

LEVEL 3



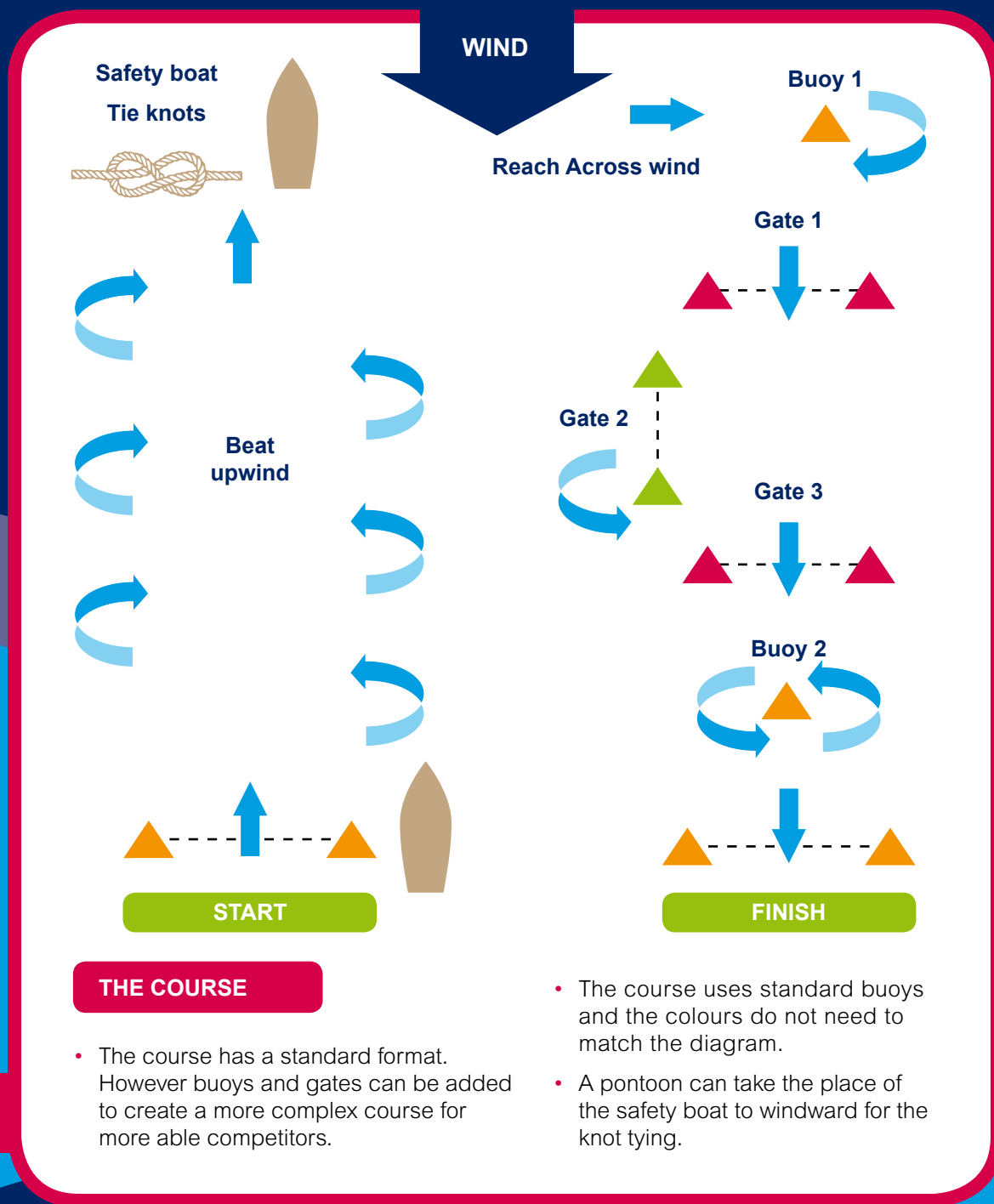
Inclusive Sailing Competition for the School Games

IMPORTANT INFORMATION

- A team is normally made up of four people, although a team can be bigger or smaller, if required.
- A team can race in four single handed boats, two double handed boats or the whole team in a single large boat. The choice of boat depends on the equipment available at the club/centre.
- Teams compete against the clock.
- Competition is normally in the form of a league table of times, with every team competing, the quickest team wins. Teams can compete as many times as you want. It is also possible to run the event as a knock out competition or to have the top two teams from the league table compete in a Grand Final.

HOW TO RUN THE RACE – SEE PAGE

2



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EQUIPMENT REQUIRED

- Matching boats to compete in.
- An umpire (normally an instructor), whose decision on mistakes is final, they call out to the competitor involved and the penalty is performed as soon as possible. There are no protests after the race/competition has finished.
- Two safety boats. Either of which can be replaced with instructors on pontoons if circumstances allow or safety boats are required to perform their normal task.
- The course requires twelve buoys or suitable markers.
- A length of rope for the knot tying.
- A stop watch.
- A whiteboard or similar to record the times of the teams.

THE RACE

- Teams start behind the start line, as in a normal sailing race.
- A simple countdown is used. A three minute countdown works best with sound and visual signals.
- A team can all be on the course at the same time or compete individually depending on how much time is available for competition. However the stop watch starts as the first team member crosses the start line and stops when the last team member crosses the finish line.
- The boats cross the start line and beat to windward.
- The boats come alongside safety boat and tie knots (normally a figure of eight, but you can add more complex knots for more able competitors)
- They then reach across wind, going to buoy number 1.

- Then go downwind through gates 1, 2 and 3. Gates need to be clearly marked, as per the diagram e.g. two red buoys each for gates 1 and 3, and two green buoys for gate 2.
- Go around buoy 2 – a 360 degree turn (this section can be removed for less able sailors).
- Cross finish line.
- The time is total for all the boats to complete course.
- Times are recorded.

EXTRA INFORMATION

- Normal port/starboard and avoiding collisions rules apply, more complex rules can be added for more able sailors.
- A second team can be on the water ready to start as the first team finishes if you have enough boats, this speeds up the competition.
- If a boat hits a mark, it must go back and go around it again. (this is like the level 2 indoor competition).
- Obstacles can be created with safety boats if required. See obstacles in level 2 competition.
- Knot tying can be dropped in windy conditions, boat just needs to come alongside.
- If you have enough safety boats, one can be stationed at the finish, although this is not a requirement.
- A pontoon or buoy could take the place of the upwind safety boat for the knot tying.

FOR FURTHER INFORMATION PLEASE CONTACT:

Email: sailability@rya.org.uk Tel: 02380 604 271
or visit: www.rya.org.uk/sailability