

## SAISA North Points #5

April 3rd, 2021  
The Citadel

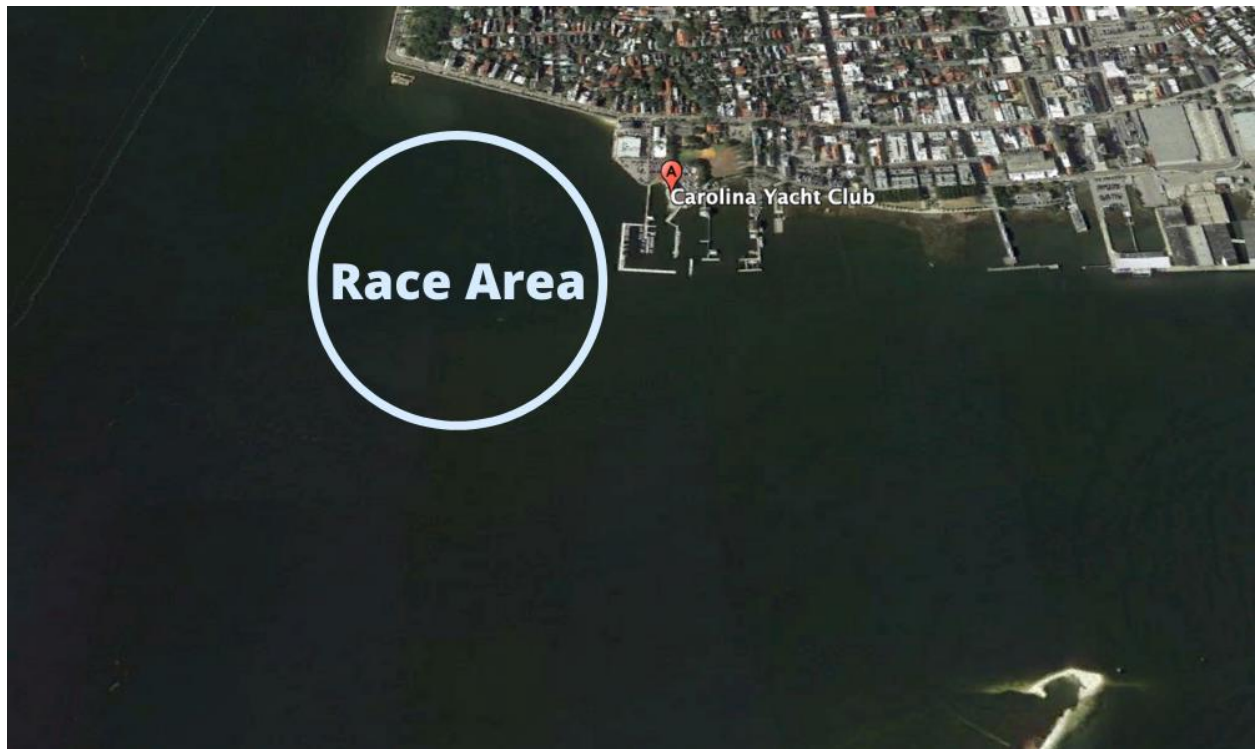


### SAILING INSTRUCTIONS

1. Organizing Authority – The Racing will be held under the jurisdiction of the Principal Race Officer. The PRO will be announced at the competitors' meeting.
2. Rules –
  - 2.1 The Regatta will be governed by the rules as defined in The Racing Rules of Sailing for 2017-2020 (RRS), the prescriptions of US Sailing, the Intercollegiate Sailing Association (ICSA) Procedural Rules (PR), the Notice of Race (NOR) and these Sailing Instructions (SI's).
  - 2.2 ICSA PR 32 will be in effect.
  - 2.3 US Sailing Prescriptions to RRS 60, 63.2 and 63.4 will not apply.
3. Notices – Notices to competitors will be posted on the premises. It is the responsibility of each sailor to check the notice board for information. Posted instructions may be superseded by verbal instructions from the Race Committee.
4. Boats – The event will consist of two divisions sailed in a fleet of Club 420's. Fleets will be raced one division at a time in two race sets, but the race committee may decide to sail a set of 1 or 3 races if sensible.
5. Format – The race committee will attempt to complete at least 8 races throughout the day, with a cutoff time of no races started after 3:30pm.
6. Rotations – There will not be rotating of boats between competing teams. A & B Division of each team will rotate their own boat among their team. Rotations will take place inside the yacht club docks (or the outside if conditions/current is calm enough).
7. Schedule – A competitor's meeting will be held via Zoom at 9:45 AM. Racing will begin as soon as possible after the competitor's meeting. Races will be conducted as expeditiously as possible with due consideration for unavoidable delays. The race committee may commence the starting sequence prior to the arrival of any team(s) taking an inordinate amount of time arriving in the starting area.
8. Race Area – The Race Area will be described at the competitors meeting.
9. Course – The Course will be announced at the beginning of each race. Course descriptions will be given at the competitors' meeting and posted on the white board.
10. Marks – All rounding marks will be orange balls.

- 10.1 The starting line will be between a staff on the signal boat and a pin boat or a white ball.
  - 10.2 The finishing line will be the starting line or between the windward mark/offset in the case of a W3.
11. Starting Signals – The 3-minute system as described in PR 18(b)(i) will be used.
- 11.1 When Code Flag I is displayed prior to the warning signal, the “I Flag Rule” (Rule 30.1) is in effect.
12. Recalls –
- 12.1 Individual Recalls will be signaled by the display of Code Flag X, without an accompanying sound signal. Individual boat numbers will be hailed if possible. Code Flag X will remain hoisted until all boats have started properly, or for a period of no less than 2 minutes.
- General Recalls will be used in accordance with PR 18(b)(iii) and signaled by multiple sounds and the hail of “general recall”.
13. Changing the Course – After the starting signal, the Race Committee may change one or more marks of the course provided no competitor is on that leg.
14. Safety – Each competitor shall wear a U.S. Coast Guard approved PFD while on the water.
15. Protests – Protests shall be filed in accordance with the RRS and the ICSA Procedural Rules. Written protests must be filed before returning to the water after a break in sailing. If the protest is for a race in the last set, it must be filed within 15 minutes after returning to the dock.
16. Breakdown – Breakdowns must be filed in accordance with the ICSA Procedural Rules. The Race Committee must be notified as soon as possible after the race or after the breakdown occurs, whichever is appropriate.
17. Other Rules –
- 17.1 All competitors shall be aware of the proximity of the course to the shipping channel. No competitor shall sail in the shipping channel when racing or during the time between races.
  - 17.2 No boat or crew shall touch coach boats or spectator boats unless they are changing crews or are in need of assistance for a breakdown or other emergencies.
  - 17.3 The Race Committee may commence the starting sequence prior to the arrival of any team(s) taking an inordinate amount of time making crew substitutions.
  - 17.4 No boat shall sail within one hull length of the north side of the outer marina wall at any time. This line ranks as an obstruction.

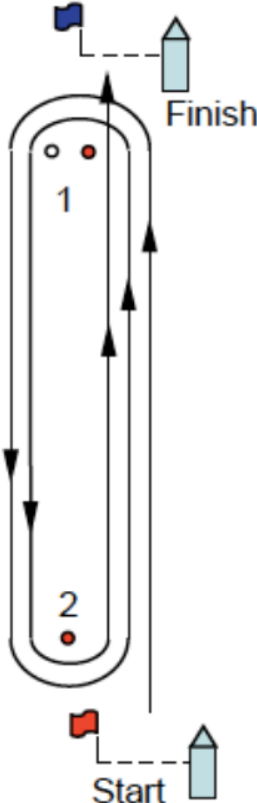
- 17.5 Rigging of boats shall be done from the Port side of the boats in a manner than minimizes contacts between team.
- 17.6 Teams are only designated one parking spot each at Carolina Yacht Club.
- 17.7 No mentioning of “Carolina Yacht Club” in any social media posts.
- 17.8 No tents are allowed to be assembled on the docks.
- 17.9 SAISA Covid Protocols will be enforced at this regatta. See below.



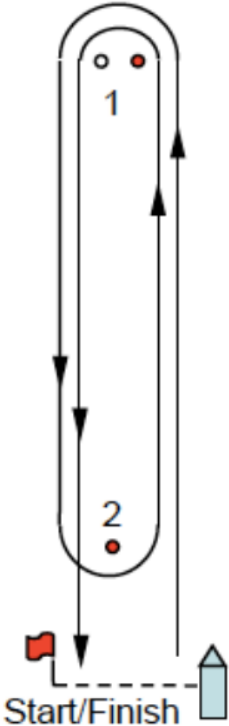
# Courses

Wind  
↓

**W3:**  
**Start,1a,1b,2,Finish**



**W4:**  
**Start,1a,1b,2,1a,1b,Finish**





## **South Atlantic Intercollegiate Sailing Association Conference COVID-19 Operational Guidelines 2020-2021**

*Issued:* July 8, 2020; *Revised:* December 2, 2020; *Revised:* February 22, 2021; *Revised:* Feb 25, 2021

In recognition of the significant public health threat presented by the novel coronavirus COVID-19 and widespread pandemic, the South Atlantic Intercollegiate Sailing Association (SAISA) will implement the following changes to and requirements for competition in the 2020-2021 intercollegiate sailing seasons.

### **Requirements**

The following is required for participation in SAISA conference competition:

1. Face coverings must be worn at all conference regattas and events by all participants, sailors, attendees, coaches, or other regatta personnel.<sup>1</sup>
2. Participants must maintain physical distancing at all times in compliance with [CDC recommendations](#) of six (6) feet where practicable.
3. Rotations from boat to boat is restricted outside of a team/travel party.<sup>2</sup>
4. Temperature checks are required for all participants, attendees, coaches or other regatta personnel prior to entry onto the site of the event. a. Touchless temporal thermometers will be used. (Funding from SAISA is available to help defray the cost of thermometers for host programs.) b. Temperature guidelines will follow the CDC recommendations:
  - i. Fever: Any temperature 100.4 F or greater is considered a fever. ii. No fever: People with temperatures at or below 100.3 F c. Hosts are required to turn away participants, attendees, coaches or other regatta personnel who have a fever or symptoms of concern. d. Regatta participants are strongly advised to perform temperature checks no more than 6 hours prior to leaving for travel to the regatta site.
5. A SAISA graduate medical compliance officer (MCO) position will be established as the primary conference point of contact for COVID-related issues. This position will ensure HIPAA compliance for reporting and securely manage any and all information relating to testing and results.
6. SAISA will adhere to ICSA recommended testing protocols including PCR tests for all individuals competing or traveling in an event before the event, as well as afterwards.
7. Testing + reporting protocols for SAISA events are outlined below:

<sup>1</sup> Face coverings are most essential in times when physical distancing is difficult. Participants must maintain physical distancing in compliance with CDC recommendations of 6 feet where practicable. *Please note:* participants should remove face coverings when IN the water. Cloth face coverings can be difficult to breathe through when wet (*CDC COVID-19 Guidance*).

<sup>2</sup> Regatta hosts may be asked to run a *Techscore* report for fleet comparisons and identify any one-design outliers.

a. Each student athlete, coach, or other relevant person who would be traveling or competing for SAISA competition must undergo a PCR COVID test prior to competition. These tests must be administered within 72 hours prior to the start of competition. b. For pre-event COVID test results reporting:

### **COVID Test reporting requirements:**

- a c. For required post-event testing, a similar procedure will be followed including:
  - i. The submission of post-event test results will be done by each individual or authorized staff upon completion using the same form and process as pre-event test result submissions.
  - ii. Post-event tests should be administered no later than one business day following the end of competition. Test results should be submitted as soon as they are available.
  - iii. If a post-event positive test is received, the SAISA MCO will notify all teams who participated in the preceding event as well as the relevant medical officers for each college or university. It is strongly advised that each program notify their university or college medical officer so that such notifications will not be unexpected.
  - iv. Each college and university program will also be required to identify their specific university or college medical officers including full contact information prior to participating in their first event. (This is a one-time requirement.)
  - v. If any student athlete, coach, or other individuals who were in attendance or participated in an event does not submit their post-event test results, the team will be scored DNC for the event and will be restricted from competition in future events until those test results have been submitted.
  - vi. Additional penalties may be applicable for failure to comply with post-event test reporting protocols if necessary.
  - vii. These policies may be revised as the situation with COVID continues to develop.
  - viii. This reporting requirement does not replace or is not a substitute for a completed ICSA Declaration of Adherence which is also required for competition (and is unrelated to COVID policies.)

a

- a d. Testing exception: A team member who has tested positive is not subject to weekly precompetition testing for a period of 90 days from the date of the positive test unless the team

a

- a i. Each student athlete, coach, or other relevant person who would be traveling or competing for SAISA competition will submit their individual COVID test results directly to the SAISA MCO via a secure online form (<http://bit.ly/SAISAreporting>). This includes people who have completed their COVID vaccine regime who will still be required to test and report results.
- ii. An authorized university or college official may submit test results on behalf of student athletes, coaches or others in circumstances where this is the preferred method (i.e. varsity athletic training or medical staff with approval to submit on behalf of student athletes, coaches or others). (The secure form for this circumstance is <http://bit.ly/SAISAteamreporting>)
- iii. Each submission will require an authentic, verifiable report or print out of test results from a university/college health center or other appropriate testing provider (i.e. CVS or a hospital or clinic) which will be uploaded directly to the secure form. Additional confirmation may be required at the discretion of the MCO.
- iv. Submissions must be received no later than 5:00PM the day prior to the start of competition (usually Friday) or prior to departure for the event - whichever is earlier.
- v. The MCO will check, confirm, and clear each student athlete, coach, or other relevant individual for participation prior to the start of an event. The MCO will inform regatta hosts on the compliance status of competing teams.
- vi. Per SAISA COVID protocols, only student athletes, coaches, or others who have received negative test results will be cleared by the MCO for participation.
- vii. The clearance of the SAISA MCO will be required for participation in all SAISA events.
- viii. In the case of positive results in pre-event testing, this policy will restrict those individuals from attending the event and to comply with all recommended isolation procedures.

- a ix. In the case of positive results in pre-event testing, the team should confirm that no one remaining on the travel party has been exposed to the positive team member before traveling a

member exhibits symptoms consistent with COVID-19 (even those with minimal symptoms). At such time, the team member will be required to be tested. This standard is subject to change as research evolves in this area. Individuals may be required to provide proof of prior testing results.

8. Each host program must complete a host declaration that they will abide by SAISA requirements and reasonable recommendations provided herein while hosting the event. This can be included in the Notice of Race provided to all competitors.
9. No penalties will be assessed to teams with late withdrawals from competitions due to COVID-19 infections.<sup>3</sup>
10. Sanitizer and access to hand-washing stations will be provided on site by event hosts. (Funding from SAISA is available to help defray the cost of sanitizer for host programs.)
11. No in-person meetings or gatherings involving personnel from multiple teams or event personnel and any team members shall occur. Hosts shall plan for all meetings/gatherings to be conducted virtually. These include but are not limited to competitors' briefings, umpire briefings and debriefings, protest hearings, coaches' meetings, awards ceremonies.
12. Indoor facility use shall comply with social distancing and shall be limited to necessary equipment access, bathroom facilities, and safety operations only.

<sup>3</sup> Again, please note sailors, participants, attendees, coaches or other regatta personnel who have experienced symptoms within 10 days of the event or have tested positive for COVID-19 within this time will be restricted from participation or attendance in the event

<sup>4</sup> Sanitation for shared resources such as filling stations should comply with CDC recommended operational guidelines.

<sup>5</sup> Suggested considerations include camping or making access to camping facilities available to visiting sailors when previously regatta hosts may have hosted visiting student-athletes. Reaching out to local hotels for preferred rates for visiting teams may also be worthwhile.

## Recommendations

Although not required, SAISA strongly recommends host and participants consider these procedures to minimize the risk of spreading contagions for all sailors, participants, attendees, coaches, or other regatta personnel, as well as our host communities:

1. Make better use of the Techscore notice board or on-site notice board for communication with sailors regarding regatta details, *NORs*, Sailing Instructions, etc.
2. Individuals should bring their own reusable water bottles pre-filled prior to arrival on site at a venue.<sup>4</sup>
3. Teams are strongly advised to implement assigned skipper/crew pairings for the student-athletes on their team to reduce cross-exposure within the team, and by extension, reducing the inherent risk to competitors.
4. Teams should take special care and consideration in making housing and travel arrangements to minimize risk and exposure for their members, as well as competitors and host communities.<sup>5</sup>