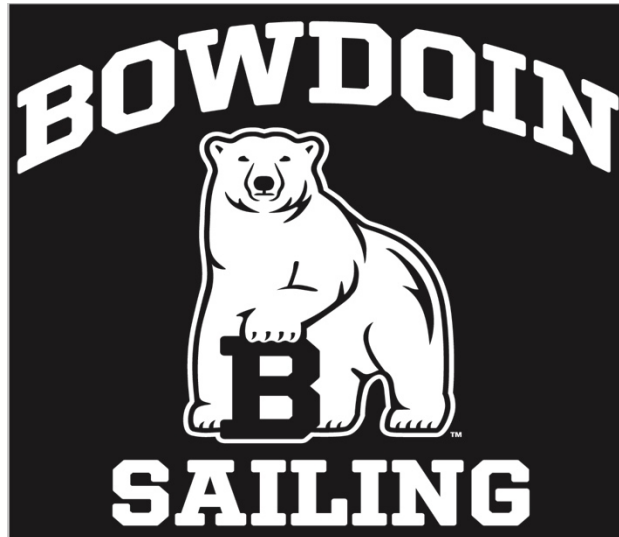


**The 2018 Polar Bear Open Hosted by Bowdoin College  
September 9<sup>th</sup>**



**SAILING INSTRUCTIONS:**

- 1     **RULES**  
The regatta will be governed by the Racing Rules of Sailing 2017-2020, (the prescriptions of US SAILING, the ISSA Procedural Rules, the Notice of Race, and these Sailing Instructions.
  
- 2     **NOTICES TO COMPETITORS**  
Notices to competitors will be posted on the official notice board located inside the boathouse.
  
- 3     **CHANGES IN SAILING INSTRUCTIONS**  
Any changes in the sailing instructions will be announced orally and posted before the first race in which they are to take effect.
  
- 4     **SCHEDULE**  
Report time will be 9:30am. A Competitors' Meeting will be held outside the boathouse by 9:35 AM with racing immediately to follow. No race will start after 4 pm.
  
- 5     **FORMAT**  
  
The race committee will attempt to complete at least a full rotation.
  
- 6     **BOATS AND EQUIPMENT**

Racing will take place in supplied FJs and 420s. You may not adjust any of the standing rigging. You may adjust the jib halyard tension, but only before or between races.

7 ROTATION

The rotation will be posted on the notice board.

8 RACING AREA

The Racing Area will be in Harpswell Sound.

9 COURSES

The course will be posted on the notice board.

10 STARTING SYSTEM

Races will be started in accordance with the Procedural Rules.

11 RECALLS

Races will start in accordance with ISSA PR 7.8(a).

Individual recalls will be made in accordance with RRS Appendix Q6.

General recalls will be signaled by a series of short whistles. After a general recall, the round the ends provision of RRS 30.1 shall apply except Flag I need not be displayed in accordance with ISSA PR 7.8(b).

12 PROTESTS

Protests may be initiated using RRS D2.3(b) as modified by PR 25(a). The guidelines outlined in Appendix 9 of the Procedural Rules may be used for hearings.

13 BREAKDOWNS:

Breakdown requests shall be filed in the same manner as protests.

Compensation shall be consistent with ISSA PR Appendix 3.

13 COACHING

There may be coach boats provided. In the event that no coach boats are provide, coaching will only be available on the Bowdoin dock.

14 SAFETY:

Competitors shall wear USCG approved Type III lifejackets. Inflatable type lifejackets are not permitted.

A boat that retires from a race shall notify the race committee either before leaving the course, or if that is impossible, immediately after arriving ashore.