

## Going Racing - First Timer's Hints and Tips

Summer racing on Windermere is designed to be fun – we want to encourage and support crews new to racing. Racing is fun, you learn a lot, your sailing improves, and it's very sociable. Having read these hints and tips, the next step is simply to get out on the water and have a go!

### Getting Started

In order to race with the club you need to submit a race declaration form and check that your insurance includes cover for 'Club Racing' (it's often included and incurs little/no extra cost).

There are two main documents that govern the club's racing – the Notice of Race (NoR) and the Sailing Instructions (SIs). Both are available through the website – they are the official rules on how we run races on Windermere.

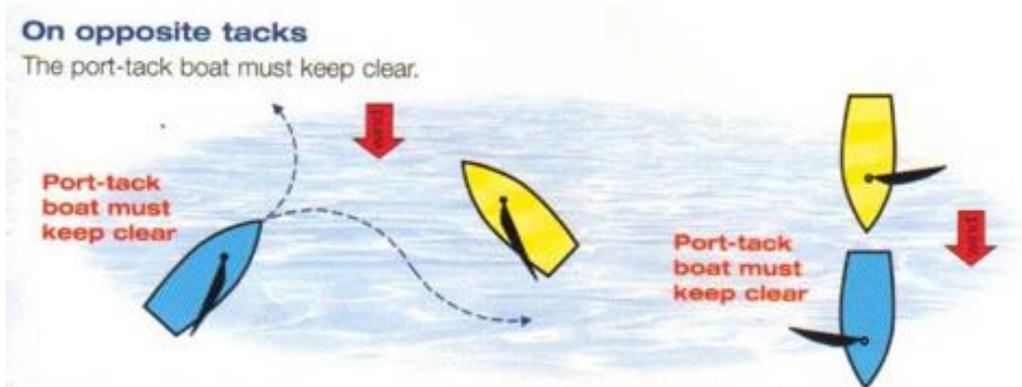
### Racing Rules

The full Racing Rules are available through the International Sailing Federation. You might also want to buy a guide to the racing rules.

<http://www.sailing.org/documents/racing-rules.php>

Here are three basic rules that will help you keep out of trouble.

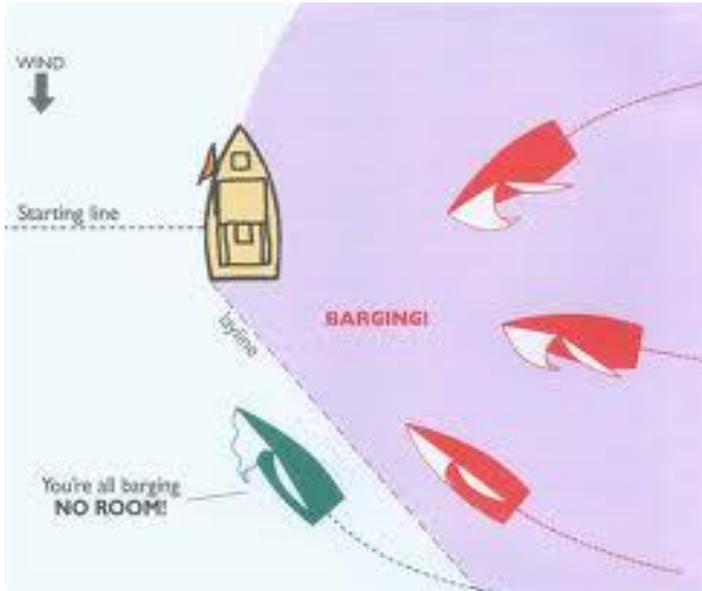
#### 1. Port Gives Way to Starboard



#### 2. Windward Boat Gives Way to Leeward



### 3. Don't Barge at the Start



#### Before the Start

Work out where the race is going to take place. The OD boat will display a flag (see the Sailing Instructions) to tell you whether the race is going to be in either the North or the South lake – and will be at Ferry Nab one hour before the race displaying the flag.

Wear your lifejackets.

Put a G Flag on your backstay to show that you are racing. You can also hoist the club flag as well.

Approach the OD boat to find out the course, and to let them know that you are racing.

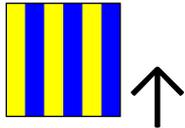
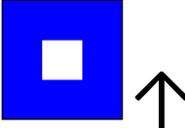
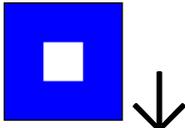
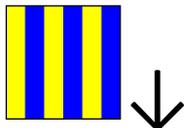
Decide on how you are going to start and practice it.

#### The Start

Most people find the start line a bit daunting for the first few times. Don't worry – if you aim for the middle of the line and start on starboard, then there's little to go wrong!

The start line is between the Officer of the Day's boat and either a green mark or the club's yellow mark.

We use the following standard 5 min countdown sequence. Take a look at the Sailing Instructions to see these and the other flags and sound signals that are used.

	<p>5 mins before the start Warning. G Flag raised. 1 sound signal.</p>
	<p>4 mins before the start. Preparatory. P Flag raised. 1 sound signal.</p>
	<p>1 min before the start P Flag lowered. 1 (long) sound signal.</p>
	<p>Start G Flag lowered. 1 sound signal.</p>

## **The Course**

Most of the time, we use the large green marks on the lake for racing – these are numbered – it's useful to print off a copy of the charts provided on the website and laminate them for reference on board.

The course is displayed on the OD boat. As well as the order of the marks, remember to note which side to leave them on (Port – means leave the mark to your Port side – i.e. you pass to the right of it).

## **The Finish**

The finish will be between the OD boat and a convenient green mark. The OD boat will display a blue on white S flag. You need to complete the same number of laps as the first boat over the line – if this is not obvious, then ask the OD.

## **Being Officer of the Day (OD)**

There would be no racing without someone to organise the start, set a course, and time boats over the finish line. Everyone in the club is encouraged to act as Officer of the Day (OD) for one race during the summer. Don't worry – if you are new to being OD, then we will pair you up with a more experienced OD. There are also detailed OD Guidance Notes on the website.

## **How to Improve?**

We hope you enjoy your racing – looking forward to seeing you out on the water! There will always be things that you can improve – try the following to start with:

1. Go racing
  2. Take your turn as OD
  3. Talk to other people in the club.
  4. Attend the club's 'Go Racing' training days
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