



Midlands Fin and Foil

Burton Sailing Club

2nd – 3rd August 2025

Sailing Instructions

1 RULES

- 1.1 Racing will be governed by the “Rules” as defined in the Racing Rules of Sailing 2025-2028 including Appendix B (Windsurf Competition Rules), the Notice of Race, and these Sailing Instructions. In the event of there being any conflict between the aforementioned, these Sailing Instructions will take precedence at all times.
- 1.2 Competitors should note that Burton Sailing Club implements the RYA Racing Charter and that they will be required to undertake to sail in compliance with the Charter, which can be found at the front of the RYA rule book.
- 1.3 By entering and attending, all persons agree to abide by the Rules of Burton Sailing Club, including any protocols and procedures that the club requests. These protocols and procedures will be available on the club website.

2 Notice to Competitors

Notices to competitors will be posted on the Official Notice Board at the clubhouse.

3 Changes to Sailing Instructions

- 3.1 Any changes in the sailing instructions will be posted one hour before the advertised starting time of the race or races concerned.
- 3.2 Changes in the Sailing Instructions will be signalled by displaying flag “L” from the flagpole at the clubhouse. When no further changes have been made, Flag “L” will be lowered after the start of the last race of that day.

4 Signals made Ashore

- 4.1 Signals made ashore will be hoisted on the flagpole located at the Clubhouse.
- 4.2 When flag AP is displayed ashore “1 minute” is replaced with “not less than 40 minutes” in “race signal AP”.
- 4.3 Launching may only occur when a GREEN Flag is displayed on the flagpole adjacent to the slipway.

5 Schedule of Races

As advertised in the Notice of Race.



Burton Sailing Club
Foremark Reservoir, Repton Road, Milton, Repton, Derby, DE65 6EG
Tel: 01604 880248

Email: enquiries@burtonsailingclub.co.uk





6 Class Flag Signals

The class flags for each fleet will be confirmed on the briefing.

7 Racing Area

See appendix 1 below.

8 Minimum Wind Strength

Races will not be started unless the Race Officer is satisfied with the wind strength over the whole of the course.

9 The Course

9.1 The courses may utilize any of the following: inflatable yellow tubular buoys, inflatable orange tubular buoys, the club “can” marks (fixed and movable), or any combination of those.

9.2 The course layout will be explained in the briefing.

10 The Marks

10.1 The Marks will be a combination of inflatable marks and the club “can” marks (fixed and movable).

10.2 The inflatable marks are either: yellow inflatable tubular buoys or orange inflatable tubular buoys.

10.3 Fixed marks are numbered 1 – 10 and are Orange painted barrels.

10.4 Additional moveable marks denoted with letters X (Green barrel), Y (Yellow barrel) and Z (Red barrel) may also be used.

10.5 The approximate positions of the numbered marks are shown in Appendix 1.

11 Course Configuration

11.1 The course configuration will be briefed by the race committee.

11.2 In the event that the course displayed is changed prior to a race starting, the race officer may indicate this by flying flag C from the committee boat mast.

11.3 The race officer will disqualify participants seen by the race team to have sailed the wrong course.

11.4 The course may be shortened using the shorten course flag (the S flag) at any time and all windsurfers must complete the lap and cross the start/finish line.

11.5 There may be a gate included within the course, where the board is required to pass through the start line on each lap.

12 The Start.

12.1 Races will be started by using RRS 26 with the warning signal given 5 minutes before the start signal. (5 4 1 Go).

12.2 The start line will be defined as the line between the mast displaying an Orange flag on the committee boat and an end of line mark flying an orange flag from its mast.



Burton Sailing Club
Foremark Reservoir, Repton Road, Milton, Repton, Derby, DE65 6EG
Tel: 01604 880248

Email: enquiries@burtonsailingclub.co.uk





12.3 Competitors whose warning signal has not been made shall avoid the start area.

13 Change of Position of the Next Mark

When, after a race has started, there is a substantial wind shift; the Race Committee may move one or more marks. When the course to be made good is significantly changed by such an alteration, a boat will be stationed near the mark at the start of the leg affected, and will fly code flag "C" over a green or red flag indicating that the direction of that leg lies either to starboard or port respectively of its previous bearing. She will draw attention to this signal by making intermittent sound signals. (This changes RRS 33.) Any mark to be rounded after rounding the moved mark may be relocated without further signalling to maintain course configuration.

14 Missing Mark

If a mark is missing or out of position during a race, the race committee shall, if possible:

- (a) replace it in its correct position or substitute a new one of similar appearance, or
- (b) substitute an object displaying flag M and make repetitive sound signals.

15 The Finish

- 15.1 The finish line will be between the mast displaying an Orange flag on the committee boat or a RIB, and the end of a line marker (orange or blue, as specified at the briefing) or another mark of the course.
- 15.2 Competitors can also be finished anywhere on the course area by a RIB displaying the W flag. The RIB will hail a competitor's number when flying Flag W, to signal that the competitor has finished and should return to the starting area or go ashore as directed by the RIB.
- 15.3 When boards finish, they vacate the finish line area.

16 Scoring

- 16.1 Low Point scoring system of Appendix A within the racing rules of sailing will apply.
- 16.2 Rule A5.3 will apply.
- 16.3 Series ties will be broken in accordance with ISAF Appendix A 8.1 and ISAF Appendix A 8.2.
- 16.4 One race to be completed to constitute a series.
- 16.5 The Discard Profile for the event will be as follows: There will be 1 discard if 3 races are sailed, 2 discards if 6 races are sailed, 3 discards if 8 races are sailed.

17 Safety Regulations

- 17.1 When the race committee considers that a competitor is in difficulty, it may instruct the competitor to accept outside help, retire or sail ashore.
- 17.2 A competitor that retires from a race shall notify the race committee as soon as possible.
- 17.3 A competitor **may receive help** from an outside source, such as assistance from a safety boat or official/registered support vessel, or the committee boat if deemed necessary, or another competitor or non-competing vessel. This changes RRS 41.



Burton Sailing Club
Foremark Reservoir, Repton Road, Milton, Repton, Derby, DE65 6EG
Tel: 01604 880248

Email: enquiries@burtonsailingclub.co.uk





18 Declarations

- 18.1 Signing on before each race will not be necessary although it will be necessary to have entered the series to be eligible to start a race.
- 18.2 A declaration must be made ashore, no later than 30 minutes after the end of the last race, to a member of the race management team, of any retirement, not previously declared to the race management team whilst afloat.

19 Equipment and Measurement Checks

All equipment will comply with measurement, and other, rules of their respective class associations.

20 Disclaimer of Liability

Competitors participate in the event entirely at their own risk. See RRS 4, Decision to Race. The organising authority (Burton Sailing Club) will not accept any liability for material damage or personal injury or death sustained prior to, during, or after the event.

21 Risk Statement

Rule 4 of the Racing Rules of Sailing states: "The responsibility for a boat's (/windsurfer's/winger's) decision to participate in a race or to continue racing is hers alone."

Windsurfing/Winging/Foiling are by their nature unpredictable sports and therefore inherently involve an element of risk. By taking part in the event, each competitor (or responsible adult) agrees and acknowledges that:

- (a) They are aware of the inherent element of risk involved in the sport and accept responsibility for the exposure of themselves, their crew (if any) and their equipment to such inherent risk while taking part in the event;
- (b) They are responsible for the safety of themselves, their equipment and their other property whether afloat or ashore;
- (c) They accept responsibility for any injury, damage or loss to the extent caused by their own actions or omissions;
- (d) Their board, rig, (foil and wing when relevant) and all their parts are in good order, equipped to sail in the event and they are fit to participate;
- (e) The provision of a race management team, patrol boats and other officials and volunteers by the event organiser does not relieve them of their responsibilities;
- (f) The provision of patrol boat cover is limited to such assistance, particularly in extreme weather conditions as it can be practically provided in the circumstances;
- (g) They are responsible for ensuring that their equipment is suitable and seaworthy so as to be able to face the extremes of weather; that the participant has sufficient experience and fitness to withstand such weather.
- (h) The fact that the race committee conducts inspections does not reduce the responsibilities of each competitor set out in the Notice of Race or these sailing instructions
- (i) The organizing authority will not accept any liability for material damage or personal injury, or death sustained in conjunction with, prior to, during, or after the regatta.



Burton Sailing Club
Foremark Reservoir, Repton Road, Milton, Repton, Derby, DE65 6EG
Tel: 01604 880248

Email: enquiries@burtonsailingclub.co.uk





22 Insurance

Each participant shall be insured with a valid Third-Party Liability Insurance with a Minimum Cover of £3 million.

23 Media Rights

- 23.1 By participating, a competitor automatically grants to Burton Sailing Club the right in perpetuity to make, use and show at their discretion any motion pictures, still pictures and live, taped or filmed television and other reproductions of him/her during the event, and of all of his/her material related to the event, without compensation.
- 23.2 In order to manage the events, information provided by competitors will be held on a database. The management of personal information and images will comply with General Data Protection Regulations. More details are available on request.



Burton Sailing Club
Foremark Reservoir, Repton Road, Milton, Repton, Derby, DE65 6EG
Tel: 01604 880248

Email: enquiries@burtonsailingclub.co.uk



Appendix 1 Map of Lake and Marks

