



HELFDORD RIVER
SAILING CLUB

Helford, Manaccan, Nr. Helston. Cornwall TR11 6LB

**HELFDORD RIVER SAILING CLUB
DINGHY RACING ENTRY FORM**

The May Family Cup 2017

Sunday 16th July Racing Starts 12:00

Registration 10:00-11:00

HELM.....

DOB mm/yy.....

Emergency Telephone.....

I wish to race this dinghy for The May Family Cup 2017

Class.....

Sail number.....

Dinghy PY No.....

Waiver

The race organisers shall not be liable for any loss, damage, death, or personal injury howsoever caused to the owner/competitor, their helmsman or crew, as a result of taking part in any races organised by HRSC for the Susanna May MC. Moreover, every owner/competitor warrants the suitability of their boat for racing in HRSC organised events.

Declaration

I declare that there is a valid and current boat insurance, which covers me for a minimum of £3,000,000 third party claims whilst racing. I agree to be bound by the Racing Rules of sailing and all other rules that govern HRSC events.

Signed Owner/Helm.....

Date.....

Note: an unsigned entry will not be accepted and if under 18, parental consent must be given – see opposite

HELM declaration* Circle & if YES Complete details below

Details of any medical treatment being received **Yes or None**
I suffer from allergies (eg penicillin, insect stings) **Yes or None**
To the best of my knowledge I am not suffering from epilepsy, giddy spells, asthma, diabetes, angina, or other heart conditions and that I am fit to participate in the course.

I can **swim/am water-confident**.

Signature_____

Date_____

(A parent or guardian must sign on behalf of a junior)

CREW.....

DOB mm/yy.....

Emergency Telephone.....

If the Helm or Crew is under 18 a parent or guardian must complete the following section:

I give my permission for the HELM to take part

My Name.....

Tel

Relationship to applicant.....

Signed _____ Date _____

I give my permission for the CREW to take part

My Name.....

Tel

Relationship to applicant.....

Signed _____ Date _____

I agree that he/she may be taken for medical treatment in my absence.

I understand that water-based sports carry risks.

I agree that he/she may be videoed during training for training purposes only.

I agree that he/she may be photographed during the event for training or publication in future newsletter or publicity material

CREW declaration* Circle & if YES Complete details below

Details of any medical treatment being received **Yes or None**
I suffer from allergies (eg penicillin, insect stings) **Yes or None**
To the best of my knowledge I am not suffering from epilepsy, giddy spells, asthma, diabetes, angina, or other heart conditions and that I am fit to participate in the course.

I can **swim/am water-confident**.

Signature_____

Date_____

(A parent or guardian must sign on behalf of a junior)

*This will be kept confidential
HELM

Details of any medical treatment being received

*This will be kept confidential
CREW

Details of any medical treatment being received

I suffer from the following allergies (eg penicillin, insect stings)

I suffer from the following allergies (eg penicillin, insect stings)

May Family Cup 2017

In celebration of summers past and present
on the Helford river

Sunday 16th July

Racing Starts 12:00

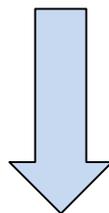
Registration from 10:00 – 11:00

Race Briefing 11:00 in the dinghy park

Average Lap Racing - one x 60minute or two x 40minute races
according to conditions

EMAIL by Saturday 15th July
helforddinghy@gmail.com

Helm's Name incl DOB,
Crews Name & DOB
Boat Number,
Exact Class eg Laser Radial

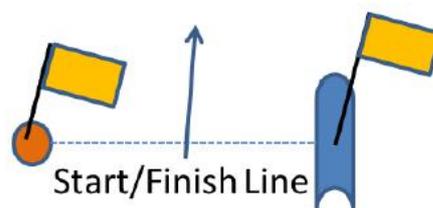


Mark A



Mark B

ALL boats MUST pass
through the gate at the start,
on every lap on the upwind
– NEVER on the downwind
until finished.



The **Triangular course** is sailed anti
clockwise, passing marks to PORT

Marks A B C are Yellow Pillar Buoys
The PIN on port of the start & finish
line is an orange buoy displaying an
ORANGE flag.



Mark C

Race Summary

This is a friendly relatively informal race and we expect
competitors to remind themselves of proper mark
rounding, overtaking, and the need to give room.
Collisions are to be avoided at all costs.

The Start: At least one minute before the first starting
signal the committee boat will signal to competitors
using a series of 4 intermittent sound signals.
Competitors should make their way to the starting area
The Warning Signal will be three minutes before the
starting signal and Races will be started using a three
minute interval (3,2,1 go) this changes RRS 26.

Course Change: shortening or lengthening of a leg will be
signalled by a + plus or –ve placard by a boat at the start
of the leg

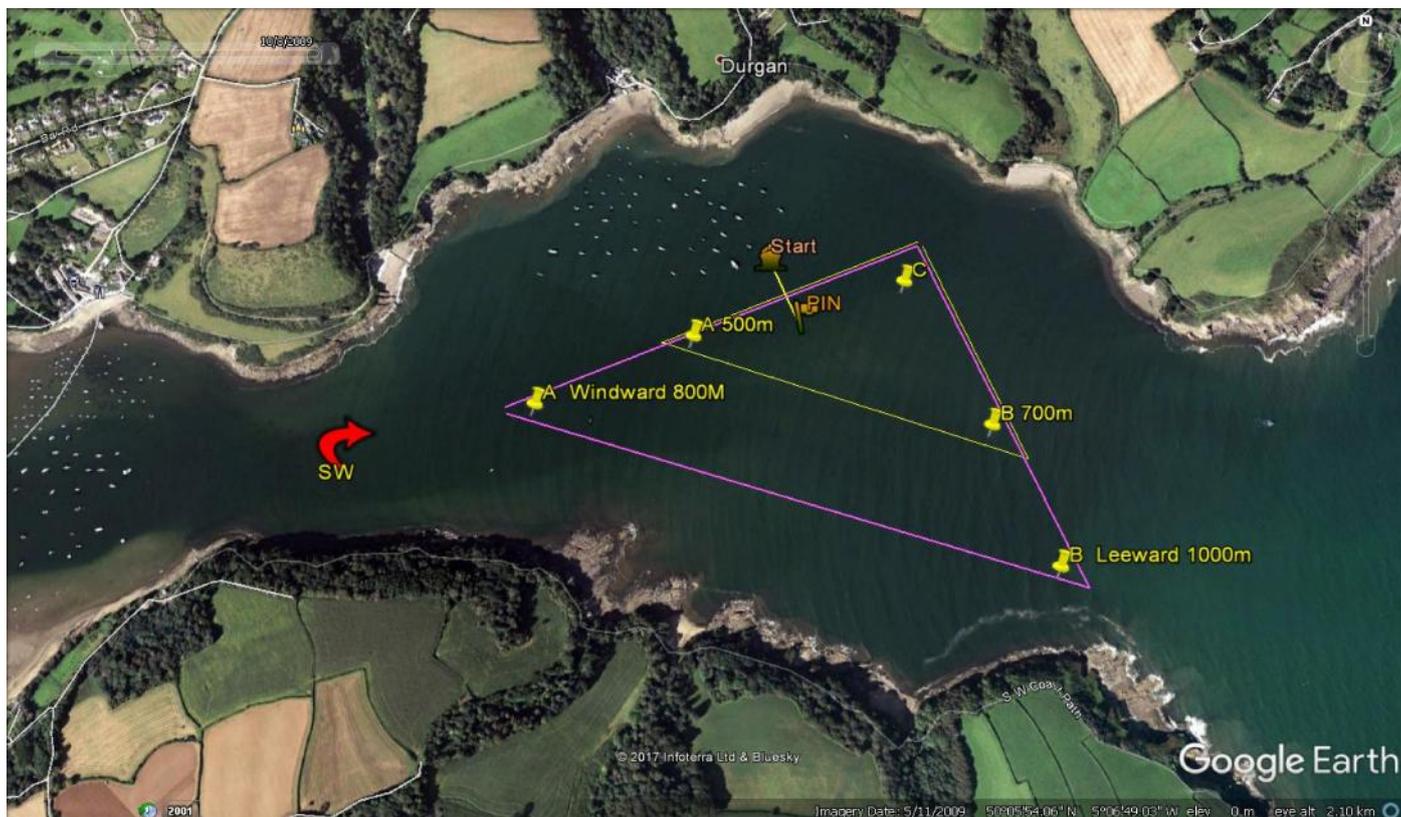
Penalties: Competitors are reminded that a one full
turn penalty (cuffing a mark) or two full turn penalty
(cuffing each other and or barging in on the start line)
may be taken in accordance with RRS 44. A racer
over the line before at the start will return behind the
line without impeding other boats.

Explanation of Handicap Average Lap Racing: Each
lap is timed allowing widely different classes to race
within 60 minutes race time under similar conditions,
WITHOUT having to complete the same number of
laps.

Thus, a single sailed Topper may complete 2 Laps and
a fast RS400 with 3 sails 4 laps in the 60 minutes.

Race Area: 2 x 1500M races in the shortened course of 40 minutes each

Anticlockwise: A Beat to the Windward Mark A is always first, a Run to Leeward B next and a Reach to C before going through the gate at the Start / Finish line. Keep going round until told to stop.



1. RULES AND CONDITIONS OF ENTRY

- 1.1. The event will be governed by the Racing Rules of Sailing, the prescriptions of the RYA, the rules of the classes racing (which prevail over these sailing instructions where they conflict) and these sailing instructions. These sailing instructions may be changed or added to by Supplementary Instructions issued to competitors or posted on the Club Notice Board. When these are issued before the first race of the event flag L will not be displayed.
- 1.2. Entrants and authorised guests are temporary members of Helford River Sailing Club during the period of the event and shall comply with Club Rules and Bylaws. Failure to observe these rules may result in the imposition of penalties, including disqualification from the event.
- 1.3. The Race Committee may inspect, weigh or measure any boat, sails, gear, or clothing at any time.
- 1.4. **INSURANCE** - Each participating boat shall be insured with third-party liability insurance with a minimum cover of £3 million.
- 1.5. **SAIL NUMBERS** or identifying mark on the entry form must tally with that on the sail used on the day.
- 1.6. **CREWS** – The helm for single-handed and helm and crew for double or more handed boats must be those on the entry form. Whilst crew & helm may swap, any such changes must be notified in writing to the Race Committee.
- 1.7. **DISCLAIMER OF RESPONSIBILITY** - Competitors participate in the regatta entirely at their own risk. See RRS4, Decision to Race. The organizing authority will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the regatta.

Competitors are entirely responsible for their own safety, whether afloat or ashore, and nothing reduces this responsibility. It is for competitors to decide whether their boat and its helm and crew are fit to sail in the conditions that they might find. By launching or going to sea competitors confirm their boat is fit for those conditions and that they are competent to sail and compete in them. Nothing done by the organizers can reduce the responsibility of the owners and/or competitors, nor will it make the organizers responsible for any loss, damage, death or personal injury, however it may have occurred, as a result of the boat taking part in the racing. The organizers encompass everyone helping to run the event and include the organizing authority, race committee, race officer, safety officer, safety boat personnel and beach masters. The provision of safety boats does not relieve owners and competitors of their responsibilities.