



LYME REGIS SAILING CLUB Ltd

CLUB RACING - 2026 SEASON

SAILING INSTRUCTIONS

INTRODUCTION

These Sailing Instructions are valid for the 2026 Season and should be read in conjunction with the Notice of Race which also covers the 2026 Season. The aim is to facilitate competitive and fair racing whilst minimising the risks associated with sailing.

1 RULES - See NOR

2. NOTICE TO COMPETITORS

2.1. Notices affecting the schedule will be posted on the LRSC website at least 1 week in advance of the date by which they take effect.

3. CHANGES TO SAILING INSTRUCTIONS

3.1. Changes to the sailing instructions will be posted on the Sailing Notice Board in the Club Compound at least thirty minutes before the advertised start time of the race(s) affected.

4. SIGNALS MADE ASHORE

4.1. Signals will be displayed on the clubhouse flagstaff.

5. SCHEDULE OF RACES – See NOR

6. CLASS FLAGS

6.1. Class flags/pennants will be used as required where classes are given separate starts. The following flags/pennants will be used as appropriate:

- General Handicap: Num Pen 9
- Cruisers: Code Flag T-
- Youth Fleet: Num Pen 6
- Oppi Fleet: Code Flag O

7. COURSE

7.1 The schedule of the day's racing will be posted on the Sailing Notice Board in the club compound at least 45 minutes before the advertised warning signal of the race or races affected. The course will either be displayed on the Sailing Notice Board or by the Committee Boat prior to the warning signal.

7.2 A course displayed in accordance with SI 7.1 may be changed prior to the warning signal when a committee boat displays flag L with a sound signal, together with the new course details.

7.3 Minor course changes may be made by moving marks (up to 10 degrees or 100m) without signalling a course change. A course change of this nature will be completed before the leading boat starts the leg effected.

8. MARKS

8.1 Courses will be set using deployed orange spherical & yellow pillar marks or a combination thereof.

9. THE START

9.1 Races will be started using RRS 26 with the warning signal made 5 minutes before the starting signal.

9.2 Unless otherwise described in the course description, the Start Line will be a line between the mast on the Committee Boat displaying an Orange Flag and an adjacent starting/finishing mark.

10. THE FINISH

10.1. Unless shown otherwise in the course description, the finishing line shall be a line between the signal mast displaying a Blue Flag on the Committee Boat and an adjacent starting/finishing mark.

11. TIME LIMITS & TARGET TIMES

11.1 The time limit for the first boat in any Series Race is 1.5 hours and 2.5 hrs for a Middle or Long Distance Race.

11.2 The target time is 45 mins for the middle fleet boat when 2 series races are sailed on a Saturday or Sunday.

11.3 The target time is 35-40 mins for the middle fleet boat when 3 series races are sailed on a Saturday or Sunday.

11.4 If a full or shortened course cannot be completed because of a failing wind, the results may be calculated from the timings of the last round completed by all boats still racing. Under these circumstances a PINK FLAG will be displayed with 3 long sound signals. No more boats will be finished once the pink flag has been displayed.

11.5 The time window for boats to finish after the first boat sails the course and finishes will be 1 hour. Boats failing to finish within the Finishing Window, and not subsequently retiring, penalized or given redress, will be scored Time Limit Expired (TLE) without a hearing. A boat scored TLE shall be scored 1 point more than the points scored by the last boat that finished within the Finishing Window. This changes RRS 35, A5.1, A5.2 and A10.11.4

12. PROTESTS AND REQUESTS FOR REDRESS

12.1. Competitors intending to protest must inform the RO in person at the first reasonable opportunity. The protest must be lodged in writing no more than one hour after the last boat in the race has finished.

12.2. If the hearing cannot be held immediately, the time, date and place shall be posted on the Sailing Committee notice board within two hours of the finishing time of the last race of the day.

13. SAFETY REGULATIONS

13.1 Competitors over 18 are advised to wear personal flotation devices at all times while afloat, except briefly while adjusting clothing or personal equipment.

13.2 Competitors Under 18 - Rule 40.1 shall apply at all times whilst afloat.

14 DISCLAIMER OF LIABILITY

14.1. In entering any race, participants accept that they are responsible for themselves, their crew, and their boats, whether afloat or ashore. Nothing done by the organisers (i.e. the Club, Race Management Team, Safety Boats or anyone helping to run the event) will relieve participants of their responsibilities. By launching or putting to sea participants imply the suitability of their boat and the competence of the skipper and crew for the expected or forecast conditions. The provision of Safety Boats does not relieve participants of their responsibilities.

14.2. All competitors MUST complete the Signing-on Sheet in the Clubhouse or verbally 'sign on' at sea by notifying the Race Committee. By doing so, competitors confirm their compliance with the statements below:

- I agree to be bound by the Racing Rules of Sailing and all other rules that govern this race. In particular, I confirm that I have read the Notice of Race and these Sailing Instructions and accept their provisions and agree that my boat will conform to the requirements.
- I declare that I hold a valid Certificate of Insurance, which covers me while racing (including adequate third party legal liability insurance cover for a minimum of £5,000,000).
- I agree that the Lyme Regis Sailing Club Ltd shall not be liable for any loss, damage, death or personal injury howsoever caused to the Helm or Crew as a result of their taking part in the race or races. Moreover, every owner/competitor warrants the suitability for his equipment and boat for the race or races to be entered.
- I agree that the provision of equipment and patrol boats by Lyme Regis Sailing Club Ltd is neither guarantee that assistance can be rendered to any competitor in need, nor acceptance of any responsibility for rescue of any competitors. Further, in the event that assistance is rendered to any competitor, no liability for any loss, damage or injury to any competitor and/or their equipment is accepted by the race organisers, the crew or owners of such patrol craft.
- I agree to act as the 'responsible adult' if sailing in a boat or crewing a patrol boat with a youth (U18).

14.3 It should be noted that a parent or guardian of any member U18 is required to sign the Parent/Guardian Consent and Supervision Form covering the season AND countersign their entry on the Signing-on Sheet for the days racing to confirm that they (and the U18 concerned) confirm their compliance with the statements above in para 14.2. Failure to do this will mean that their entry is not valid

LRSC Sailing Secretary

Dated:- March 2026