



# 2019 Optimist Pacific Coast Championship

August 24-25, 2019

Hosted by The San Francisco Yacht Club (SFYC)

## GREEN FLEET SAILING INSTRUCTIONS

Opti Class Philosophy: USODA is a teaching class and GREEN FLEET is its introductory fleet for novice sailors. The Rules of Sailing are important and taught but having fun while learning to race is equally stressed. These sailing instructions are structured within *The Racing Rules of Sailing* to provide a flexible, less structured and less formal racing environment. Green Fleet is not scored. All participants receive participation awards. While race placement and progress may be tracked, who places first is less important than having fun, learning and improving. Parents and competitors who are looking for a more competitive environment should consider the Championship Fleet's red, white and blue racing divisions.

### 1 RULES

- 1.1 The regatta will be governed by the rules as defined in *The Racing Rules of Sailing* and by the "USODA Conditions for Sanctioned Regattas and Championships", including the USODA 'Sailor Code of Conduct'.

### 2 NOTICES TO COMPETITORS

Notices to competitors will be posted on the official notice board located next to the Youth Classroom.

### 3 CHANGES TO THE SAILING INSTRUCTIONS

- 3.1 Any change to the sailing instructions will be posted on the official notice board and/or announced at the Green Fleet Competitors Meeting.
- 3.2 The race committee may change the sailing instructions on the water by hoisting flag "L" with one sound and hailing the change by loud hailer or hail.

### 4 SIGNALS MADE ASHORE

- 4.1 Signals made ashore will be displayed from the flagpole located at the Youth dock.
- 4.2 When flag AP is displayed ashore, '1 minute' is replaced with 'not less than 20 minutes' in race signal AP.

### 5 SCHEDULE OF RACING

Green Fleet sails an informal schedule. After the 10:15 am competitors meeting for all sailors on Saturday, a separate Green Fleet Competitors Meeting will take place in the same vicinity. At this meeting, the Green Fleet PRO will announce the plan for the day and the time of the first warning. This information may be posted on the notice board. The schedule may change based on conditions and the requirements of the sailors.

### 6 CLASS FLAG

The class flag will be a green flag.

### 7 RACING AREA

The racing area will be announced at the Green Fleet meeting. This may change each day based on conditions.

### 8 THE COURSES

The courses may be windward/leeward, triangles or other courses as described by the PRO at each day's Green Fleet Meeting. On the water, the course may be posted on a white board on the Signal Boat and/or hailed by the race committee.

### 9 MARKS

Marks will be orange balls.

### 10 THE START AND FINISH

- 10.1 Races will be started with sounds according to Appendix U (3-minute sequence). The race committee may verbally hail the countdown. The class flag will be displayed on the signal boat during the start sequence. (This changes Appendix U.



- 10.2 The starting and finishing line will be between a staff on the signal boat displaying an orange flag and the nearby white ball.
- 10.3 The start-finish line will not be an “obstruction” and will be open to boats sailing downwind.
- 10.4 Boats that have finished shall immediately sail to the right of the finish line and stay clear of all other boats that are still racing.

## 11 CHANGE OF THE NEXT LEG OF THE COURSE

To change the next leg of the course, the race committee will move the original mark (or move the finishing line) before the first boat has rounded the previous mark. No signals are required for this change. This changes rule 33.

## 12 PENALTY SYSTEM

The penalty system described in rule 44.1 and 44.2 is changed so that only one-turn, including one tack and one jibe, is required. This changes rule 44.1.

## 13 PROTESTS AND REQUESTS FOR REDRESS

Since Green Fleet is not scored, protests are teaching opportunities. An open discussion of the protest process (mock protest) may be held if resources are available. All competitors, parents and coaches are encouraged to attend and observe.

## 14 SCORING

Green Fleet is not scored. All participants receive participation awards. While placement and progress may be tracked, scores are less important than having fun, learning and improving.

## 15 COACHING

**Positive coaching, including coaching during races where conditions permit, is encouraged by the race committee. Coaching during races should focus on the bottom half of the fleet, starting from the bottom.** Coaching on the water is for all, and, particularly during races, all coaches are required to assist all sailors. All coaches are required to prominently display their coach flag and to have VHF radios on and operating on the Green Fleet race committee channel, **VHF 68**, at all times. The race committee has the right to remove from the Green Fleet course any coach who disregards the instructions of the race committee.

## 16 SAFETY

- 16.1 All boats may be inspected for proper rigging and safety prior to racing.
- 16.2 All Green Fleet sailors, NOT PARENTS, are required to personally Check-Out at the safety table located at the top of the Youth dock ramp, indicating their departure to the race course. If a competitor will not be racing that day, he or she shall notify a volunteer at the safety table. Immediately upon returning to shore, **but not later than 30 minutes** after the race committee signal boat docks, competitors shall personally Check-In at the safety table at the top of the Youth dock ramp indicating their safe return to shore.
- 16.3 An adult (parent, guardian or designated adult) is responsible for the safety of their sailor. It is the responsibility of this adult to decide if the sailor should sail in the weather and sea conditions that might arise during the event. The adults supervising the competitors are ultimately responsible for the risks.
- 16.4 Parents not personally attending any part of the event shall ensure that another adult is authorized and designated to make these decisions for their sailor, and each competitor shall indicate in writing at Competitor Check-In the parent or adult representative that will be responsible for the competitor throughout the event.
- 16.5 The designated adult shall accept full responsibility for all actions of the competitor during any activity related to the event. This includes on-shore activities before, during, and after the regatta.
- 16.6 Every sailor must wear a non-inflatable U.S. Coast Guard approved personal flotation device (PFD). PFDs must be fully secured (zipped, clipped and strapped) at all times on the water, except for brief periods for the removal or adding of clothing.
- 16.7 Each competitor must have a whistle attached to his or her PFD at all times on the water.
- 16.8 Each boat shall have a secure loop tied at the end of its painter (bow) line.
- 16.9 Any sailor retiring from a race must notify (or have their coach notify) a race committee boat or safety boat before leaving the course.