

Notice of Race

VRC Polar Bear Series 2020 – 2021

With Amendment #4

November 7, 2020



1 RULES

1.1 The regatta will be governed by the rules as defined in *the 2017 – 2020 Racing Rules of Sailing* (RRS) and the rules of PHRF-BC.

1.2 *The Racing Rules of Sailing* will be changed or modified in the Sailing Instructions as follows:

- (a) Boats with two or fewer crew, including skipper/registrant, shall ensure every person on board is wearing a personal flotation device (PFD) at all times when afloat, except when changing clothing. **This modifies the preamble to RRS Part 4 and RRS 40.** [DP]
- (b) The Race Committee may attempt to hail boats that are On Course Side (OCS), however failure to do so will not be grounds for redress. **This modifies RRS 41 and RRS 62.1(a).**
- (c) Boats with two or fewer crew, including skipper/registrant, are permitted the use of autopilot and/or wind powered self-steering gear. **This modifies RRS 52.**
- (d) A breach of RRS 48.2, RRS 49.2, NOR 7.1 shall not be grounds for protest by a boat. **This modifies RRS 60.1(a).**
- (e) While *Racing*, a yacht that is identified by the Port, Traffic or a commercial vessel as impeding or obstructing commercial traffic shall be disqualified from the race. A yacht that is identified as the subject of five horns from commercial traffic shall be subject to protest and disqualification. **This modifies RRS 60.2(a).**
- (f) All changes to the RRS will appear in full in the Sailing Instructions.
- (g) The notation of '[DP]' in a rule in this NOR means that the penalty for a breach of that rule may, at the discretion of the protest committee, be less than disqualification.

1.3 All boats must comply with Transport Canada and Canadian Coast Guard regulations, and [Offshore Regulations Category 4 with Sail Canada prescriptions \(OSR\)](#) amended as follows:

Section 3 Add "3.30 Boats designated as one design by World Sailing, whose one design class rule conflicts with Section 3 requirements (Structural Features, Stability, Fixed Equipment):

- (i) shall not be penalized for non-compliance with 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."

3.18.2 Delete word "Permanently."



- 3.19 Delete word “Permanently.”
- 3.28.1 Add “f) A boat shall have a mechanical propulsion system that is ready for immediate use. 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.”
- 4.01.1 Append “unless entered in Division 5, Cruising Division.”
- 4.05.1 Append “is highly recommended.”
- 4.05.2 Replace with “Fire extinguishers that meet Coast Guard/National Safety Authority requirements for the size of boat.”
- 4.10.1 c) Append “, or”; Add “d) A tubular radar reflector is acceptable if permanently mounted within 15 degrees of vertical.”
- 4.13.2 Append “is highly recommended.”
- 4.17 Append “is highly recommended.”
- 4.23 Replace with “A boat shall carry Coast Guard/National Safety Authority of the OA approved flares meeting day-night requirements at a minimum, not older than the expiration date, or if no stamped expiration date, not older than 4 years. SOLAS flares are recommended, but not required.”
- 4.26.2(a)(ii) Append “is recommended but shall not be required.”
- 4.26.2(a) Add “(iii) A roller furling headsail or smaller jib, suitable for heavy weather shall be considered compliant with OSR 4.26.2.”
- 5.01.1(a) i Insert “or Lifejackets or PFDs meeting Canadian government requirements” after “UL 1180”; Append “or other measures to ensure the device does not ride up.” after “(ride up prevention system (RUPS))”
- 6.05.3 Append “is highly recommended.”
- 1.4** Boats that intend to fly sails that display numbers other than her official sail number shall report those numbers to the Race Committee (RC) by email at racing@vancouverrowingclub.ca at or before the scheduled first warning signal for the day. Failure to comply may be subject to protest by the Race Committee.

2 ADVERTISING

Boats may be required to display advertising chosen and supplied by the organizing authority.

3 ELIGIBILITY AND ENTRY

The regatta is open to all boats possessing a PHRF-BC rating, proof of insurance and meet all safety requirements as stated in the Notice of Race.



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Divisions will be as follows:

Division 1 – PHRF less than or equal to 99

Division 2 – PHRF 100 to 149

Division 3 – PHRF 150 to 194

Division 4 – PHRF greater than or equal to 195

Division 5 – PHRF open: Cruising Division (White Sails Only)

4 REGISTRATION AND FEES

4.1 Series (October to March): \$50.00
Single Race: \$15.00 individual day

4.2 Boats must register at www.vancouverrowingclub.ca prior to racing. Boats that fail to register and provide payment by 2100 of the day prior to racing may not be scored.

4.3 Skippers must provide the number of crew (including skipper) racing aboard the boat and the boat's home club or marina name via email: racing@vancouverrowingclub.ca. Boats that fail to contact the race committee with this information prior to racing may not be scored. See NOR 7.1(a)(v)

5 SCHEDULE

5.1 Dates of Racing:

Fall Series: October 25, 2020
 November 8, 2020
 November 22, 2020
 December 6, 2020

Winter Series: January 3, 2021 (Exhibition)
 January 17, 2021
 January 31, 2021
 February 14, 2021
 February 28, 2021
 March 14, 2021

5.2 The scheduled time of the warning signal for the first race is 1055 each day.

5.3 There may be more than one race on each race day.

5.4 Scheduled Dates of Racing that are postponed due to provincial health orders may be rescheduled to a date between or following the scheduled Dates of Racing.

6 MEASUREMENTS

6.1 Each boat shall possess a valid PHRF-BC 2020 rating certificate, unless she has received a Club Rating.

6.2 A boat's PHRF-BC rating certificate may be updated with a valid 2021 certificate for the Winter 2021 series.

6.3 The Short-handed Rating rule is deleted.

6.4 Boats without a valid PHRF-BC certificate are welcome to attend and will be assigned a Club Rating by the Racing Officer. Club Ratings are not subject to appeal. Boats with Club Ratings are ineligible for series prizes and/or trophies.



- 6.5 Boats with a Club Rating may acquire a valid PHRF-BC certificate during the series. Provided no change in the boat's configuration or sail plan has been made during the series, the boat's scores will be recalculated with this rating.

7 SAFETY

7.1 COVID-19 PROTOCOLS AND PROCEDURES

Due to the COVID-19 Pandemic, boats shall follow these health and safety protocols until further notice. These protocols may be modified with minimum notice due to changes in Federal, Provincial and local government requirements or requests. If protocols change, notices will be provided in the Notices to Competitors section of the [VRC Racing](#) website and by email to registered skippers.

(a) ON-SHORE GATHERINGS AND CONTACT BETWEEN BOATS/CREWS ON LAND

- (i) **The Provincial Health Officer has banned gatherings of 50 or more people.** VRC will not be hosting any on-shore gatherings following racing or within any other context during the 2020 – 2021 season. Travel to or from a boat is not currently considered a gathering under the provincial ban.

- (ii) **Boats moored at VRC** shall not gather with other boats at the VRC docks or on the VRC property before or after Polar Bear events [DP].

Crews meeting other crews on the VRC docks must ensure they maintain 2 metres of distance at all times and otherwise follow all [VRC COVID-19 Rules](#) (or the most recent revision) while on VRC premises. The wearing of masks is encouraged at all times on VRC premises.

- (iii) **Boats moored at other clubs and marinas** shall not gather with boats before or after Polar Bear events [DP].

Crews must follow their club or marina rules for physical distancing and interaction between parties while on the club or marina premises. The wearing of masks is encouraged at all times when travelling to or from boat at the club or marina property.

- (iv) The viaSport [BC Phase 3 Return to Sport Guidelines](#) establish a concept of "Sport Cohorts" (page 23). From the document: "Establishing cohorts will limit the number of people that each individual will come into contact with, reducing the risk of transmission and ensuring quicker contact tracing by health authorities if an outbreak occurs. A cohort is a group of participants who primarily interact with each other within the sport environment over an extended period of time (e.g. series of events)."

The sport of sailing is designated a "Group A" Sport Type (page 42) under these guidelines. Group A includes sports done in pairs or small teams of up to 10 persons. **The document recommends the "Group A" Sport Type introduce a Cohort to a maximum of 100 people when members of opposing teams cannot maintain 2 metres of physical distance from each other.**



Keelboat sailing is unlike most sports as teams are always inherently separate from other teams when competing. However, crews can meet other crews on shore, when traveling to or from a boat.

VRC race committee has decided not to declare crews to be members of a Cohort because on-shore crew interaction may be mitigated through the use of multiple dock gates or entry/egress points at many clubs. For clubs or marinas with single points of entry, boats can rely upon existing facility physical distancing requirements or negotiate a **dock access and traffic schedule** amongst boats that will minimize interaction between crews when travelling to or from boats.

- (v) VRC race committee is collecting crew numbers and home club / marina name should restrictions be placed on keelboat racing at a later date. Skippers must state the boat's home club / marina and declare their boat's number of crew (including skipper) when registering using the instructions in NOR 4.3. Boats shall not exceed this number during the season. [DP]

(b) CREW COMPOSITION AND ON-BOAT DISTANCING AND INTERACTION

The Provincial Health Officer has suggested BC residents continue to maintain a "social bubble" of a maximum of 6 people. The BC Phase 3 Return to Sport Guidelines allow for Group A Sport Types to assemble teams of up to 10 persons. VRC recommends skippers/registrants consider the increased COVID-10 exposure risk created when sailing fully-crewed. Boats should attempt to sail with the same crew every Polar Bear date. If a boat must change crew between Polar Bear dates, ensure they have isolated from other Polar Bear boat crews for the entire 14-day period between Polar Bear dates.

- (i) Skippers/registrants of participating vessels shall ensure all crew understand COVID-19 related risks and abide by the safety requirements and recommendations in NOR 7.1 COVID-19 PROTOCOLS AND PROCEDURES while afloat.
- (ii) Skipper/registrants must maintain an accurate list of crew member names, phone numbers and email addresses for every race date during series. These lists shall be provided to the VRC race committee, medical health officer or public health official on request, to be used for contact tracing purposes.
- (iii) Boats shall not raft together. Boats should attempt to preserve a 2 metre physical distance between their crew and the crews of other boats when afloat.
- (iv) Unless the crew, including skipper/registrant, are members of the same six-person "social bubble," crew may wear a mask when closer than 2 metres. Boats should consider offering crew members a disposable non-medical mask when boarding, but this is not required. When drinking or eating, or otherwise not wearing a mask, it is recommended crew distance further than 2 metres from persons not in their "bubble."



- (v) Boats shall ensure hand sanitizer is available in the cockpit, cabin and head. Hand sanitizer must be used before leaving the dock, before eating and/or drinking and when departing the boat.
 - (vi) Boats should consider limiting the number of crew allowed in the cabin at the same time. Boats should also consider assigning crew positions and roles and/or equipment for each race day to limit crew exposure to shared surfaces. All touched surfaces should be sanitized/disinfected after racing.
 - (vii) If a crew member, including skipper/registrant, begins to feel ill on the boat, they must quarantine below or isolate on deck until the boat returns to the dock and must be provided room to travel home immediately unless medical assistance is required. If medical assistance is required, someone on-board should contact 911 when on the dock, or Coast Guard via VHF 16 when on the water.
- (c) **SKIPPER/CREW RESPONSIBILITY**
- (i) If a crew member, including skipper/registrant, does not feel well, or is displaying symptoms of COVID-19, they must stay at home. Crew may use the [BC Health Self-assessment Screening Tool](#).
 - (ii) If a crew member, including skipper/registrant, has travelled outside of Canada, they are not permitted to race until they have self-isolated for a minimum of 14 days.
 - (iii) If a crew member, including skipper/registrant, lives in a household with someone who has COVID-19, who has been requested to quarantine, or is showing symptoms of COVID-19, they shall remain home and not race.
 - (iv) All crew, including skipper/registrant, shall consider the increased risk to persons in their household who may experience serious illness from COVID-19 should infection occur amongst crew and consider limiting or avoiding competition at this time.
 - (v) All crew, including skipper/registrant, should bring and use their own water bottle and equipment. If any equipment including PFDs, harness or tether is supplied by skipper/registrant, then it must be labelled for the exclusive use for crew member for the duration of the season or cleaned and disinfected following every use.
 - (vi) All crew, including skipper/registrant, shall attempt to avoid physical contact with others, including shaking hands, high fives and/or hugging unless they are within the same household bubble.
 - (vii) When traveling to or from boat, everyone must be conscious of other persons around them and move directly to the boat, or off the club or marina premises.



- (viii) All crew, including skipper/registrant, shall cooperate, to the best of their ability, with medical or public health authorities performing contact tracing.
- (ix) Skippers are responsible for the health and safety of their crew and as such are highly advised to conduct symptom screening for all crew by having them answer a wellness questionnaire at the start of every race day or complete a self-assessment. See NOR 7.1(c)(i).

(d) **IN THE EVENT OF COVID-19 INFECTION**

- (i) **Crew Member shall immediately contact** skipper/registrant in the event of a suspected or confirmed COVID-19 diagnosis. Crew member must not crew on a boat until a negative diagnosis and/or is approved for competition by a medical professional. Crew members are discouraged from participating in a Polar Bear event if they are experiencing any contagious illness or symptom. Crew member must cooperate with any contact tracing request.
- (ii) **Skipper/registrant shall immediately contact** crew members in the event they receive communication from a crew member with a suspected or confirmed COVID-19 diagnosis, or receive such a diagnosis themselves. Crew name and/or medical information may be kept confidential.

Skipper/registrant must also follow any club or marina reporting requirements. If there is no club or marina reporting requirement, skipper/registrant must also notify the VRC race committee by email at racing@vancouverrowingclub.ca so that it may notify other boats at the club or marina of a confirmed infection. Skipper/registrant must cooperate with any contact tracing request.
- (iii) **VRC Race Committee will immediately contact** skipper/registrant of all boats moored at a club or in a marina where a confirmed COVID-19 diagnosis has been reported. VRC Race Committee will cooperate with all contact tracing requests. VRC will report any confirmed COVID-19 diagnoses, identifying only the club or marina, as a notice under the Notice to Competitors on the VRC Racing website.

8 VENUE

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

9 COURSES

The course marks for each division will be displayed on the starting vessel before the first warning signal. Mark designations will be made in the Sailing Instructions.

10 SAILING INSTRUCTIONS

The Sailing Instructions will be available at or before 2100 hours Sunday October 18, 2020 at <https://vracing.ca/polarbear/>.

11 SCORING

11.1 One race shall constitute a series in each of the Fall Series, Winter Series.



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- 11.2** Races will be scored using PHRF BC Time on Time handicap calculation.
- 11.3** 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.
- 11.4** 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 from 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.
- 11.5** Due to the proximity to the holiday season, the race scheduled for January 3, 2021 in the Winter Series is considered an exhibition race day. Race results from this day will not be counted in the series scores.
- 11.6** 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 from 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
- 11.7** 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 from 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.

12 PRIZES

- 12.1** Results will be read during a Facebook Live video hosted on the VRC Racing Facebook page located at <https://facebook.com/VRCRace> following racing on each day and also posted to the VRC Racing website.
- 12.2** Sponsor prizes will be awarded by a draw of recipients selected from Facebook Live attendees present during each Facebook Live event detailed in NOR 12.1.
- 12.3** Pennants will be awarded for first, second and third places in division for each Fall, Winter and Overall Series. Prize giving will be held during the 2021 VRC Volunteer Appreciation and Awards dinner.

13 RADIO COMMUNICAITON

- 13.1** Communication will be on **VHF 68**. Competitors may ask questions of the Race Committee on channel 68 for course clarification only prior to their warning signal.



13.2 Except in an emergency, a boat shall neither make radio transmission while racing nor receive radio communications not available to all boats. This restriction also applies to mobile telephones.

13.3 **A boat that retires from a race shall notify the Committee boat at the time of retiring via VHF or by some other means.**

14 DISCLAIMER OF LIABILITY

Competitors participate in the regatta entirely at their own risk. See RRS 4, 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. The decision to race or not to race resides solely with the owner and operator of each vessel and any advice received or the failure to provide any particular advice from VRC or the race committee shall not result in any liability to the organizing authority.

15 INSURANCE

Each participating boat shall be insured with valid third-party liability insurance with a minimum coverage of \$2,000,000 per incident or the equivalent.

16 PUBLICITY

Competitors consent in perpetuity to the use including publication on various media, including but not limited to social media platforms, of images or video and audio of their likeness and boats, for publicity or advertising purposes connected to Vancouver Rowing Club.

17 SPONSOR AND SAIL TRIM REVIEW EVENINGS

We wish to acknowledge the generous contributions of our sponsor, the North Sails Vancouver Loft, without whose support the VRC Polar Bear Series would not be possible.

North Sail's Drew Mitchell returns to present his popular Sail Trim Review session in the Fall and Winter at Vancouver Rowing Club. Drew will be on the water to capture video of Polar Bear racers on course, prior to each session. This event will be hosted on Zoom should VRC be unable to bring everyone together in person. On-the-water and presentation dates will be announced in the Sailing Instructions.

18 FURTHER INFORMATION

18.1 For further information please contact the Racing Officer, at: racing@vancouverrowingclub.ca.

18.2 Notice of Race, Sailing Instructions and other race information can be found online at: <https://vracing.ca/polarbear/>

18.3 Yachts may register online at <https://www.vancouverrowingclub.ca>

