



Anacortes Frost Bite
Sponsored by Anacortes Yacht Club and Anacortes Parks & Rec
March 3, 2018

Seafarers' Memorial Park
601 Seafarers Way
Anacortes, WA 98221

NOTICE OF RACE

1. RULES:

- 1.1. The regatta will be governed by the Racing Rules of Sailing for 2017-2020, the prescriptions of US SAILING, the ISSA Procedural Rules, the NWISA District Rules, this Notice of Race, and the Sailing Instructions.
- 1.2. The US Sailing prescriptions to rule 60, 63.2 and 63.4 are deleted and will not apply.
- 1.3. Under rule 70.5(a), the right of appeal is denied.

2. ELIGIBILITY:

- 2.1. This is an 'Open Regatta' as described in the NWISA District Rules. 'Active' and 'Mixed' teams may attend. Team shall be registered with NWISA and ISSA including online registration, team fees paid, and damage deposit paid.
- 2.2. Teams shall be comprised of a minimum of 4 sailors. Multiple teams per school are allowed (limited by boat availability).
- 2.3. Teams shall be accompanied by a designated adult team leader, who may be an advisor, coach or parent recognized by the school.
- 2.4. Sailors shall be from the **NORTH** region as designated on the NWISA website: <https://nwisa.hssailing.org/about/regions>. Schools wishing to compete but are not sure which region they belong should contact Scott Wilson, scottjwilson@gmail.com, 360-303-1759.

3. ENTRY AND ENTRY FEE:

- 3.1. Eligible schools shall register through the NWISA website link. Registration is on a first come, first served if berths are limited. Registration opens Monday, Feb. 19 at 1100 hrs.
- 3.2. Registration closes at 2200 26 February 2018. Additional registrations are allowed after this time, but teams may be turned away if event capacity is reached.
- 3.3. Teams unable to compete once registration closes, shall notify the regatta chair as soon as possible.
- 3.4. Each competitor must have a signed EVENT WAIVER on file.
- 3.5. An entry fee of \$5.00 per sailor payable to "Anacortes Parks & Rec" will be collected at check in (programs bringing multiple teams must pay per team).

3.6. Each competing program must have a damage deposit on file with NWISA per District rule 7.3.

4. BOATS AND FORMAT:

- 4.1. Races will be sailed in FJs. There are no charters available from Anacortes. Teams are encouraged to bring extra FJs for teams that need boats. This will be coordinated using the RSVP Spreadsheet.
- 4.2. Teams should provide sail numbers corresponding to the NWISA Sailing Number Allocation: <https://nwisa.hssailing.org/about/sail-allocations>. If a team or program is not listed on the sail number allocation website please contact Scott Wilson, scottwilson@gmail.com.
- 4.3. Results from this regatta will determine the seeding for Gold, Silver, and Bronze fleets for the March 10-11 regattas.

5. SCHEDULE:

Saturday, 3 March 2018

1000	<u>Report time.</u> Registration.	
1045	Mandatory Competitors' Meeting.	
1100	Registration ends.	
1130	First warning; sailing will continue throughout the day.	
1200	BBQ lunch served.	No lunch provided, only light breakfast and hot drinks.
1700	No Starts after this time	

Any changes to the schedule will be posted on the Official Notice Board located on the window to the North of the East facing main door of the Seafarer's Memorial Park Bldg.

6. RACING AREA:

All races will be sailed on Fidalgo Bay. Boat rotations will occur from the floating launching dock at Seafarers Memorial Park.

7. COURSES:

Short collegiate style races in accordance with ISSA Procedural Rules.

8. SCORING:

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

9. TRAVEL AND TRANSPORTATION:

Teams are responsible for their own transportation. The address of the regatta site is 601 Seafarers Way, Anacortes, WA 98221. Directions to the racing venue: From west bound Highway 20 Spur into Anacortes, exit on to R Avenue (R Avenue is marked by a small green sign and a traffic light.). Proceed North on R Avenue to right turn (east) onto Seafarers Way. Follow street to Seafarers' Memorial Park Building to unload boats. Trailer Parking is at the corner of R and Seafarer's Way.

10. COACHING:

10.1. Team leaders, chaperones, coaches, parents, advisors and other support personnel shall not go afloat in the sailing area from Saturday morning to the end of racing Sunday unless an exception has been explicitly permitted by the regatta chair. The penalty for failing to comply with this requirement may be the disqualification of all boats, competitors and teams associated with the infringing support personnel.

10.2. Competitors may receive coaching including instructions, assistance, equipment or sustenance only while on the designated rotation float or on shore.

11. CONDUCT:

11.1. No contestant shall use, either on or off the water, alcoholic beverages (beer, wine, or distilled spirits, each as defined in Chapter 51 of the US Internal Revenue Code and intended for beverage use), or marijuana, cocaine, or any other controlled substance (as defined in 21 US Code 802), the possession of which, by that contestant is unlawful under 21 US Code 841.

11.2. Infringements of this regulation and/or other inappropriate conduct occurring during the regatta, may be the basis for a hearing under RRS 69.1. The protest committee for such a hearing shall, at a time and place selected by it, meet to hear said protest, and it may impose scoring penalties, or other sanctions that it deems appropriate, including summary removal from the regatta.

12. REGATTA CONTACTS:

	Name	Telephone	Email
Regatta Chair:	Steve Orsini	360 202 7280	sailingorsini@gmail.com

NWISA 2018 NORTH REGIONAL REGATTA

Saturday, March 3

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 throw 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

OVER

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