be based on average lap times

3.10. BALNAGOWAN FUN RACE / CRUISE (K): No Date Set/Start time is 1030 from the clubhouse and finish time is to be noted by each competing boat. The start / finish is between the clubhouse and mark A. Participants should note their times when the Corran lighthouse is abeam and when the south most point of Balnagowan is due North passing in either direction. The return leg on Sunday should be similarly timed - starting in a generally westerly direction with Balnagowan due north at 1430. The combined times will be used to determine the result. In the event that the race is shortened the intermediate times may be used.

3.11. POINTS SERIES 4(D) September Sundays Two short races sailed back to back of about 45 minutes duration each. Results will be based on average lap times.

3.12. PURSUIT RACE (D/K) Sun 26th Sept. Start time will be from 1400 hrs weighted according to handicap so that in theory all finish at 1530 hrs. See LYC club notice board or web site for start times of each class. At 1355 there will be a normal start procedure using flags P and H. Thereafter each following class will receive a one minute warning by raising flag H and a start by lowering flag H. In the case of classes with only one minute of a difference in their starting times Flag H will merely be dipped. Flag X will be used to signal early starters but will be lowered at the same time as the following class start or when the offending boat has returned and restarted (whichever is the sooner). The finish will be signalled by raising flag S after which each boat shall finish by crossing the start/finish line in the normal direction of the course. Boats more than a lap behind will be given a position based on their last completed lap.

3.13. ONICH TO FORT WILLIAM (K): TBA

3.14. TOBERMORY RACE (K): TBA

3.15. CRUISING LOG - A prize will be given to the best log for the 2010 sailing season. This is open to all members and will be presented at the Fitting Out Supper in March 2011.

4. HANDICAPS: Dinghies will use the R.Y.A. Portsmouth Yardstick System. Each keelboat will use its C.Y.C.A. T.M.F. handicap. In the absence of an official handicap the sailing committee will allocate a 'local' handicap. The committee will consider applications for modified handicaps from owners who state their case in writing.



5. ELIGIBLE BOATS: The L.Y.C. Committee reserves the right to allow boats to race although they do not comply in all respects with their class rules. To be eligible as a starter in any race the owner of a competing boat must have paid the current club subscription, and must have insurance cover, giving third party indemnity of at least £1,000,000. Visitors may take part provided they have completed an entry form (available on the club web site or from the OOD) and paid the appropriate race fee but they will not be entitled to a trophy. Their scores will be recognised when calculating results for points series. For Keelboats: while the start sequence is in progress boats sailing in the vicinity of the start line will be deemed to have entered. For Dinghies: before the race, the helm of each boat must enter the details of the boat, sail number and crew and sign the race entry form (which will be kept on the table at the club house entrance).

6. SAIL NUMBERS: All boats should display a sail number, where borrowed or second hand sails are used, the OOD must be made aware of suitable recognition features.

7. CLASS FLAGS: The following class flags will be used; - flag "H" (for dinghies), and flag "M" if there are separate starts or finishes for fast and/or slow handicap dinghies, flag "E" (for keelboats) and flag "Ω" (where there are separate starts and/or finishes for Solings). This changes rule 26.

8. MARKS & COURSES: A diagram showing the position of marks and standard courses is displayed in the club handbook on the club notice board and the web site. For courses 1 to 4, in Points series only, slow handicap boats should substitute mark X for B, mark Z (if it is in place) for F and mark Y for H. Additional courses can be selected by displaying the mark names so they are visible from the start line area. **For average lap races** there will be no set number of laps, the expected length of race will be 45 minutes unless indicated otherwise by the Race Officer.

9. STARTING PROCEDURE: Keelboats and Solings only: Any boat on the course side of the starting line one minute before the start signal must return to the pre-start side by sailing outside mark 'A'. Failure to do so will result in that yacht receiving a score for the place worse than her actual finishing position by 20% of the number of starters, but not less than one place. No flag I will be displayed. This changes rule 30.1

10. POINTS SERIES: Shortened Course: The course may be shortened at any time by flying flag 'S' and the relevant class flag. If flown from the clubhouse, boats will finish when they next pass between mark 'A' and the flagpole, in the proper sequence of the course. If flown from the Safety or committee boat, the finishing line will be between the flag and the adjacent mark, this mark being in the proper sequence of the course.

11. For Average lap races when the Race Officer determines that the race is to finish, flag 'S' will be displayed with 2 sound signals. Boats will finish the race when they next pass through the finish line at the end of their current lap. The race may be shortened at any mark on the course during the first lap only. In this event the finish vessel will (if possible) display an "S" flag.



12. TIME LIMITS: Time limits are at the discretion of the OOD. The OOD may also at his discretion, treat as retired all boats not finishing within thirty minutes of the winner. This changes rule 35. For **Average lap races** the race officer may deem a boat or boats to have finished at their last crossing of the finish line (i.e. before the S flag. was raised) if boats on their final lap are unlikely to finish within the time limit. The Safety boat will notify these boats.

13. RESULTS: will be displayed on the club notice board together with a points progress table. They may also appear on the club web site.

14. PROTESTS: Verbal notification of intention to protest must be given to the OOD or a Committee member within 1 hour after finishing the race, and the appropriate forms lodged with the OOD as soon as possible thereafter. This changes rule 61.3

15. SCORING: Results of races will be taken from the placings of each boat. In points series all valid races will be counted. In the Monday and Wednesday series two discards will be allowed using the "low point" system as in rules A4.1 and A9. **Valid Races:** In points series, a race is valid if one boat starts. A trophy race is valid if two boats start.

16. DINGHY & SOLING SAFETY:

- (a) All boats must have full buoyancy required by their class rules.
- (b) All competing helms and crews must wear lifejackets or buoyancy aids.
- (c) It is recommended that where practicable boats should carry a bucket(s) and paddle(s).
- (d) No dinghy race shall start unless the Safety boat is operative.

17. SAFETY - GENERAL: The decision to start, continue or retire because of weather, boat or crew suitability is the responsibility of the skipper of each competing boat.

18. ENTRY FEES:

Dinghy Points Series £12 each (Juniors no charge).

Keelboat Points Series £20 each.

Dinghies sailing three or less races per series will be charged £3 per race.

Keelboats sailing three or less races per series will be charged £4 per race.

All Trophy Races £6 each (Juniors £3).

Club Guidelines

The following are guidelines for members to help in ensuring that the Club's activities are carried out in a safe and seaman like way. Further details are in the Club's Health & Safety and Child Protection Policies which can be found on the Club notice board and on the website. For 2010 the contacts on guidance are :

Health & Safety	Martin Faulkner
Child Protection	Cherryl Allan

SAFETY: Buoyancy aids should be worn at all times when in dinghies, safety boats or tenders.



Lochaber Yacht Club



TRAFFIC: Ships transiting to and from Corpach (Boyd Brother's Pier) are often restricted in their ability to manoeuvre. Sailboat helms operating from the Club must be aware of their duty to give the larger ships a clear berth. If in doubt, pass astern. If OOD, dual radio watch can be kept on Channel 16 and in **emergency only**, the radio can be used on Channel 16 Boyd Brothers 01397 772235 and Corpach Canal Basin 01397 772249 may be contacted by phone.

GENERAL: All boats in the dinghy park should:

- be properly secured to avoid being blown over causing damage to other boats.
- have the mast taken down over the winter.
- Challengers excepted there are no facilities for parking or racing multihulls.
- All craft whether on moorings or onshore should always have halyards stopped.
- At all times, in particular when racing, be aware of and avoid moored boats.

USE OF CLUB BOATS: Guidance on the use of club boats is available from any committee member.

MEMBERSHIP FEES for 2010

Single Membership	£75
Family Membership (incl. spouse & children under 15)	£98
Junior (under 18)	£25
Unemployed & Students	£25
Country Membership (outwith 75ml radius of club)	£37.50
Country Family	£49
Additional handbooks available	£2
Additional copies of Tide tables	Donation

BOAT STORAGE FEES: Dinghy Park , Downies and CarPark

Boats up to 4m length	£35
Boats over 4m length	£45
Juniors boats	£17
Keelboats or trailers over winter (dinghy park)	£50
If space available or in the car park	£40



Lochaber Yacht Club



OOD DUTIES: Full details are on the notice board in the OOD office and on the website.

The contacts for any query and assistance are:

OOD Duties	Paul Biggin
Radios	Martin Wolfenden
Safety boats	Chris Strong

The main thing is to get there early and get organised. The key points once you've opened up (key to the sliding door hangs on shelf near to radio) are:

Radios: Switch on the radios. The base set has a mains supply to a charging unit – the main supply should be on all the time. The main set is switched on and the controls for volume and squelch set at the white marks. Check that the set is operating on channel P1 or dual watch (not 16 alone). Hand sets should be switched on, set to the white marks and checked. When finished, switch off the base radio but not at the main plug. Hand sets should be switched off but not recharged. The radios are checked and recharged if necessary each Thursday.

Safety Boats : Check with the Safety Boat Driver for the Race.

Either of the club safety boats can be used but the RIB should be preferred. The keys and the dinghy oars are kept in the broom cupboard in the clubhouse. The Safety Boat driver should check that the boat is equipped with oars, fuel and spare fuel, tow ropes, anchor, radio and first aid kit. Ideally the safety boat should be manned and ready to go before dinghies are launched. To save fuel in light wind conditions it can be kept on its mooring with the crew on board or on the running mooring with the crew on standby. Ultimately it is the responsibility of individual boats and their crew to decide to sail or not except for juniors where the OOD with advice from the safety boat driver may decide that conditions are too extreme for sailing.

The first priority for the safety boat is to ensure that sailors in difficulty are made safe and if necessary immediately brought ashore. While one rescue is under way watch must be kept to see that others are not in difficulty. Boats and gear can be rescued later. At every incident check that the crew of any capsized boat(s) have not been for example knocked unconscious; don't tow the first boat to go over.

Starting: Sort out

- race form (in the red folder) and fill in the details of the event
- find and prepare flags
- If you want to use the computer switch on the CPU
- find the race clock.
- set the course and display the appropriate number or letters.
- check the rescue boat is in operation and that the radios work.
- Start the race. The starting sequence is clearly displayed on the notice board.



Lochaber Yacht Club



Finishing:

- shorten the course in time for the slower boats to finish. Note the time of each boat as it finishes Check each boat is safely ashore
- take down and put away any flags. Take in any course boards. Switch off the computer and
- radios (see above)
- Lock the sliding door. Leave the key on the hook near to the radio

Black Rock/Loch Eil/CorranRed: On the first scheduled date for these races the aim should be to try to sail the proper course without shortening, or at least to reach the Black Rock/ Loch Eil or the Corran Red as the case may be. This is on the basis that there is an alternative date available when it may be possible to sail the full course. If it is obvious that a decent race is not going to be possible then a round the cans alternative can be offered to avoid disappointment while the main event is postponed. On the alternative date all reasonable efforts should be used to obtain a result by shortening the course as necessary.

OTHER DUTIES: Encourage all to take part.

Write a report and take photos that can be sent to the papers or put on the web site. These can be emailed to the papers along with the results. Leave copies on the computer or email to Miriam Iorworth direct. The Red A5 notebook can be used to record general comments.

TRAINING CREDENTIALS: The Club is a recognised RYA teaching establishment and each year there is an adult Learn to Sail course and a junior Training course along with various improvers courses , powerboat and shore based courses. The training Principal is Hamish Loudon and the Training Coordinator for 2010 is Abigail Wineberg Full details of training courses are posted on the website and the club notice board.

CLUB NIGHT: is a Thursday night when a Safety Boat will be available from 1900. This is an opportunity for members to enjoy sailing in a safe environment. Continuation training will also be organised for adults and juniors on the basis of the RYA scheme using the Club or members own boats.

THE THURSDAY LUNCH CLUB: This group arose from the members efforts to clear up after the storm of January 2005 caused chaos in the dinghy park. The group meet at 1000 for coffee every Thursday. The aim is to carry out the basic maintenance tasks around the club, enthusiasm is the only requirement! Lunch is about 1300. Sometimes work continues after lunch. Feel free to join, even for an hour or two.

Useful Numbers

For Boyd Brothers	01397 772235
Corpach Canal Basin	01397 772249 (Duty Officer 07917 348025)
Coastguard – Clyde	01475 729988
Coastguard – Stornoway	01851 702013
Marinecall – Caledonia	09068 226 463
Marinecall – Minch	09068 226 464
Owen Sails	01631 720485
Arisaig Marina	01687 450224
Caley Marina	01463 236539

Alterations or additions to the handbook contact Paul Biggin.