

NWISA Doublehanded District Championships

Hosted by The Anacortes High School Sailing Club

Anacortes, WA

April 25-27, 2014

AMENDED 4-18-14

1. RULES

- 1.1 The regatta will be governed by the Racing Rules of Sailing for 2013-2016, the prescriptions of US SAILING, the ISSA Procedural Rules, this Notice of Race, and the Sailing Instructions. However,
 - A. Appendix P, Special Procedures for Rule 42, as modified by ISSA Procedural Rule 14(c) will be in effect;
 - B. The US Sailing prescriptions to rules 60, 63.2, and 63.4 will not be in effect; and
 - C. Under rule 70.5(a), the right of appeal is denied

2. ELIGIBILITY

- 2.1 Current ISSA and NWISA membership is required and will be verified at the time of final registration at the regatta site.
- 2.2 A responsible adult leader must accompany teams at all times
- 2.3 Teams shall be comprised of a minimum of 4 and a maximum of 8 sailors who are full time students in the 9th grade or higher, attending the same high school.

3. ENTRY AND COMMUNICATIONS

- 3.1 Eligible schools shall email Scott Wilson (scottjwilson@gmail.com) their intent to participate and total number of sailors attending no later than 4/16/2014.
- 3.2 Teams unable to compete shall notify the Regatta Chair as soon as possible.
- ~~3.3~~ Sat: lunch, and dinner, Sun: breakfast, lunch will be provided.

Entry Fee:	\$30 per Sailor
Damage Deposit:	\$150.00 per team
Make checks payable to:	The Anacortes Parks Foundation

4. BOATS

- 4.1 Races will be sailed in FJs

5. SCHEDULE

Friday, April 25, 2014

1200-1600 Arrival and rigging of boats.

1600-1830 Registration at Seafarer's Memorial Park, Anacortes WA, and Informal practice races.

Saturday, April 26, 2014

0830 Report Time and Final Registration at The Seafarer's Memorial Park Building.

0930 Competitors Meeting

1000 First Warning: Racing will continue throughout the day.

Eat during boat rotation – no lunch break. Sailors will make sack lunches between 8:30 and 9:30 am.

Racing will continue until late.

After racing is completed: Dinner at the Seafarer's Memorial Park Building

Sunday, April 27, 2014

0800 Report Time Breakfast and Lunch available

0930 First Warning: Racing will continue throughout the day.

Eat during boat rotation – no lunch break. Sailors will make sack lunches between 8:00 and 9:00 am.

1500 No Warning after this time.

1630 Awards presentation, or after completion of racing.

Any changes to the schedule will be posted on the Official Notice Board on the South entry door of the Seafarer's Park building.

6. RACING AREA

6.1 The racing area will be in Fidalgo Bay, South of the breakwater at Cap Sante Marina, East of the breakwater at Seafarer Memorial Park.

6.2 Rotations will be at the dock within the Seafares's Park.

7. COURSES

7.1 Based on conditions, the Race Committee will determine the courses. Short collegiate style courses will be used.

8. SCORING

8.1 The regatta will be scored in accordance with ISSA Procedural Rules.

9. FORMAT

9.1 The format will consist of two races in A, followed by boat rotation and two races in B.

- 9.2 The winning team qualifies for the ISSA National Championship Mallory Trophy in, San Diego, CA May 10&11, 2014

10. LODGING

- 10.1 Friday night and Saturday night, billeting is available at the High School Gym and Mat room. Contact the Regatta Chair for arrangements.
- 10.2 You must provide your own sleeping bag and pillow. Bring your own snacks.
- 10.3 Each team is responsible for supervising their sailors at all times during the regatta and must have an adult chaperone accompany team members at any sleeping arrangement.

11. TRAVEL

- 11.1 Directions to sailing venue, Seafarer's Memorial Park, from Highway 20: continue on Hwy 20 spur west towards Anacortes; right on "Q" Avenue; right on Seafarers Way.

12. COACHING

- 12.1 Team leaders, chaperones, coaches, parents, advisors and other support personnel shall not go afloat in the sailing area from the start of racing Saturday to the end of racing Sunday UNLESS an exception has been explicitly permitted by the regatta chair or PRO.
- 12.2 Competitors may receive coaching including instructions, assistance, equipment or sustenance only while on the designated rotation float or on shore.

13. PRIZES

- 13.1 Prizes will be awarded to the teams placing first, second, and third.

14. OFFICIAL NOTICE FOR ALL PARTICIPANTS

- 14.1 No contestant shall use, either on or off the water, alcoholic beverages (beer, wine, distilled spirits), or use any controlled substance (marijuana, cocaine, etc.), the possession of which is unlawful. An alleged breach of this rule and/or other disciplinary matters that occur may be the basis for a hearing under rule 69.1. The protest committee for such a hearing will be the Regatta Chairperson, a member of the NWISA Board of Directors and the chairperson of the protest committee.

15. REGATTA CONTACTS

- 15.1 The Regatta Chair is Steve Orsini: sailingorsini@gmail.com 360 202 7280

NWISA 2014 DOUBLEHANDED DISTRICT CHAMPIONSHIPS

hosted by Anacortes Sailing team and Anacortes Parks & Recreation

NAME _____ BIRTH DATE _____ Gender: F M
PARENT EMAIL _____ HEIGHT _____ WEIGHT _____
HOME ADDRESS _____ HOME # _____
PARENT'S NAME(S) _____ WORK # _____
EMERGENCY CONTACT _____ PHONE _____

MEDICAL AND EMERGENCY INFORMATION

Physical Handicaps (Please specify missing or injured bodily parts, weakness, eye glasses, contacts, hearing aids, etc.)

Please check ✓ those that apply:

Chronic Ailments:

_____ Asthma, or other respiratory problems
_____ Circulatory or heart problems
_____ Diabetes or Hypoglycemia
_____ Epilepsy
_____ Hemophilia, or other bleeding problems (nose bleeds)

Allergies:

_____ Insect Bites
_____ Bee Stings
_____ Foods
_____ Others, if significant

Comments: _____

Current Medications if any: _____

Family Physician _____ Phone _____

I hereby authorize the Hospital to treat my child if he/she is
presented to the emergency room for treatment in my absence.

Signature (Parent or Guardian)

HOLD HARMLESS FORM

ASSUMPTION OF RISK AND RELEASE FORM: Injuries to participants in small craft programs may occur from risks inherent in the sport or activity; from placing stress on the body that it has not been prepared for; from accidents in learning or practicing techniques; from failing to follow training, safety or racing rules; from use of transportation to and from regattas, races, and other events and from administration of first aid. For example, I might slip and fall; I might be struck by part of a boat; my boat might capsize or I might be thrown overboard into the cold water; I may hit another boat or run into an obstruction or on to the shore, and the collision may injure me. The severity of the injury can range from minor cuts, scrapes, or muscle strains to catastrophic injury such as paralysis or even death. I will be exposed to the weather, including rain, wind, cold, and sun. I might become ill through chill or suffer sunburn and heat exhaustion. In order to avoid injuries I will obey the directions of my instructors and will follow all the safety rules. I will tell my instructor about any limitations or medical restrictions on my participation.

I(we) am/are the parent(s) or legal guardian of the above-named child, who desires to be a participant in the City of Anacortes sponsored recreational activity of sailing. It is important to me(us) that this child be allowed to participate in this activity. I(we) understand there are special dangers and risks inherent in this activity, including but not limited to, the risk of serious physical injury, death or other harmful consequences which may arise directly or indirectly from the child's participation in this activity. Being fully informed as to these risks and in consideration of the City's allowing my child to participate in this sponsored activity I(we), on behalf of myself(ourselves) and on behalf of the above-named participant child, assume all risk of injury, damage and harm to the child which may arise from the child's participation in the activities. I(we) further agree, individually and on behalf of the above-named child, to release and hold harmless the City of Anacortes, the Port of Anacortes, its officials, employees, volunteers and agents and agree to waive any right of recovery that I(we) may have to bring a claim or lawsuit for damages against them for any personal injury, death or other harmful consequences occurring to the above-named child or me arising out of the Child's voluntary participation in this activity. I(we) grant my(our) full and voluntary consent for the above-named child to participate in the activity described above.

STUDENT'S SIGNATURE _____ DATE _____

PARENT/GUARDIAN SIGNATURE _____ DATE _____

OVER

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STATEMENT OF UNDERSTANDING

THE SAILING CLUB YOU ARE ABOUT TO BEGIN IS AN EXCITING AND DEMANDING CHALLENGE, AND YOU NEED TO BE AWARE OF WHAT WILL BE INVOLVED IN THE PROGRAM AND BE WILLING TO STUDY AND PRACTICE TO ACHIEVE SUCCESS.

YOU WILL BE REQUIRED TO PROVIDE YOUR OWN PERSONAL FLotation DEVICE (PFD), WHICH MUST BE COAST GUARD APPROVED, THE PROPER SIZE FOR YOUR WEIGHT AND BUILD, AND BE FORM-FITTING AND COMFORTABLE. YOU WILL WEAR YOUR PFD WHILE ON THE WATER AND WHILE ON THE DOCK. ANACORTES PARKS AND RECREATION DEPARTMENT AND THE PORT OF ANACORTES WILL NOT BE RESPONSIBLE FOR ANY LOST OR STOLEN EQUIPMENT OR GEAR.

ALSO, I UNDERSTAND THAT BILLETING WILL TAKE PLACE AT ANACORTES HIGH SCHOOL AND VOLUNTEER CHAPERONES WILL BE ONSITE. I PROMISE TO BE RESPECTFUL TO THE CHAPERONES AND TO THE SCHOOL FACILITIES. FAILURE TO DO SO MAY INVOLVE MY REMOVAL FROM THE BILLETING PREMISES.

I understand that in entering this sailing club I agree to obey all program rules as set forth by the program director and the coach, that I will use the utmost care in the use of the boats and equipment, that I will not engage in any horseplay or other disruptive behavior. I understand that failure to attend regularly, arrive promptly and abide by the rules may result in my suspension from the program.

STUDENT'S SIGNATURE _____ DATE _____

PARENTAL AGREEMENT (if student is a minor):

I understand the contents of this statement and agree to see to it that my child adheres to the program rules. I agree to assume the obligation for the expenses of repair and/or replacement of program equipment that is attributable to my child's reckless or irresponsible behavior. I agree to make an appointment for a parent-coach conference if requested.

PARENT/GUARDIAN SIGNATURE DATE

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