



Helford River Sailing Club

Keel Boat Racing

SAILING INSTRUCTIONS 2026 FOR WEDNESDAY EVENING SERIES RACING

1. RULES

1. The Event will be governed by the 'rules' as defined in the RRS, including Appendix C.
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.
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.'
4. Rule A5.3 will apply.
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 and notify the Race Officer, as soon as possible after she becomes aware of those circumstances but no later than two minutes after finishing or retiring.
6. The Race Committee (RC) may comprise any or all of the following in order of precedence: -
 - 1.6.1. Race officer(s) on board committee boat
 - 1.6.2. Rear Commodore Sailing
 - 1.6.3. Captain Yachts
 - 1.6.4. A nominated representative of each entered boat.

2. ENTRIES and ELIGIBILITY

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. 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.
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://helforddriversc.co.uk/keelboat-race-entry-form/>
 - 2.3.3. Where applicable, send the entry fee to the to the club Administrator.
4. No points or places will be given to any competitor who fails to satisfy all of these requirements.

3. COMMUNICATIONS WITH COMPETITORS

1. Notices to competitors will be posted on the HRSC website, the Helford Yacht Racing WhatsApp group page and/or the HRSC Yacht Racing Facebook page.
 2. Signals made ashore will be displayed from flagpole on the HRSC clubhouse slipway.
 3. All racing announcements and communication once afloat will be made on VHF Channel P4/M2
- AMENDMENTS TO THESE SAILING INSTRUCTIONS
4. Amendments to the SI made ashore will be posted at least 45 minutes before the start of any race affected.
 5. Amendments to the SI made afloat will be made on VHF Channel P4/M2.

4. BOATS and SAILS

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.
2. Carry an appropriate class flag on the backstay or the stern of their yacht when racing (see appendix A.) 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.
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. 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.
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.
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.
7. Common flags used by HRSC Yacht racing are shown in Appendix F.

5. IDENTIFICATION and ASSIGNMENT OF BOATS

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.
2. Races will, generally, sailed as a single handicap class.

6. CREW MEMBERS, NUMBER and WEIGHT

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

1. The dates of races and provisional START times are given in Appendix B
2. At the discretion of the Race Officer(s) there may be a staggered start with a 15 minute interval between the starts.
3. The RC may decide to run TWO short races in place of a single race should the conditions allow.

8. RACING AREA

1. The racing area will be as shown in Appendix C
2. Start line positions will be determined by the RO and will be broadcast on VHF Channel P4/M2.
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
4. The club start line will NOT be used.
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

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
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
 - 9.2.3. The number of laps used when calculating the results will be the number of laps completed by all boats which start with a minimum of one lap.
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
4. 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

5. Marks will be as shown in Appendix C. The RO may also lay additional marks.
6. 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.
7. 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.
8. The shortened course may be
 - 9.8.1. In the number of laps (for average lap racing)
9. ALL boats shall sail
 - 9.9.1. Seaward of the August Rock buoy
 - 9.9.2. North of North Voose Cardinal buoy
 - 9.9.3. South of Bar buoy
10. 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. SCORING

1. When a skipper/owner carries out Race Officer or Assistant Race Officer duties during a series and this causes the boat not to sail, the boat will be awarded points equal to her average points in the series.
2. If the skipper/owner carries out Race Officer duties and the boat nevertheless sails, the boat will be awarded points equal to its final position for that race.

11. BREAKDOWN and TIME FOR REPAIRS

1. Not applicable

12. STARTING PROCEDURE

1. Class, Warning and Start signals will be as Appendix D.
2. Signals may be made by flags, sound signals, or on VHF Channel P4/M2 at the decision of the RO.
3. For a race to be valid the number of starters must be at least two.

13. CHANGE OF POSITION OF THE WINDWARD MARK

1. Not applicable.

14. TIME LIMIT

1. Subject to any race specific Instructions to the contrary, racing will finish 30 minutes after the first boat has completed the course. Boats wishing to complete the course after the expiration of the Time Limit should record their own time upon reaching the finishing line (or where the finishing line had been) and report the time to the RO within 30 minutes of reaching the shore. Any boat having failed to complete the course within this time limit or which did not report a finishing time to the RO within 30 minutes of reaching the shore will be classified DNF - this changes RRS 35 and A5.

15. PRIZES

1. Prizes are shown in Appendix E

16. CODE OF CONDUCT

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.
2. Gross breaches of this SI may be referred to the RYA by the HRSC SC for action under RRS 69.

17. PROTESTS AND REQUESTS FOR REDRESS

1. A link to the Hearing request form are available on the Yacht Racing page of the HRSC website. Protests and requests for redress or reopening shall be delivered to the Race Committee within the appropriate time limit. The protest time limit is 60 minutes after the last boat has finished the last race of the day.
2. Notices will be posted on the HRSC Helford Yacht Racing WhatsApp page no later than 30 minutes after the protest time limit to inform competitors of hearings in which they are parties or named as witnesses and where and when the hearing will be held.
3. Notices of protests by the race committee will be posted to inform boats under RRS 61.1(b)

18. DISCLAIMER

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.

19. Abbreviations:

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

HRSC – Helford River Sailing Club

NoR – Notice of Race

RC – Race Committee

RO – Race Officer aboard the Committee Boat

RRS – Racing Rules of Racing 2025-2028 as published by the RYA

RYA – Royal Yachting Association

OA – Organising Authority -- HRSC

PC – Protest Committee

SI(s) – Sailing Instructions

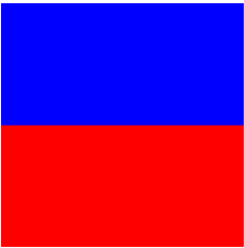
20. Appendices

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

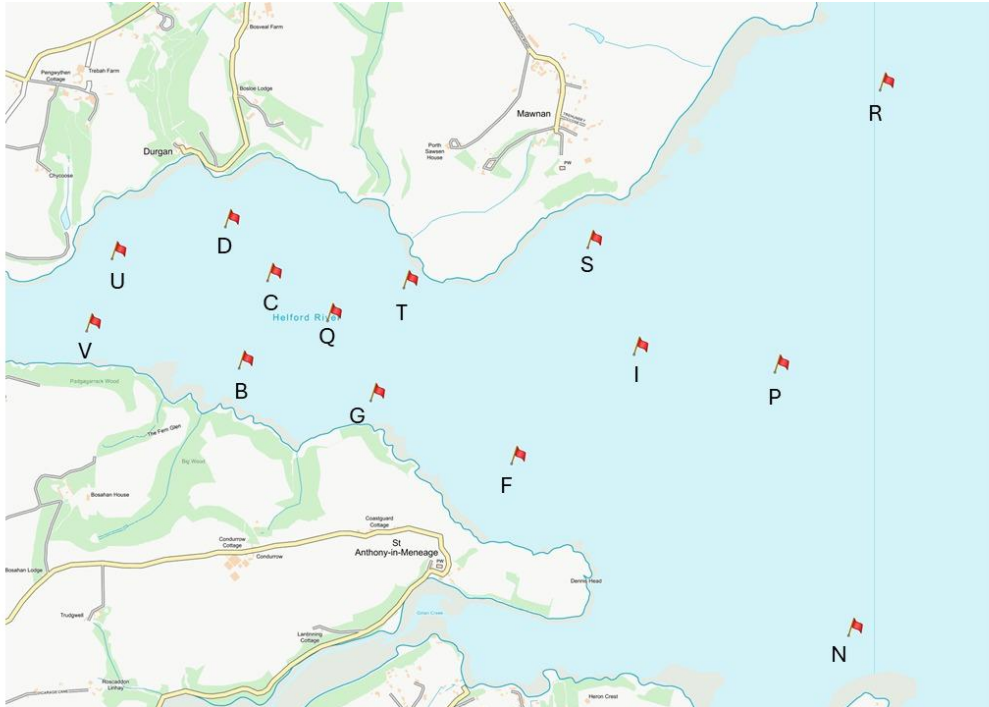
	Handicap Fleet
Start signal	As shown in Appendix B
Class Flag	Flag E 
Scoring system	Corrected time
Handicap system	RYA YTC Rating Handicap or equivalent HRSC Handicap
If there is a separate start	The RC may decide to have two starts approximately 15 minutes apart one 15 minutes before the start time 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.

HELFDOR RIVER SAILING CLUB PROVISIONAL SAILING PROGRAMME 2026			Start Time First Start
MARCH			
Saturday	21st	YACHT WORK PARTY (MARKS IN , COMMITTEE BOAT)	
Saturday	28th	YACHT WORK PARTY (RESERVE)	
APRIL			
Wednesday	1st	Wednesday Practice Pursuit Race	17.45
Wednesday	8th	Spring Series Week 1	17.45
Sunday	12th	SUNDAY PURSUIT Race 1	
Wednesday	15th	Spring Series Week 2	17.45
Wednesday	22nd	Spring Series Week 3	17.45
Sunday	19th	SUNDAY PURSUIT Race 2	
Wednesday	29th	Spring Series Week 4	17.45
MAY			
Wednesday	6th	Spring Series week 5	18.15
Sunday	10th	SUNDAY PURSUIT Race 3	
Wednesday	13th	Spring Series Week 6	18.15
Wednesday	20th	Early Summer Series Week 1	18.15
Wednesday	27th	Early Summer Series week 2	18.15
Sunday	31st	SUNDAY LONG PURSUIT Race 1	
JUNE			
Wednesday	3rd	Early Summer Series Week 3	18.15
Sunday	7th	SUNDAY PURSUIT Race 4	
Wednesday	10th	Early Summer Series Week 4	18.15
Wednesday	17th	Early Summer Series Week 5	18.15
Wednesday	24th	Early Summer Series Week 6 (Dorothy Whitney Cup)	18.15
Friday	26th	L'Aber Wrach (HRSC COGS)	
JULY			
Wednesday	1st	Late Summer Series Week 1	18.15
Sunday	5th	SUNDAY LONG PURSUIT Race 2	
Wednesday	8th	Late Summer Series Week 2	18.15
Wednesday	15th	Late Summer Series Week 3	18.15
Wednesday	22nd	Late Summer Series Week 4	18.15
Sunday	26th	SUNDAY PURSUIT Race 5	
Wednesday	29th	Late Summer Series Week 5	18.15
AUGUST			
Wednesday	5th	Late Summer Series Week 6	18.15
		Falmouth Sailing Week Friday 7th - Sunday 12th August	
Sunday	9th	FALMOUTH WEEK - HELFDOR RIVER SAILING CLUB	
Wednesday	17th	Autumn Series Week 1	18.15
Wednesday	24th	Autumn Series Week 2	18.15
Friday	26th	Junior Helm Sailing	18.15
SEPTEMBER			
Wednesday	2nd	Autumn Series Week 3	17.45
Sunday	6th	SUNDAY LONG PURSUIT Race 3	
Wednesday	9th	Autumn Series Week 4	17.45
Wednesday	16th	Autumn Series Week 5	17.45
Sunday	20th	SUNDAY PURSUIT Race 6	
Wednesday	23rd	Autumn Series Week 6	17.45
Wednesday	30th	Winter Mini Series (Pursuit) Race 1	17.45
OCTOBER			
Wednesday	7th	Winter Mini Series (Pursuit) Race 2	17.45
Wednesday	14th	Winter Mini Series (Pursuit) Race 3	17.45
Wednesday	21st	Winter Mini Series (Pursuit) Race 4	17.45
NOVEMBER			
Wednesday	4th	WEDNESDAY NIGHT WASH UP MEETING	
Saturday	7th	YACHT WORK PARTY (MARKS IN , COMMITTEE BOAT)	
	TBC	YACHT PRIZE GIVING	

Appendix C – HRSC Racing area




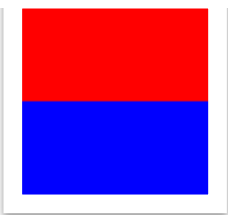

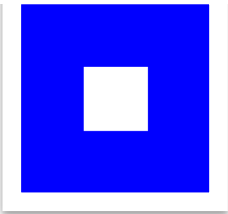

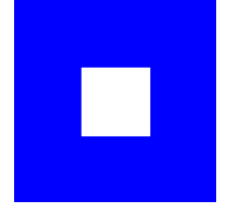

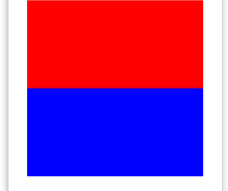

Course marks and positions/descriptions.

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

Mark Name	Code	Position	Description
Bosahan	B	N 50° 05.81' W 005° 06.78'	White drain pipe Off Bosahan beach
Central	C	N 50° 06.00' W 005° 06.85'	White drain pipe Central river opp. Durgan
Committee	Q	N 50° 05.91' W 005° 06.52'	Yellow bouy. Central river between Toll & Gew
Durgan	D	N 50° 06.09' w 005° 06 .62'	White drain pipe Durgan, south of moorings
Dennis	F	N 50° 05.59' W 005° 05.72'	Yellow bouy N of Dennis Head
Eastern	E	N 50° 05.25' W 005° 03.19'	Yellow buoy NE of Nare Point
Gew	G	N 50° 05.78' W 005° 06.48'	White drain pipe S of river opp. Committee
Inner Pilchard	I	N 50° 05.79' W 005° 05.63'	mid way between shag and dennis
Maenporth	M	N 50° 07.50' W 005° 04.04'	Yellow buoy Off Maenporth beach
Manacles	A	N 50° 02.81' W 005° 01.91'	East Cardinal buoy
Nare	N	N 50° 05.30' W 005° 04.93'	Yellow buoy WNW pf Nare Point
Pilchard	P	N 50° 05.79' W 005° 04.89'	Yellow Buoy Central river between August Rock & Nare Point
Rosemullion	R	N 50° 06.07' W 005° 04.41'	Yellow buoy SE Rosemullion Head
Shag	S	N 50° 06.01' W 005° 05.47'	Yellow buoy Under Mawnan Church
Toll	T	N 50° 05.97' W 005° 06.30'	White drain pipe Off Toll Point
Turning Mark	U	N 50° 06.03' W 005°.7.106'	White drain pipe Off Trebah beach
Voose	V	N 50° 05.86' W 005° 07.12'	White drain pipe S side of river opp. Turning Mark

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)
Spring Series	6 Races 4 to count (2 discards)	Handicap fleet – 1 st , 2 nd , 3 rd
Early Summer Series	6 Races 5 to count (1 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
Autumn Series	6 Races 5 to count (1 discard)	Handicap fleet – 1 st , 2 nd , 3 rd
Junior Helm	Race counted separately	1 st , 2 nd , 3 rd
Overall	Amalgamated results for Spring, Early Summer, Late Summer and Autumn Series	Handicap fleet – 1 st , 2 nd , 3 rd


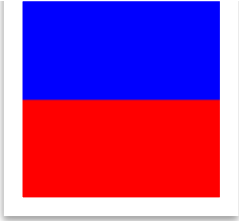
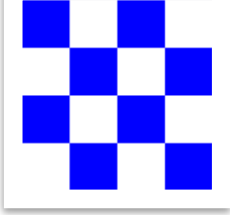
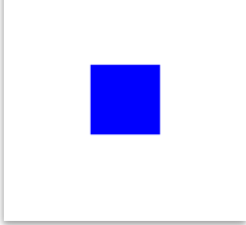
Notes

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