

ORGANISER



**SPIRIT OF
SAILING**

CO-ORGANISER



EVENT RULES

Responsibility for Safety

The safety of each yacht and its crew rests primarily with the skipper.

It is the skipper's duty to decide whether the yacht is fit to sail under the prevailing conditions.

By going to sea, both skipper and crew confirm that the vessel is seaworthy and that the crew is competent to participate.

Each participant is personally responsible for their own safety both at sea and ashore.

For safety reasons, children must be over 6 years old.

Attendance at the briefing, start, and finish is mandatory.

Sportsmanship, fair play, and teamwork are fundamental values of the Spirit of Sailing.

Crew Briefing

Before leaving the marina, skippers must brief their crew on safety procedures, the location and use of lifejackets, harnesses, fire extinguishers, first aid kits, VHF radio, and emergency exits.

- SAFETY

All participants must follow the skipper's instructions at all times.

- Swimming is only permitted when the boat is stationary and in designated areas.

- Alcohol consumption while sailing is discouraged.

- Lifejackets must be worn when instructed by the skipper.

- Recommended in winds above Force 4, poor visibility, or when reefing sails.

- Non-swimmers must wear lifejackets at all times underway.

- Harnesses are advised in rough conditions or at night.

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Man Overboard (MOB)

In the event of a person overboard, immediate and calm action is required.

- Shout “Man Overboard!” and keep constant visual contact.
- Throw a life buoy or flotation device.
- Alert the skipper and crew to begin recovery manoeuvres.
- Follow the skipper’s instructions during the rescue.

Training and awareness are essential, as MOB incidents can be life-threatening.

Distress Calls (Mayday)

A Mayday distress call may only be used if the vessel faces imminent danger (e.g., sinking, fire, serious injury).

Procedure on VHF Channel 16:

- “Mayday, Mayday, Mayday”
- “This is [vessel name/call sign]”
- Give position (latitude/longitude or landmarks).
- State the nature of distress and assistance required.
- Provide number of persons onboard.
- End with “Over” and wait for response.

Racing Guidelines

The Spirit of Sailing regatta is a friendly non-competitive format—participation matters more than victory.. Safety always comes before competition.

- Race boundaries and navigation rules will be announced during the briefing.
- Skippers are responsible for ensuring compliance with safety and sailing regulations.
- Yachts are considered racing from the preparatory signal.
- A yacht on port tack must give way to a yacht on starboard tack.
- When overlapped, the windward boat must keep clear of the leeward boat.
- When astern, keep clear of a boat ahead.
- Avoid collisions at all costs.
- Use of engines during the race is prohibited unless required for safety.



Environmental Responsibility

- Follow a strict “Leave No Trace” policy.
- Throwing any objects into the sea (plastic, cigarettes, waste) is strictly forbidden.

Medical Fitness & Emergency Authorization

- Participants confirm they are medically fit to participate and must disclose any relevant medical issues.
- Any medical conditions (e.g., heart problems, diabetes, epilepsy, allergies) must be reported confidentially to the skipper & the organizers in advance.
- In case of emergency, organizers are authorized to seek medical assistance, with financial responsibility resting on the participant.

Boat & Equipment Care

- Each crew is responsible for keeping the boat clean and safe.
- Damage caused by negligence may result in financial liability.
- Personal belongings are the responsibility of their owners; the organizers are not liable for loss or damage

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