

An aerial photograph of a coastal town and harbor. The water is a vibrant turquoise color, filled with numerous sailboats of various sizes. The town is built on a hillside overlooking the water, with a mix of residential houses and commercial buildings. In the background, there are more hills and a large body of water under a cloudy sky.

**pic** *COASTAL CLASSIC 2024*  
Insurance Brokers

**Race Clinic**  
Tuesday 27 August 2024



A photograph of two sailboats racing on a blue sea. The boat in the foreground is white with a black mast and is leaning to the left. Several people are visible on deck. The boat in the background is also white with a black mast and is leaning to the right. The background shows a forested coastline under a clear blue sky.

# Preparing your boat and Safety



# PREPARING YOUR BOAT

## CAT 3 Certificate

- Not only required but a valuable tool for boat preparation

## Yacht safety location diagram –

- Get familiar on the location of essential items

## Yacht manual

- Important and useful (find Safety Diagram example and Manual on YNZ website)

## Provisioning

- It's a race but also a long journey, stay well stocked

## Equipment for night sailing

- Right lighting is crucial for both safety and efficient navigation (red light, sailors delight)





# SAFETY

## CREW ARE YOUR PRIORITY

- Crew Induction
  - Get your crew familiar with your boat & each other
- Crew Manoeuvres
  - Plan and talk through manoeuvres first, execute second
  - Rotate positions
  - Always plan 2 steps ahead
  - Ensure practice MOB and reefing at night
- No alcohol or recreational drugs while racing





# SAFETY

- **All crew must** wear a lifejacket unless your skipper says otherwise – must be worn over 15 knots of wind and during the hours of darkness
  - We recommend at these times crew are clipped on when leaving the cockpit
- Keep an eye out for boats around you
- All boats keep a listening watch on channel 16 at all times
- Yachts must have onboard a registered EPIRB or PLB
- The carrying of a personal waterproof strobe light by all crew is recommended
- Do your radio calls as per sailing instruction





## SAFETY

### CREW ARE YOUR PRIORITY

- Keep warm/layer up before you get cold
- Food and fluid/water
  - Warm meal
  - Snacks
  - Happy crew perform better
- Sleep/rest
  - The hero is the person who can drive a boat well at 4am, not stay awake all night





## SAFETY – Man Overboard

NZMYC Safety Committee **strongly** recommends lifejackets are worn at all times and boats practice a MOB simulation.

MOB procedures include -

- Shout loudly until all crew are aware of the incident and are on deck to assist. Spotter to keep eyes on the swimmer
- Deploy Dan Bouy and Push MOB button on GPS asap
- Slow boat down immediately and reduce sail
- Make distress call
- Check there are no sheets in the water and start motor
- Have throw line prepared



# Coastal Sailing







# COASTAL SAILING

- Planning
  - Think ahead
  - You have time to plan
  - 10 minute rule
- Forecast
  - Know and watch the forecast
  - Wind
  - Tides
- In the elements
  - Sunscreen, Blistex, water, first aid supplies





# COASTAL SAILING

- Keep your eyes out of the boat
  - Wind
  - Clouds
  - Other yachts
  - Tracker
- Navigation
  - Know the navigations lights up the coast
  - Know your navigation equipment and how to use it





# NIGHT SAILING

- The night time shut down
  - Don't let it be you
- Polars
  - Know what speed you should be doing
  - Rudder angles
  - Modes
  - Sail settings
- Sailing by Instruments
  - Feel for the boat
  - Boat speed
  - Wind gear
  - Heading
  - COG / SOG
  - Test and know your instruments – quirks
  - Dimming instruments at night





## RADIO COMMS

- Pre Race Call in
  - **Channel 17**
- Sail Rock
  - **Channel 60** or
  - **Channel 05**
- Flat Rock
  - **Channel 60**
- Cape Brett
  - **Channel 04**

Race withdrawal - advise Coastguard on the VHF channels above or call \*500

Maintain a diligent “listening watch” of VHF channel 16 during the race



# The Coast

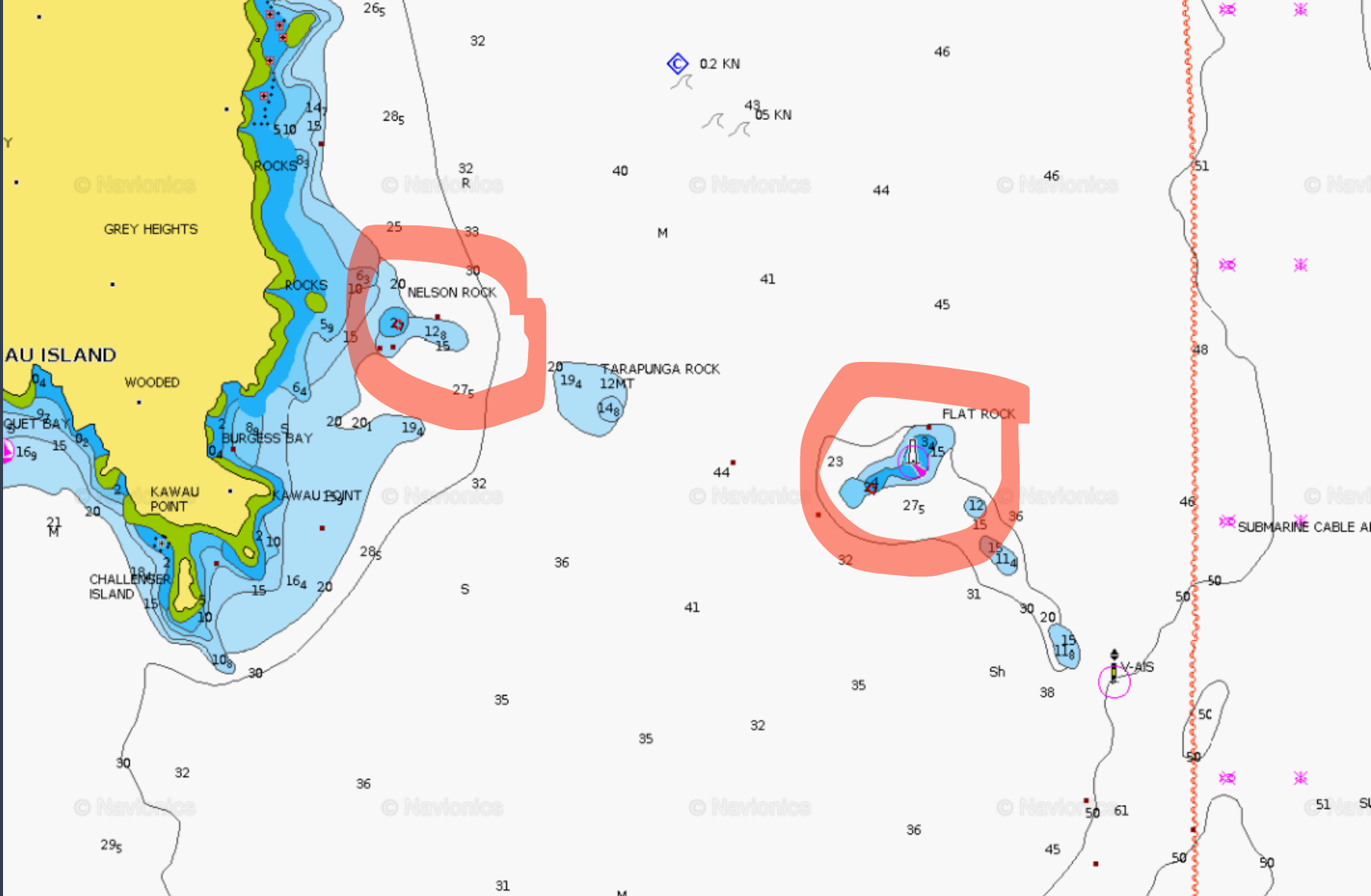




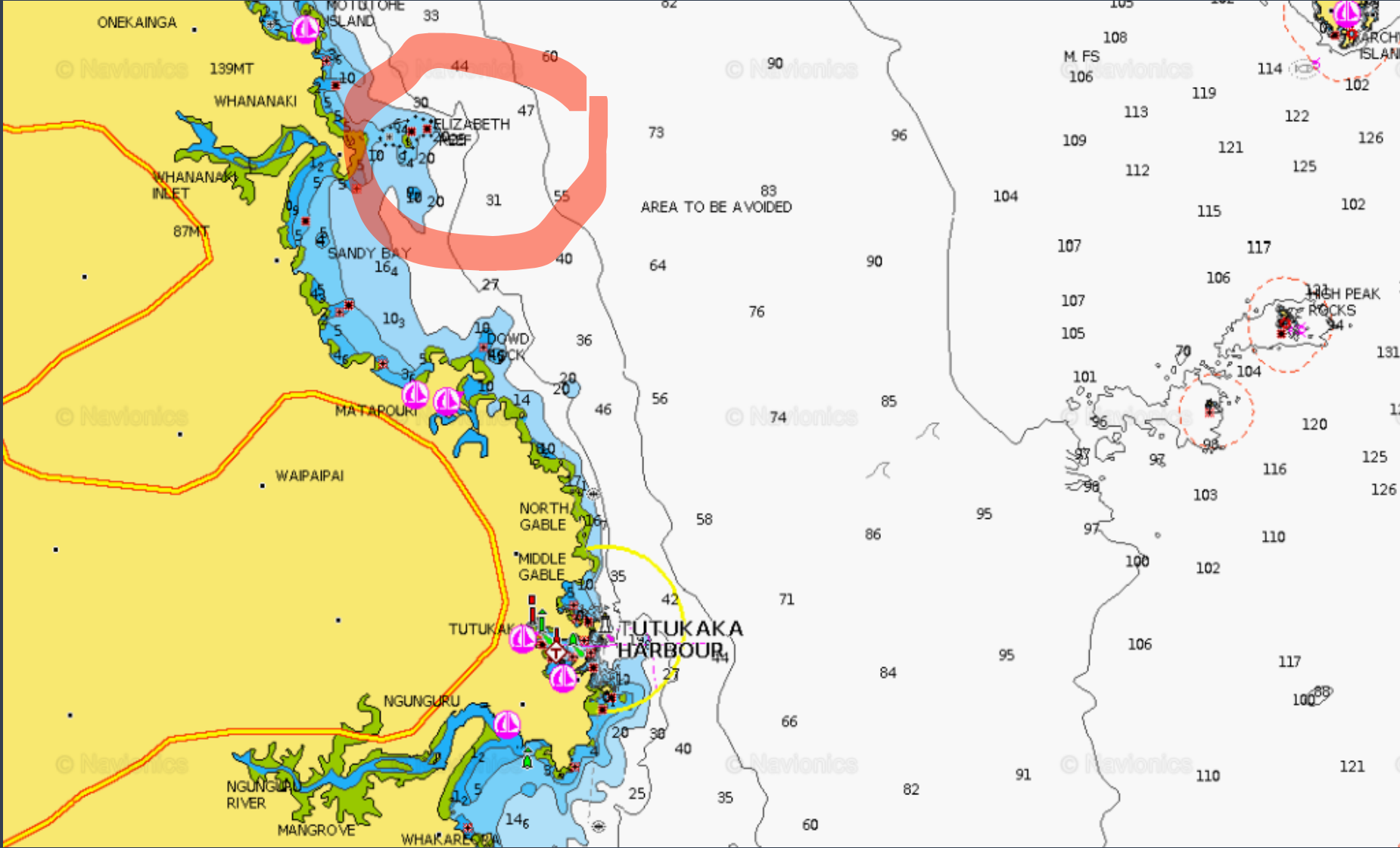




# Kawau – Flat Rock and Nelso Rock

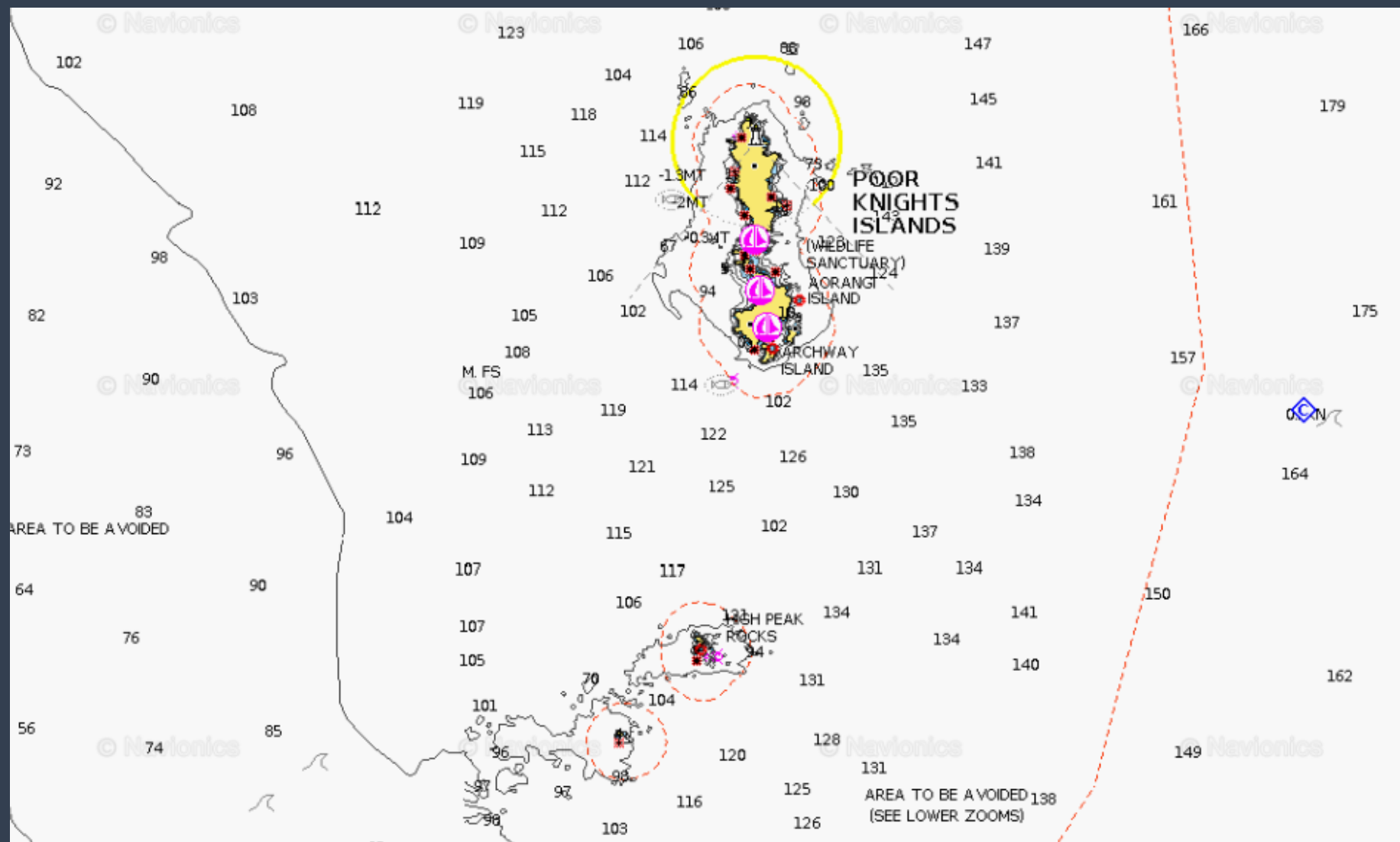


# Tutukaka – Elizabeth Reef

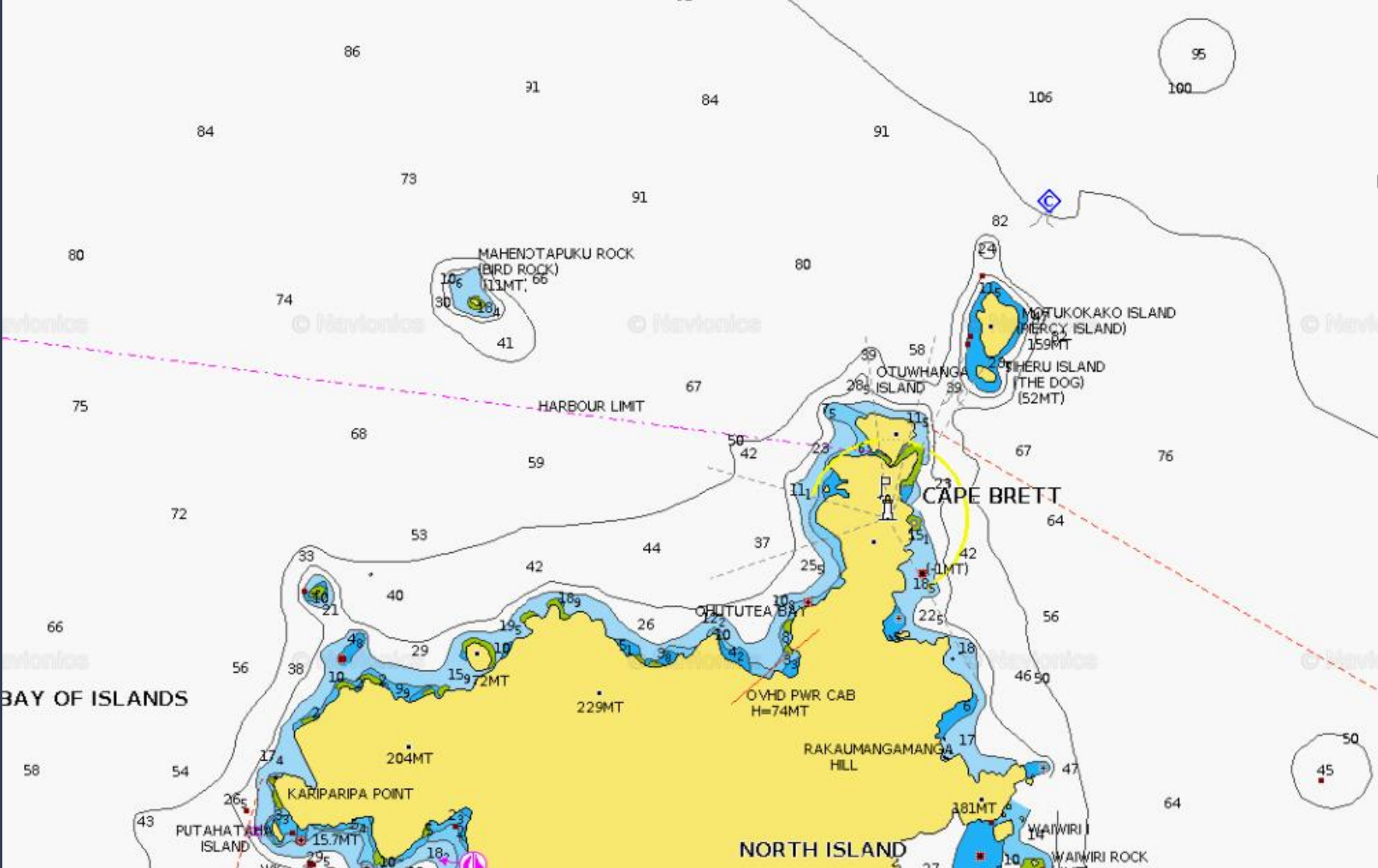




# Tutukaka – Sugar Loaf, High Peaks, Poor Knights



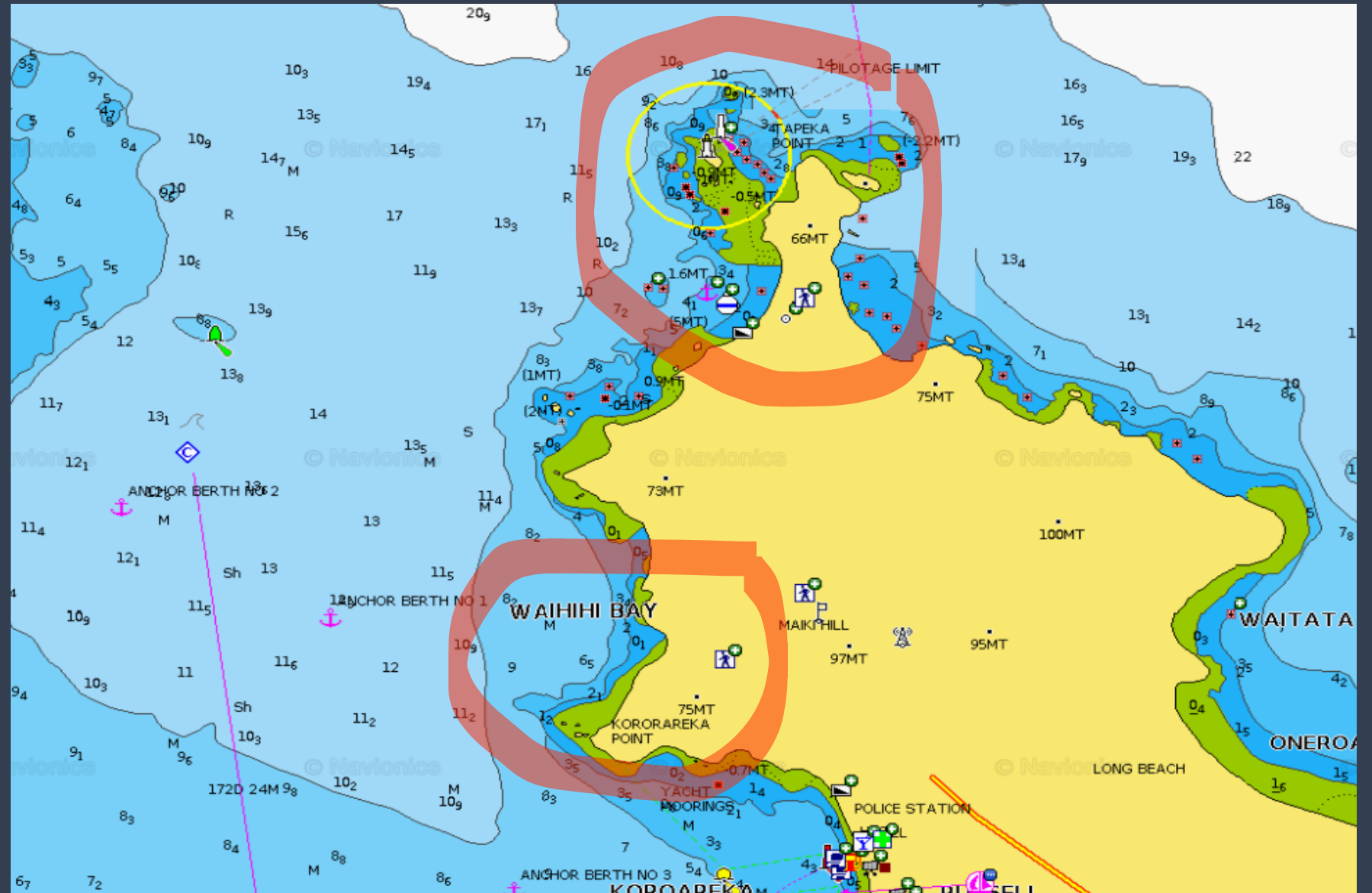
# Cap Brett – Percy Island & Bird Rock







# Tapeka – The Finish





A close-up photograph of two dolphins in clear blue water. The dolphin in the foreground has its mouth wide open, showing its teeth and pink tongue. The dolphin behind it is also visible, with its mouth slightly open. The water is bright blue and has some ripples.

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# DOLPHINS RULE

## Bay of Islands is a Marine Mammal Sanctuary

Rules are

- Two no go zones - these areas will be detailed in the sailing instructions
- Boats **must** advise race committee of any encounters with marine mammals (an encounter is defined as being within 300 metres)





## DOLPHINS RULE

- Exemption rules expire at 3pm on Saturday 21st October
- Standard rules then apply – these are
  - stop your vessel within 300 metres of any marine mammal
  - remain stopped until the marine mammals are more than 300 metres away. *(It is not an offence if your vessel drifts while stopped)*

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# Next Clinics

**Safety (Crew):** Tuesday 24 September

**Weather/Tactics:** Monday 21 October





# COASTAL CLASSIC 2024

## Race Clinic

