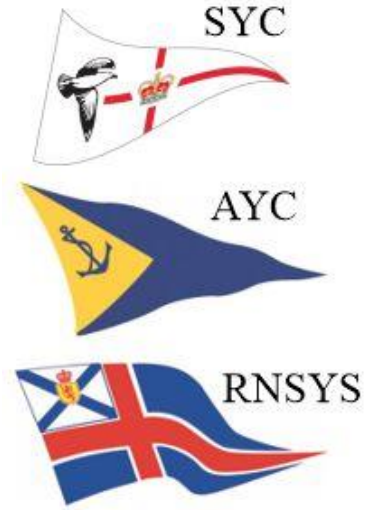


Wrestle the Arm Regatta

July 9th & 10th, 2022

NOTICE OF RACE

Shearwater Yacht Club
Armdale Yacht Club
Royal Nova Scotia Yacht Squadron



1 RULES

- 1.1 The event is governed by the rules as defined in *The Racing Rules of Sailing 2021- 2024*.
- 1.2 Handicap fleet boats shall compete with equipment that is compliant with their PHRF-NS certificate.
- 1.3 Participants shall comply with all rules and regulations of the Organization Authority, Dominion of Canada, Nova Scotia and Public Health concerning matters of health and safety and specifically as they relate to COVID-19 or such other communicable disease or contagion.

2 SAILING INSTRUCTIONS

The Sailing Instructions will be available on the RNSYS website (www.rnsys.com/race-schedule/wrestle-the-arm-regatta) in the week prior to the event.

3 COMMUNICATION

- 3.1 The online official notice board is located at www.rnsys.com/race-schedule/wrestle-the-arm-regatta.
- 3.2 On the water, the race committee may make courtesy broadcasts to competitors on VHF radio. The channel will be stated in the SIs.
- 3.3 From the first warning signal until the end of the last race of the day, except in an emergency, a boat shall not make voice or data transmissions relevant to the races and shall not receive voice or data communication relevant to the races that is not available to all boats.

4 ELIGIBILITY AND ENTRY

- 4.1 The regatta is open to all boats with a valid PHRF-NS handicap.
- 4.2 Eligible boats may enter by registering online at www.rnsys.com/regattas.
- 4.3 Persons who have been suspended or expelled from the RNSYS shall not be present on RNSYS property.

5 FEES

The entry fee is \$45 (HST inc.), to be paid upon registration.

6 SCHEDULE

- 6.1 A briefing including the course to be sailed will be emailed to all competitors each morning of the regatta.
- 6.2 The scheduled time of the first warning signal is 1300 on Saturday and Sunday.
- 6.3 The event shall consist one (1) race each day.
- 6.4 The race on Saturday shall start at Shearwater Yacht Club and end at Armdale Yacht Club after a suitable harbour tour. The race on Sunday shall start at Armdale Yacht Club and end at the Royal Nova Scotia Yacht Squadron after a similar suitable harbour tour.
- 6.5 Prizes will be awarded at the Royal Nova Scotia Yacht Squadron on Sunday at 1800 in combination with prizes for the White Point Coastal Race.

7 HANDICAPS & CLASS SPLITS

- 7.1 Handicap yachts shall have a valid PHRF-NS rating listed on the Sail Nova Scotia yacht database. Boats not listed on this database will be given a provisional handicap. Boats not listed on the Sail Nova Scotia yacht database shall give at least one week notice of intent to compete so that a handicap can be assigned. This provisional handicap cannot be contested during the course of the event.
- 7.2 Boats wishing to race without a spinnaker shall declare as such at time of registration. Those boats shall be placed in classes based on their non-spinnaker handicap.
- 7.3 Final class splits and boat assignments will be set in the Sailing Instructions (NoR 2). The Race Committee reserves the right to sort boats by parameters other than handicap.

8 VENUE

- 8.1 The regatta is hosted by the Shearwater Yacht Club, Armdale Yacht Club and the Royal Nova Scotia Yacht Squadron.
- 8.2 For SYC visiting yachts should call on VHF channel 68 for dock assignment or contact the SYC office by phone at (902) 469-8590.
- 8.3 The AYC docks are currently full so boats should be prepared to raft, moor or anchor. Visiting yachts should call on VHF channel 68 for more information upon arrival. Berths will be assigned if available. Tender service to all anchored or moored boats will be available.
- 8.4 For the RNSYS visiting yachts will be provided with a marina berth or mooring free of charge from Sunday (10th July) through to Monday (11th July). Visiting yachts should contact the RNSYS Dockmaster before or upon arrival by VHF Channel 68 or by phone at (902) 477-5653 ext. 110 to be assigned a marina.
- 8.5 Racing will take place in Halifax Harbour and its Approaches.

9 COURSES

Courses shall be made up of marks included on the Sail Nova Scotia Course Card. All fleets will use the same start/finish lines.

10 SCORING

- 10.1 One (1) race is required to be completed to constitute a series.
- 10.2 A boat's series score will be the total of her race scores (no drops).

11 HAUL OUT AND DIVING RESTRICTIONS

- 11.1 Boats shall not be hauled out during the regatta except with the prior written permission of the race committee.

- 11.2 Underwater breathing apparatus and plastic pools or their equivalent shall not be used around keelboats between the preparatory signal of the first race and the end of the regatta.

12 RISK STATEMENT

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.**

13 INSURANCE

Participating yachts shall be insured with valid third-party liability insurance with a minimum coverage of \$1,000,000 per event or the equivalent.

14 PRIZES

- 14.1 Prizes shall be awarded at 1800 on Sunday at the RNSYS in conjunction with prizes for the White Point Coastal Race.
- 14.2 Overall prizes for the event shall be awarded for the top three (3) finishers in each class.

15 FURTHER INFORMATION

- 15.1 Additional information may be provided via the RNSYS website (<http://www.rnsys.com>), RNSYS e-mail blasts and through the RNSYS Facebook page (<http://www.facebook.com/rnsys>).
- 15.2 For further information please contact any of the following:
RNSYS Race Director at racedirector@rnsys.com or (902) 414-3284
RNSYS Vice Commodore of Sailing at vcsailing@rnsys.com
SYC Rear Commodore at hall_shayne@hotmail.com
SYC Office at syclub@ns.aliantzinc.ca or (902) 469-8590
AYC Fleet Captain Sail at sail@armdaleyachtclub.ns.ca