



Helford River Sailing Club

Yacht Racing

SAILING INSTRUCTIONS 2025

1. RULES

- 1.1. The Event will be governed by the 'rules' as defined in the RRS, including Appendix C.
- 1.2. Add to RRS 41: (e) help to recover from the water and return on board a crew member, provided the return on board is at the approximate location of the recovery.
- 1.3. Add after the first sentence of Appendix A5 'When one of the boats in a match fails to sail the course in accordance with rule 28.1, she shall be scored DNF without a hearing.'
- 1.4. Rule A5.3 will apply.
- 1.5. Delete RRS C6.3 and replace with: A boat intending to request redress because of circumstances that arise while she is racing or in the finishing area, shall clearly display a red flag as soon as possible after she becomes aware of those circumstances, but no later than two minutes after finishing or retiring.
- 1.6. The Race Committee (RC) may comprise any or all of the following in order of precedence: -
 - 1.6.1. Race officer on board committee boat
 - 1.6.2. Rear Commodore Sailing
 - 1.6.3. Captain Yachts
 - 1.6.4. Designated crew aboard one of the competing yachts or committee boat.

2. ENTRIES and ELIGIBILITY

- 2.1. The safety of a yacht and her entire management including insurance shall be the sole and inescapable responsibility of the owner/competitor racing the yacht.
- 2.2. The establishment of these sailing instructions in no way limits or reduces the complete and unlimited responsibility of the owner/competitor for his/her crew, his/her yacht and the management thereof.
- 2.3. The owners/helmsmen of all yachts wishing to take part in races must do the following:
 - 2.3.1. Insure their craft for a minimum of £3,000,000 for third party risks.
 - 2.3.2. Complete the online 2024 Race Entry Form, in the Yachts section of the HRSC website and linked here: <https://helfordriversc.co.uk/keelboat-race-entry-form/>
 - 2.3.3. Where applicable, send the entry fee to the to the club Administrator.
 - 2.3.4. Carry an appropriate class flag on the backstay or the stern of their yacht when racing (see appendix A.)
- 2.4. No points or places will be given to any competitor who fails to satisfy all of these requirements.

3. COMMUNICATIONS WITH COMPETITORS

- 3.1. Notices to competitors will be posted on the HRSC website and/or the HRSC Yacht Racing Facebook page.
 - 3.2. Signals made ashore will be displayed from flagpole on the HRSC clubhouse slipway.
 - 3.3. Pursuit start times will be posted on the notice board and/or on the HRSC Yacht racing Facebook page and/or WhatsApp Competitor group.
 - 3.4. All racing announcements and communication once afloat will be made on VHF Channel P4/M2
- AMENDMENTS TO THESE SAILING INSTRUCTIONS
- 3.5. Amendments to the SI made ashore will be posted at least 45 minutes before the start of any race affected.
 - 3.6. Amendments to the SI made afloat will be made on VHF Channel P4/M2.

4. BOATS and SAILS

- 4.1. Skippers of all yachts competing in Club races must ensure that their vessels are equipped with all adequate and up to date safety equipment. The minimum acceptable safety standards for competing yachts in the Helford River and Falmouth Bay races is ORC Category 4.
- 4.2. Each competing yacht must carry a working VHF radio on board, which must be kept switched on whilst racing and have a competent operator on board. Race announcements will be made on VHF Channel P4/M2 but competitors are strongly advised to also monitor Channel 16.
- 4.3. Each competing yacht must have a fully functioning independent means of propulsion (i.e. inboard or outboard engine) which may be stowed during racing.
- 4.4. For coastal and offshore races all HRSC Members are encouraged to register with the RYA/Coastguard service. It is strongly recommended that all competitors download the RYASafeTRX app and register their vessel. This replaces the CG66 which is no longer valid. The app may be downloaded from the Apple Store or Google Play. Alternatively, competitors may register on the RYA website at www.safetrx.rya.org.uk.
- 4.5. It is the responsibility of the competitors alone to decide whether or not it is safe to race. This includes an assessment of weather conditions and forecasts, the sea worthiness of their vessel and the competence, experience and fitness of its crew. Such standards may vary and the fact that a race has not been cancelled does not mean that it is safe for all competitors to take part.
- 4.6. Competitors are individually responsible whether or not to start but the Committee reserves the right to cancel the race should conditions be unsuitable in which case Flag "N" will be flown from the Clubhouse and/or communicated on Channel M2/P4.
- 4.7. Common flags used by HRSC Yacht racing are shown in Appendix F.

5. IDENTIFICATION and ASSIGNMENT OF BOATS

- 5.1. Boats will be identified by sail numbers which should be as shown on the entry form. Any changes to sail numbers should be notified to the RC.
- 5.2. Races will, generally, sailed as a single handicap class.

6. CREW MEMBERS, NUMBER and WEIGHT

- 6.1. The total number of crew, including the skipper, shall be unrestricted. The number of people on board each boat shall be notified to the committee boat before the commencement of each race.

7. EVENT FORMAT and STARTING SCHEDULES

- 7.1. The dates of races and provisional START times are given in Appendix B
- 7.2. Racing will take the form of one of the following:-
 - 7.2.1. Pursuit races – start times will be posted on the club notice board and/or on the HRSC Yacht Racing Facebook page.
 - 7.2.2. Handicap races – scored on corrected time or average lap time
- 7.3. The RC may decide to run TWO short races in place of a single race should the conditions allow.

8. RACING AREA

- 8.1. The racing area will be as shown in Appendix C
- 8.2. Start line positions will be determined by the RO and will be broadcast on VHF Channel P4/M2.
- 8.3. The start line will comprise:-
 - 8.3.1. A line between the ORANGE flag flown on the Committee Boat and a nearby mark or a YELLOW buoy specifically laid for the purpose, or
 - 8.3.2. A line between a race mark or a YELLOW buoy specifically laid for the purpose, or
 - 8.3.3. A line between two marks or buoys
- 8.4. The club start line will NOT be used.
- 8.5. The finish line will comprise:-
 - 8.5.1. A line between the BLUE flag flown on the committee boat and a nearby mark or a YELLOW buoy specifically laid for the purpose, or
 - 8.5.2. A line between a race mark or a YELLOW buoy specifically laid for the purpose, or
 - 8.5.3. A line between two marks or buoys, or
 - 8.5.4. A mark of the course, or the “Turning Mark” – in which case boats shall pass leaving the mark to PORT and within 3 boat lengths

9. COURSES

- 9.1. There will be a variety of courses set depending on the weather conditions, number of boats and starting procedures. These may include
 - 9.1.1. Upwind/Downwind (Windward/Leeward) course
 - 9.1.2. Triangle courses
 - 9.1.3. Trapezoid courses
 - 9.1.4. “Round the cans” courses
- 9.2. Races may be scored by the following means:
 - 9.2.1. Corrected times for the completed course
 - 9.2.2. Corrected times and number of laps for “average lap” racing
- 9.3. Where “average lap” racing is being used then:-
 - 9.3.1. The start line and the finish line will be the same
 - 9.3.2. Boats MUST go upwind through the start line on every lap
 - 9.3.3. Boats MUST NOT go through the start line on any downwind leg

- 9.4. For pursuit races the finish will be a mark of the course rounded by the first yacht at least 75 minutes (one hour and fifteen minutes) after the start. If the leading yacht reaches the last mark of the course before 75 minutes have lapsed from the start time then the race shall be extended by repeating the last two marks (the finish and the penultimate mark) until the finish time of 75 minutes is reached.
- 9.5. If there is a committee boat then the RO aboard will take finish times, otherwise yachts should record their own finish time (by GPS clock) and the finish times of the boats that finished in front and behind them and complete a finish form on their return to the clubhouse. Alternatively, they may report their time to the RO by VHF radio but in which case errors in recording will not be grounds for redress
- 9.6. The courses and any changes to starting procedures, start times, start and finish lines, number of laps etc. will be given on VHF Channel P4/M2
- 9.7. Marks will be as shown in Appendix C. The RO may also lay additional marks.
- 9.8. It is the intention to run races to allow all boats to score a result in each race. As a result, the course may be shorted, or when average lap racing, by reducing the number of laps sailed by any particular boat.
- 9.9. Races may be shortened by communication on VHF Channel P4/M2 and, if applicable, by displaying an "S" flag on the committee boat with 2 short sound signals. Shortening may occur when it appears impractical to finish all boats safely or within a reasonable time.
- 9.10. The shortened course may be
 - 9.10.1. In the number of laps (for average lap racing)
 - 9.10.2. At the next designated mark (for racing that is not "average lap")
- 9.11. ALL boats shall sail
 - 9.11.1. Seaward of the August Rock buoy
 - 9.11.2. North of Voose Buoy
 - 9.11.3. South of Bar buoy
- 9.12. A dive boat displaying flag "A", an orange pillar buoy indicating a diver on the surface, a diver or a swimmer on the surface are obstructions around which competing yachts MUST maintain a 30m exclusion zone.

10. BREAKDOWN and TIME FOR REPAIRS

- 10.1. Not applicable

11. STARTING PROCEDURE

- 11.1. Class, Warning and Start signals will be as Appendix D.
- 11.2. Signals may be made by flags, sound signals, or on VHF Channel P4/M2 as appropriate and depending on who comprises the RC.
- 11.3. For a race to be valid the number of starters must be at least two.

12. CHANGE OF POSITION OF THE WINDWARD MARK

- 12.1. Not applicable.

13. TIME LIMIT

- 13.1. Subject to any race specific Instructions to the contrary, racing will finish 40 minutes after the first boat has completed the course in for each class. Any boat having failed to complete the course within this time limit will be classified DNF - this changes RRS 35 and A5.

14. COACH BOATS

- 14.1. Not applicable

15. PRIZES

- 15.1. Prizes are shown in Appendix E

16. CODE OF CONDUCT

- 16.1. Breaches of this SI may also be referred to the HRSC Sailing Committee. Any penalty will be at the discretion of the committee and may include exclusion from further participation in the event, the withdrawal of any prize or prize money or the withholding of deposits.
- 16.2. Gross breaches of this SI may be referred to the RYA by the HRSC SC for action under RRS 69.

17. DISCLAIMER

- 17.1. All those taking any part in the event do so at their own risk. The OC (HRSC), its associates and appointees accept no responsibility for any loss, damage, injury or inconvenience incurred, howsoever caused.

18. Abbreviations:

FB – HRSC Yacht Sailing Racing FB page - <https://www.facebook.com/groups/182435898564721>

HRSC – Helford River Sailing Club sailing committee

NoR – notice of race

RC – race committee

RO – Race Officer aboard the Committee Boat

RRS – racing rules of sailing 2025-2028 as published by the RYA

RYA – Royal Yachting Association

OA – Organising Authority -- HRSC

PC – protest committee

SI(s) – sailing instructions

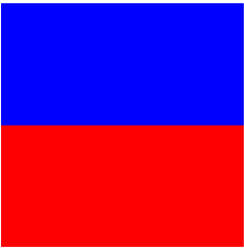
19. Appendices

Note the appendices are given for information only.

Appendix A – Fleets and Start Signals

For PURSUIT RACES there will be a single handicap fleet with start times as shown on the club notice board and publicised on the HRSC Yacht Racing Facebook page

The starts will follow the format 5,4,1, GO unless otherwise advised by the RC – see Appendix D

	Handicap Fleet
Start signal	As shown in Appendix B
Class Flag	Flag E 
Scoring system	Corrected time
Handicap system	RYA YTC Rating Handicap or equivalent HRSC Handicap
If there is a separate start	The RC may decide to have two starts approximately 15 minutes apart one 15 minutes before the start time published in the Schedule of Races (see Appendix B). Boats can choose which start to use but boats intending to start at the earlier time must notify the Committee Boat at least 21 minutes before the time published in the Schedule of Races of their intention.

Appendix B – Provisional Schedule of Races 2025

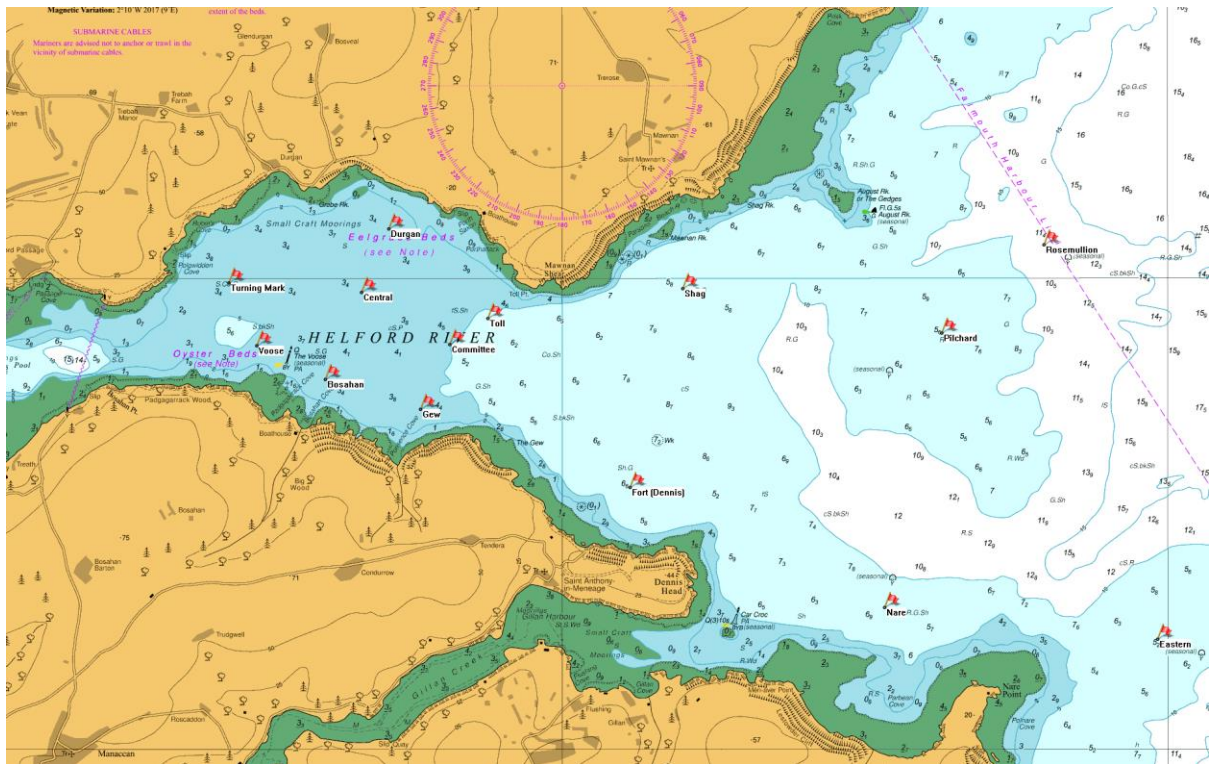
These dates and times are provisional – please check notice board and HRSC Yacht Sailing webpage for any changes.

HELFDORD RIVER SAILING CLUB				
KEEL BOAT SAILING PROGRAMME 2025				
				Start Time
APRIL				
Wednesday	2		Informal Racing	6pm
Wednesday	9		Informal Racing	6pm
Wednesday	16		Informal Racing	6pm
Sunday	20	Easter Sunday	PURSUIT RACE 1	11am
Wednesday	23		Spring Series Week 1	6:30pm
Wednesday	30		Spring Series Week 2	6:30pm
May				
Friday	2	HRSC	Junior Helm (Subject to Confirmation)	6pm
Wednesday	7		Spring Series Week 3	6:30pm
Wednesday	14		Spring Series Week 4	6:30pm
Wednesday	21		Spring Series Week 5	6:30pm
Wednesday	28		Spring Series Week 6	6:30pm
June				
Sunday	1st		PURSUIT RACE 2	11am
Wednesday	4		Spring Series Week 7	6:30pm
Wednesday	11		Spring Series Week 8	6:30pm
Wednesday	18		Summer Series Week 1	6:30pm
Wednesday	25		Summer Series Week 2	6:30pm
Friday	27	COGS/HRSC	Dorothy Winfrey Cup L'Abor W'rach Race	
JULY				
Wednesday	2		Summer Series Week 3	6:30pm
Wednesday	9		Summer Series Week 4	6:30pm
Wednesday	16		Summer Series Week 5	6:30pm
Sunday	20		PURSUIT RACE 3	11am
Wednesday	23		(Race Officer needed) Summer Series Week 6	6:30pm
Wednesday	30		(Race Officer needed) Summer Series Week 7	6:30pm
AUGUST				
Wednesday	6		Summer Series Week 8	6:30pm
Wednesday	20		Late Summer Series Week 1	6:30pm
Wednesday	27		Late Summer Series Week 2	6:30pm
SEPTEMBER				
Wednesday	3		Late Summer Series Week 3	6pm
Friday	5		Junior Helm (subject to confirmation)	
Sunday	7		PURSUIT RACE 4	11am
Wednesday	10		Late Summer Series Week 4	6pm
Wednesday	17		Late Summer Series Week 5	6pm
Wednesday	24		Late Summer Series Week 6	6pm
OCTOBER				
Wednesday	TBC	Warh-up		
Wednesday	TBC	Prize Giving Evening		

Notes :

Any changes to start times and individual start times for Pursuit Races will be posted on the club notice board and on the HRSC Yacht Racing Facebook page and on the HRSC website and/or the Yacht Racing WhatsApp group.

Appendix C – HRSC Racing area




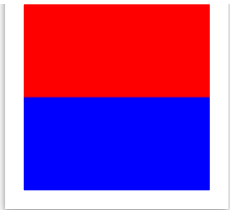

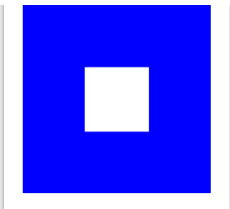



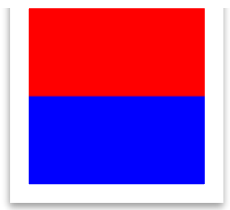

Course marks and positions/descriptions.

NOTE: Not all marks may be present, and the positions of some may change during the season

Mark Name	Code	Position	Description
Bosahan	B	50 05 772 05 06 835	White drain pipe. Off Bosahan beach (boathouse)
Central	C	50 05 969 05 06 661	White drain pipe. Central river opp. Durgan.
Committee	Q	50 09 837 05 09 774	Yellow buoy. Central river between Toll & Gew.
Durgan	D	50 06 040 05 06 572	White drain pipe. Durgan south of moorings.
Dennis	F	50 05 556 05 05 774	Yellow buoy. North side Dennis head.
Eastern	E	50 05 233 05 04 033	Yellow buoy. North east of Nare Point.
Gew	G	50 05 342 05 06 362	White drain pipe. South side of river opp. Committee.
Maenporth	M	50 07 500 05 04 040	Yellow buoy. Off Maenporth beach.
Manacles	A	As charted	East cardinal buoy.
Nare	N	50 05 300 05 04 934	Yellow buoy. West north west of Nare Point.
Pilchard	P	50 05 883 05 04 746	Yellow buoy. Central river between August Rk & Nare Pt.
Rosemullion	R	50 06 070 05 04 407	Yellow buoy. South east of Rosemullion Head.
Shag	S	50 05 977 05 05 600	Yellow buoy. Under Mawnan Church.
Toll	T	50 05 914 05 06 244	White drain pipe. Off Toll Point.
Turning Mark	U	50 05 990 05 07 099	White drain pipe. Off Trebah Beach.
Voose	V	50 05 862 05 02 100	White drain pipe. South side of river opp. Turning Mark.
Gyllynvase	L		
Old Walls	Ow		

Appendix D – Start Sequences

The following sequence is for COMMITTEE BOAT starts

Time	Signal (Note 1/2)			Notes
Approx. 6 minutes before start	3 Loud Sound signals			
5 minutes before start	Warning Signal DISPLAYED (Class Flag) 1 Sound signal			
4 minutes before start	Preparatory Signal DISPLAYED P Flag 1 Sound signal			
1 minute before start	Preparatory signal DOWN 1 Sound signal			
Start	Warning signal DOWN 1 Sound signal			This will be the warning signal for the 2 nd start if applicable

Notes

1. If racing is run from one of the competing boats then a timing signal will be given over VHF Channel P4/M2 only

Appendix E – Series and Prizes

The following prizes will be awarded

	No of races and discards	Prizes (Note 1)
Pursuit Races	4 races 3 to count (1 discard)	1 st , 2 nd , 3 rd
Spring Series	8 Races 6 to count (2 discards)	Handicap fleet – 1 st , 2 nd , 3 rd
Summer Series	8 Races 6 to count (2 discards)	Handicap fleet – 1 st , 2 nd , 3 rd
Late Summer Series	6 Races 5 to count (1 discard)	Handicap fleet – 1 st , 2 nd , 3 rd
Junior Helm	Races counted separately	1 st , 2 nd , 3 rd
Overall	Amalgamated results for Spring, Summer and Late Summer races	Handicap fleet – 1 st , 2 nd , 3 rd


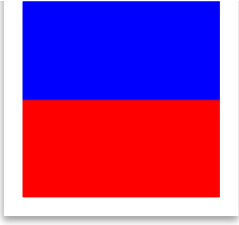
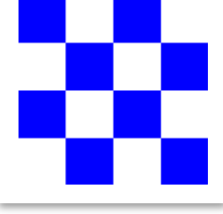
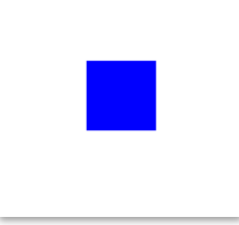
Notes

1. If the number of boats that started in a fleet is less than 3 then the number of prizes will be adjusted

Appendix F - Flags used

The following flags may be used by the committee boat (if applicable) or other boats in the river during racing.

NOTE – this section duplicates the information in the RRS and is for information only

Flag	Picture	Meaning
A (may also be an orange pillar mark)		I have a diver down - keep at least 30m clear
E		Class flag for all SINGLE start races
N		To be flown from Clubhouse Racing is cancelled
S		Race is shortened