**THORPE BAY YACHT CLUB**

Cadet Mini Race Series – Sailing Instructions

**Safety:**

* Personal floatation device i.e. Buoyancy Aid must be worn.
* Adequate clothing for the conditions must be worm.
* Cadets should not enter the water until the Coach directs them.
* Cadets participating will need to stay for the full duration of the session, unless permission is gained to leave.

**Declaration:** Names must be given to the Coach before entering the water.

**Races:**

* Racing rules will apply.
* Portsmouth Handicap Yardstick scheme will be used.
* Maximum of 4 races during each session of approximately 15 minutes per race.
* Discards will be based on 1/3 of total number of races organised during the season.

**The Course:** Trapezoid.

**Course Marks:**

* Orange pencil buoys.
* Start line indicated with Blue flags.

**Laps:** 2 laps.

**Starting:**

This will be done using 3 battens and a whistle from the Coach boat.

**Starting sequence:**

* Warning signal: 5 short blasts of the whistle, 10 seconds before start, (allowing sailors to prepare their watches).
* 3 minutes, 5 short blasts of the whistle followed by a long blast (on 3 minutes) and raising 3 battens.
* 2 minutes, long blast and swapping to 2 battens.
* 1 minute, long blast and swapping to 1 batten.
* GO, long blast and lowering the batten.

**Finish and timing:**

Finishing and timing will be done by the displacement boat ‘Polly’ or an alternative. A sound signal will indicate the boat crossing the line.

**Prizes:** Prizes will be awarded at the end of the season.