



Vancouver Rowing Club

Polar Bear Series

Sailing Instructions

2019 – 2020

1 RULES

- 1.1 The series will be governed by the rules as defined in The Racing Rules of Sailing.
- 1.2 The races will also be governed by the rules of PHRF-BC, except where they are modified by these instructions.
- 1.3 All boats must comply with Transport Canada and Canadian Coast Guard regulations, and [World Sailing Offshore Special Regulations Category 4 with Sail Canada Prescriptions](#), as amended in this section.
 - (a) A tubular type, commercially available radar reflector permanently mounted within 15 degrees of vertical and meeting the minimum effective height requirement shall be considered compliant with OSR 4.10.1.
 - (b) Compliance with 4.26.2(a)(ii) (alternative means to attach the luff to the stay) is recommended but shall not be required. A roller furling headsail or #3 or smaller jib, suitable for heavy weather, shall be considered compliant with OSR 4.26.2(a).
 - (c) Lifejackets or PFDs meeting applicable government requirements shall be considered compliant with OSR 5.01.1 (lifejacket specifications), provided that
 - i. inflatable devices are fitted with crotch or thigh straps (ride up prevention system (RUPS));
 - ii. inherently buoyant devices are fitted with crotch or thigh straps (ride up prevention system (RUPS)) or if the user has taken alternative measures to ensure the device does not ride up;
 - (d) A propulsion engine is required. While racing, a boat shall also carry sufficient fuel for safety purposes such as crew-overboard recovery and to motor from the farthest point on the course to the host venue docks, the boat's home port, or a safe harbour, whichever is closer, in the forecasted conditions.
 - (e) Carriage of the number of fire extinguishers required by law shall be considered as compliant with OSR 4.05.2 (Fire Fighting Equipment).
 - (f) A depth sounder is recommended. This changes rule OSR 4.13.2 (Depth, Speed and Distance Instruments).



THANK YOU TO NORTH SAILS VANCOUVER

- (g) Carriage of the pyrotechnic signals required by law shall be considered as compliant with OSR 4.23 (pyrotechnic and light signals). SOLAS flares are permissible but not required.
 - (h) Boats designated as one design by World Sailing, whose one design class rule conflicts with OSR section 3 requirements (structural features, stability, fixed equipment):
 - i. shall not be penalized for non-compliance with OSR section 3 that is a result of conflict with their one design class rule,
 - ii. shall have all crew wearing lifejackets or PFDs while racing,
 - iii. shall carry at least two thermal protective aids or other devices for treating crew following a crew overboard incident,
 - iv. in the absence of class rule compliance with OSR 3.14 (pulpit, stanchion and lifelines), shall carry at least one harness and safety line (tether) and have attachment point(s) to reduce crew overboard risk when working forward of the mast.
- 1.4 Boats shall have a valid PHRF-BC rating certificate. Boats may use a valid 2020 certificate in the Winter Series. Any boat that doesn't have a valid certificate may be assigned a temporary Club Rating until a valid certificate becomes available. Once a valid certificate becomes available, all races will be re-scored using the official rating. **Boats with a Club Rating shall not be eligible for series prizes or trophies.** Temporary ratings are not subject to appeal.
- 1.5 The use of an Autopilot or self-steering gear is allowed for single-handed skippers. This modifies RRS 52.

2 NOTICES TO COMPETITORS

- 2.1 Notices will be posted on the notice board at the east gate of the VRC by 0900h on race days. Notices will also be posted to the Polar Bear page on the VRC web site vrcracing.ca/polarbear and the VRC Racing Facebook page [facebook.com/VRCracing](https://www.facebook.com/VRCracing) by 0900h on race days.

3 COMMUNICATION

- 3.1 Communication will be on VHF channel 68.
- 3.2 Except in an emergency, a boat shall neither make radio transmissions while racing nor receive radio communications not available to all boats. This restriction also applies to mobile phones.
- 3.3 All boats shall check-in prior to 1055h on each racing day. Failure to do so may result in the boat being scored DNC for that day. This changes RRS A4 and A5.
- 3.4 If any part of a boat's hull, crew or equipment is on the course side of the starting line when the start signal goes the race committee will attempt to broadcast her sail number on VHF channel 68. Failure to do so will not be grounds for redress. This modifies RRS 62.1(a).



THANK YOU TO NORTH SAILS VANCOUVER

- 3.5 A boat that retires from a race shall notify the race committee signal vessel at the time of retiring and must confirm that the race committee has received their notice of intent to retire.

4 INSURANCE

- 4.1 All boats must carry a minimum liability insurance of \$1,000,000.00.

5 CHANGES TO SAILING INSTRUCTIONS

- 5.1 Any change to the Sailing Instructions shall be posted on the Notice Board, the vrcracing.ca website and on the VRC Racing Facebook Page before 0900h on the day of the race. If any changes have been posted, the race committee will also make an announcement on VHF channel 68 at 1045h.

6 SIGNALS MADE ASHORE

- 6.1 Signals made ashore will be displayed at the base of the VRC Mast tower.
6.2 When flag "AP" is displayed ashore '1 minute' is replaced with 'not less than 45 minutes'.

7 SCHEDULE

- 7.1 Races are scheduled for the following days:

November 3 & 17

December 1, 15

January 12 & 26

February 9 & 23

March 8

- 7.2 The first warning signal of the day is scheduled for 1055h.
7.3 Additional races may be started for any divisions at the discretion of the race committee, provided that any additional races will start before 1400h and the time limit for the day's racing will not be changed.
7.4 Any additional races that are completed will be scored as part of the series.

8 DIVISIONS

- 8.1 Boats are assigned to divisions based upon their PHRF rating and the division splits are as follows:

Division 1 – less than or equal to 99

Division 2 – 100 to 149

Division 3 – 150 to 194

Division 4 – greater than or equal to 195

- 8.2 A skipper may apply to be moved up or down by one division at the discretion of the Race Officer. The Race Officer will assign that skipper a PHRF rating within the range for the new



THANK YOU TO NORTH SAILS VANCOUVER

division.

8.3 The division flag for each division will be the numeral pennant equal to the division number.

9 RACING AREA

9.1 Racing will be conducted in English Bay, and may include portions of Howe Sound and Georgia Strait.

10 THE COURSES

10.1 The Marks are to be rounded in the sequence they appear on the course board, which shall be displayed on the race committee signal vessel.

10.2 The race committee may fly signal flag “TANGO” indicating the course is to be sailed twice around, using the start line as a gate beginning the second lap around the course.

10.3 The letters/marks will be as follows:

“A”	Point Grey Bell Buoy	49°17.35’ N	123°15.9’ W
“B”	Kits Barge Buoy	49°16.9’ N	123°09.8’ W
“D”	QC Buoy	49°18.2’ N	123°10.0’ W
“E”	VRC Anchored Mark	Committee shall communicate position	
“F”	Separate Finish Line	On course between two staffs w/blue flags	
“G”	Race Start Pin	On course as a floating staff w/orange flag	
“W”	VRC Windward Inflatable	Committee shall communicate position	
“Y”	VRC Leeward Inflatable	Committee shall communicate position	
“X”	Anchored Freighter	Committee shall communicate position	
“Z”	Anchored Freighter	Committee shall communicate position	

11 MARKS

11.1 The start pin will be a floating staff displaying an orange flag.

11.2 The finish pin will also be the above start pin unless a Separate Finish Line is explicitly denoted with an “F” on the course board, in which case the finish pin is a floating staff displaying a blue flag.

11.3 VRC Anchored, Windward and/or Leeward Marks will be yellow inflatable tetrahedrons.

11.4 All marks shall be left to port unless a green flag is flying indicating that the marks are to be left to starboard.

12 THE START

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

12.2 The Starting line will be between a staff on the race committee signal vessel displaying an orange flag and a staff displaying an orange flag on the start pin.



THANK YOU TO NORTH SAILS VANCOUVER

- 12.3 A boat starting later than 10 minutes after the starting signal may be scored “Did Not Start”. This modifies RRS A4 and A5.

13 THE FINISH

- 13.1 Unless explicitly denoted with a letter “F” on the course board, the finishing line will be between a staff displaying an orange flag on the race committee signal vessel and a staff displaying an orange flag on the finish pin.
- 13.2 When the letter “F” is used on the course board, the finishing line shall be between a staff displaying a blue flag on the race committee signal vessel and a staff displaying a blue flag on the finish pin.

14 PENALTIES

RRS 44.1 is changed so that the Two-Turns Penalty is replaced by a One-Turn Penalty for rule violations of Part 2.

15 TIME LIMITS AND PROTESTS

- 15.1 No finishes will be recorded after 1500h. If one boat in a division finishes within the time limit, there will be a 30 minute extension to 1530h for boats in that division.
- 15.2 Protests must be filed with the race committee by 1830h.
- 15.3 Protests will be heard by the protest committee as soon as is possible. If the protest is not heard on the day of the event involved boats and witnesses will be notified of the time and location at least 24 hours before the hearing.

16 SCORING

- 16.1 One race shall constitute a series in each of the Fall Series, Winter Series and Overall Series.
- 16.2 DNF, OCS, RET, DSQ, & DNS boats will be scored one more than the number of boats that come to the start area in that boat’s division. DNC boats shall be scored points for the finishing place one more than the number of boats entered in the series.

See RRS A9.

- 16.3 In the Fall Series:

When fewer than four races have been completed, a boat’s Fall Score will be the total of her race scores. When four to eight races have been completed, a boat’s Fall Series score will be the total of her race scores excluding her worst score. When nine or more races have been completed, a boat’s Fall Series score will be the total of her race scores excluding her two worst scores. This changes RRS A2.1.

- 16.4 In the Winter Series:

When fewer than five races have been completed, a boat’s Winter Series score will be the total of her race scores. When five to nine races have been completed, a boat’s Winter Series score will be the total of her race scores excluding her worst score. When ten or more races have



been completed, a boat's Winter Series score will be the total of her race scores excluding her two worst scores. This changes RRS A2.1.

16.5 In the Overall Series:

When fewer than five races have been completed, a boat's Overall Series score will be the total of her race scores from both Fall and Winter Series. When five to nine races have been completed, a boat's Overall Series score will be the total of her Fall and Winter Series scores excluding her worst score. When ten or more races have been completed, a boat's Overall Series score will be the total of her Fall and Winter Series scores excluding her two worst scores. This changes RRS A2.1.



THANK YOU TO **NORTH SAILS VANCOUVER**