



*Myrtle Cook Regatta*  
*The Royal St Lawrence Yacht Club*  
*August 7, 2021*  
*Dorval, Canada*

**Notice of Race (NoR)**

The Organizing Committee (OC) is the Royal St Lawrence Yacht Club.

**1 RULES**

1.1 The event is governed by the rules as defined in *The Racing Rules of Sailing*.

1.2 *Sail Canada Prescriptions 2021-2024* available at [https://www.sailing.ca/uploads/2020/10/Sail-Canada-Prescriptions-to-the-RRS\\_2021-2024.pdf](https://www.sailing.ca/uploads/2020/10/Sail-Canada-Prescriptions-to-the-RRS_2021-2024.pdf) applies.

1.3 Quebec Sailing Federation (FVQ) directives regarding COVID-19 from the Minister of Education, which may be in effect, available at: <https://www.voile.qc.ca/fr/> and [https://www.voile.qc.ca/images/Documents/Federation/COVID/2021/21-098-09\\_napperon\\_loisir-sports-ete2021\\_v2.pdf](https://www.voile.qc.ca/images/Documents/Federation/COVID/2021/21-098-09_napperon_loisir-sports-ete2021_v2.pdf)

1.4 If there is a conflict between languages the English text takes precedence.

**2 SAILING INSTRUCTIONS**

2.1 The sailing instructions will be available before 0900 on Saturday August 7, 2021 at <https://rstlyc.qc.ca/notice-of-race> .

**3 COMMUNICATION**

3.1 The online official notice board is located at <https://rstlyc.qc.ca/notice-of-race> . Furthermore, race documents and results may be posted on the board located immediately outside the RStLYC office.

3.2 On the water, the race committee may make courtesy broadcasts to competitors on VHF radio channel 77.

3.3 While racing, except in an emergency, a boat shall not make voice or data transmissions and shall not receive voice or data communication that is not available to all boats.



## **4 ELIGIBILITY AND ENTRY**

**4.1** The event is open to all female competitors that are members in good standing of a SLVYRA club.

**4.2** The event is open to all boats with a valid SLVYRA handicap certificate.

**4.3** Eligible boats may enter emailing Regatta Chair, Dale Webber, at [dale.webber@sympatico.ca](mailto:dale.webber@sympatico.ca) no later than 23:59 on August 6, 2021.

**4.4** Late entries will be accepted at the discretion of the OC.

**4.5** Spinnakers shall not be used.

## **5 CREW LIMITATIONS**

**5.1** The following crew limitations apply:

Crew shall be female only.

Crew shall be maximum two persons.

## **6 SERIES**

**6.1** The event will consist of a series of up to four (4) races.

**6.2** One race is required to constitute a series.

**6.3** If four races are completed, a boat may exclude her worst score.

## **7 SCHEDULE**

**7.1** The scheduled time of the warning signal for the first race is 10:30 AM.

## **8 EQUIPMENT INSPECTION**

**8.1** Each boat shall produce or verify the existence of a valid SLVYRA handicap certificate.

## **9 VENUE**

**9.1** Racing will take place West of AD18 (“The Gut”).

## **10 COURSES**

**10.1** The course(s) to be sailed will be defined in the Sailing Instructions.

## **11 PENALTY SYSTEM**

**11.2** RRS 44.1 is changed so that the Two-Turns Penalty is replaced by the One-Turn Penalty.



## 12 SCORING

12.1 The scoring system is the *Low Point Scoring System*.

12.2 (a) When fewer than four races have been completed, a boat's series score will be the total of her race scores.

(b) When four races have been completed, a boat's series score will be the total of her race scores excluding her worst score.

## 13 RISK STATEMENT

13.1 RRS 3 states: 'The responsibility for a boat's decision to participate in a race or to continue to race is hers alone.' By participating in this event each competitor agrees and acknowledges that sailing is a potentially dangerous activity with inherent risks. These risks include strong winds and rough seas, sudden changes in weather, failure of equipment, boat handling errors, poor seamanship by other boats, loss of balance on an unstable platform and fatigue resulting in increased risk of injury. **Inherent in the sport of sailing is the risk of permanent, catastrophic injury or death by drowning, trauma, hypothermia or other causes.**

## 14 INSURANCE

14.1 Each participating boat shall be insured with valid third-party liability insurance with a minimum cover of \$2,000,000.00 CAD per incident or the equivalent.

## 15 COVID-19 STATEMENT

15.1 The OC reserves the right to modify, cancel or reschedule one or all event(s). The safety of sailors, club employees and volunteers is paramount. Therefore, all necessary safety precautions for Covid-19 shall be followed. Please remember to physical distance at least 2m away from others, to wear a mask where possible, regularly wash your hands, and avoid touching your face. If you have any symptoms of Covid-19 or are feeling unwell, you shall stay away from the regatta premises and competitors.

## 16 PRIZES

16.1 The winner shall receive the Myrtle Cook trophy at the RStLYC Prizegiving, November 6, 2021.

## 17 FURTHER INFORMATION

17.1 For further information please contact Regatta Chair, Dale Webber, [dale.webber@sympatico.ca](mailto:dale.webber@sympatico.ca) .