

10/03/23

Norwalk Yacht Club Frostbite Entry Form & Waiver

Name: _____

Address: _____
Street City State Zip

Phone: _____ H _____ M or B

E-Mail: _____

Sail #: _____

Weight: _____ lbs

Competitors shall race at a minimum of 180 pounds. A maximum of 40-pounds of ballast shall be supplied by the skipper. A gallon of water shall be considered 8 lbs.

Fees:

- NYC Member \$415 Bill my account, Member #: _____
 NYC Guest \$490
 Charter \$475

Payment Policy: Full payment is required before the start of second (2nd) day of racing. Any races sailed after this time will not be scored. Please make checks payable to "Norwalk Yacht Club" with memo of "Frostbite Program." Members may choose to have their accounts billed for any applicable fees.

WAIVER AND RELEASE OF LIABILITY

For and in consideration of NORWALK YACHT CLUB, INC. (the "Organization") allowing me, the undersigned, to participate in any capacity in a Organization sanctioned, licensed, or approved event or activity ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Agreement (the "Agreement"):

A.RULES AND REGULATIONS:I hereby agree to abide by the rules, regulations, and policies of the Organization, including any and all COVID related safety measures required by the Organization. These include but may not be limited to the rules, regulations and policies attached.

B.ACKNOWLEDGMENT OF RISK: I knowingly, willingly, and voluntarily acknowledge the inherent risks associated with the sport of sailing, and that participation in any Organization involves risks and dangers including, without limitation, the potential for serious bodily injury (including broken bones, head or neck injuries), sickness and disease (including communicable disease such as COVID), trauma, pain & suffering, permanent disability, paralysis and death; loss of or damage to personal property; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with other participants or natural or manmade objects; adverse weather conditions; facilities issues and premises conditions; failure of protective equipment; inadequate safety

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measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers and competition management; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks").

C. ASSUMPTION OF RISK: I understand that the aforementioned Risks may be caused in whole or in part or result directly or indirectly from the negligence of my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby voluntarily and knowingly assume all such Risks and responsibility for any damages, liabilities, losses, or expenses that I incur as a result of my participation in any Events. I also agree to be responsible for any injury or damage caused by me or any agents under my direction and control at any Event.

D. RELEASE AND INDEMNITY: In consideration of my participation in any Event, I hereby release from liability and waive any claims against the owner or organizer of the Event, its licensees, competition managers, promoters, sponsors, advertisers, beneficiaries, venue providers, and supporting organizations, together with the officers, directors, employees, volunteers and contractors of them (the "Released Parties" or "Event Organizers"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss, or expense (including court costs and reasonable attorney fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties. Further, I agree to indemnify, defend, and hold harmless the Released Parties and Event Organizers against and from any and all Liability imposed on, incurred by, or asserted against any Released Party or Event Organizer resulting from, arising out of, in connection with, or relating to my breach of this Agreement.

E. COMPLETE AGREEMENT AND SEVERABILITY CLAUSE: This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

I HAVE CAREFULLY READ THIS DOCUMENT IN ITS ENTIRETY, UNDERSTAND ALL OF ITS TERMS AND CONDITIONS, AND KNOW IT CONTAINS AN ASSUMPTION OF RISK (INCLUDING THE RISK OF CONTRACTING COVID-19), RELEASE, WAIVER FROM LIABILITY, AND INDEMNIFICATION.

By signing below, I (as the participant or as the Parent/Legal Guardian of the minor identified below) hereby accept and agree to the terms and conditions of this Agreement in connection with my (or the minor's) participation in any Event.

I further agree to abide by the Racing Rules of Sailing (the "Rules") and by all house and fleet rules of the Norwalk Yacht Club and its Frostbite Sailing Program.

Signature: _____ Date: _____

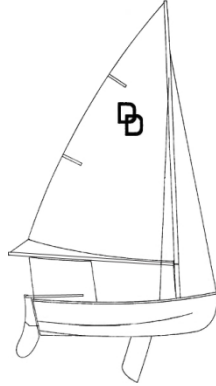
Printed Name: _____

Parent/Legal Guardian Signature _____
(required if participant is under the age of 18):

Parent/Legal Guardian Printed Name: _____

Notice of Race

Norwalk Yacht Club Winter Sailing Program 2023-2024



1 Organizing Authority

1.1 The Organizing Authority (OA) is the Norwalk Yacht Club Frostbite Program.

2 Eligibility

2.1 The program is available to Members of Norwalk Yacht Club and their guests.

3 Registration and Entry Fees

3.1 Eligible skippers may enter by delivering both a completed Entry Form and payment of any applicable fees to the Organizing Authority.

3.2 The entry fees shall be \$415 for NYC Club Members and \$490 for non-Member guests. If paying by check, please make all checks payable to Norwalk Yacht Club, with "Frostbite" in the memo section.

3.3 A limited number of charter boats are available for \$475 with preference given to first- and second-year sailors. Any available non-chartered Club boats may be used by first year sailors at no charge on a first-come basis.

4 Racing Area

4.1 Races will be held in the vicinity of Norwalk Yacht Club in Wilson Cove.

Norwalk Yacht Club
 10 Nathan Hale Drive
 Norwalk, CT 06854
 203-866-0941

5 Schedule

5.1 Races shall be held at Norwalk Yacht Club on each Sunday commencing the first Sunday in November and ending on the final Sunday of March, as detailed in the schedule below except as modified by 5.5.

5.2 The season shall be scored in two series: Fall and Spring. An Overall Series (combined Fall and Spring) may also be scored.

Fall	5-Nov	12-Nov	19-Nov	26-Nov	3-Dec
	10-Dec	17-Dec	31-Dec	7-Jan	14-Jan
Spring	21-Jan	28-Jan	4-Feb	11-Feb	18-Feb
	25-Feb	3-Mar	10-Mar	17-Mar	24-Mar

31-Mar

- 5.3 The first signal of the day shall be made at 1300.
- 5.4 If a postponement is made ashore by the Race Committee or the Organizing Authority and such postponement is not lifted before a target time of 1345, then racing is canceled for that day.
- 5.5 If there are 21 potential Series race days in the Frostbite sailing season, the Organizing Authority may modify the schedule by moving all following dates forward one space in the event that racing is cancelled on one of the first 20 days. The result would be 20 potential Series race days in the Frostbite sailing season.

6 Measurements

- 6.1 The races will be held in 9' Dyer Dhow dinghies.
- 6.2 Except for when storm sails are in use, sails must approximate the "standard" 9' Dyer Dhow sail: no headboard, full-length battens or exceptionally large sails. Sail measurements are approximately 12' 6" luff, 13' 3" leech, 7' 3" foot, 5" max foot skirt, 4' 6.5" mid-girth (by folding to mid-points).
- 6.3 Competitors shall race at a minimum of 180 pounds. A maximum of 40-pounds of ballast shall be supplied by the skipper. A gallon of water shall be considered 8 lbs.
- 6.4 All boats shall have a bailer of sufficient size permanently attached to the boat.
- 6.5 When required, storm sails will be provided by the Organizing Authority via random assignment for that sailing day. Only storm sails provided by the Organizing Authority may be used.

7 Sailing Instructions

- 7.1 The Sailing Instructions are available via PDF file on Norwalk Yacht Club's Frostbite website at www.norwalkyachtclub.com => On the Water => Frostbite Sailing.
- 7.2 Any changes to the Sailing Instructions will be posted on the notice board of Norwalk Yacht Club's Junior Sailing Clubhouse prior to the first race of that day.

8 Prizes

- 8.1 Prizes shall be awarded to the first, second and third place finishers in the Overall Series (combined Fall and Spring Series'). A Novice Series may also be scored for first-year beginner participants.
- 8.2 A First-Place trophy will be awarded to the winner of the Bob Simard Tavern Island Race.
- 8.3 The Jack Ritchey Judges Trophy is awarded to the sailor who displays knowledge of, uses, and teaches the Racing Rules of Sailing.
- 8.4 The Frostbite Volunteer Award is presented to the sailor who, in the mind of the Organizing Authority, donates the most time and talent to the Program. The recipient need not be a member of the Program.
- 8.5 The Penguin Award will be awarded at the Organizing Authority's discretion based on the greatest number of capsizes of the season or, if a clear winner is not determined, to the sailor who has demonstrated the greatest skill and aptitude at capsizing.
- 8.6 A Handicap Trophy will be awarded to the person with the best handicap score on the last day in which a race is completed. The formula used is the sailor's day finish less their average finish up to that point in the season, and the lowest score wins.

9 Race Committee Duty

- 9.1 Each competitor is required to serve as Race Committee for one day of the season. Two Race Committee members per day are ideal for proper race management.

- 9.2 A competitor will be awarded race credit for only one day of race committee duty. On occasion, for safety reasons a competitor may be required to perform race management or safety boat duties instead of sailing. In this situation, they shall be eligible for race credit for the races that they missed.
- 9.3 Competitors who serve as race management personnel under the schedule published by the Organizing Authority shall have those races count as races sailed and be awarded their average finish for the series in question for those races.

10 Responsibility for Safety

- 10.1 Competitors participate in the regatta entirely at their own risk. The Organizing authority will not accept any liability for damage or personal injury or death sustained in conjunction with or prior to, during, or after the regatta. As a condition of the participation of any boat in any race or related activity sponsored or undertaken by the Norwalk Yacht Club, the competitor agrees that the safety of the boat and the crew and the decision to start or continue to race is solely their responsibility. See RRS Fundamental Rule 3, Decision to Race. Each of them waives all claims which he or she, or any heir, representative, successor or assignee, may have against the Norwalk Yacht Club and the YRA of LIS and each of their officers, trustees, members, committees, employees or agents, arising out of or in any way connected with participation in such race or activity. Responsibility for evaluating wind, sea and weather conditions rests with each competitor, as does the responsibility for the safe condition and operation of their boat, including safety equipment and rigging, and for wearing a life jacket. Assistance from the race committee, patrol boats, or other support boats and from personnel manning them is at the risk of the competitor.

11 Further Information

- 11.1 For further information please visit www.NorwalkYachtClub.com => On the Water => Frostbite Sailing, email Frostbite@NorwalkYachtClub.com, or call Norwalk Yacht Club at 203-866-0941.

Provisional Dates

Sun, 10/22/23	Try a Dyer Day 2:30-3:30 & Kickoff Party 4-6 at Norwalk YC
11/05/23 - 01/14/24	Fall Season
Sun, 11/05/23	Rigging Clinic 12 on the dock followed by rigging assistance
Sat, 11/18/23	Roger's Run - Distance Race to Five Mile River
Sun, 11/19/23	Tuning & Tips Seminar 12:15 rigged & ready on the dock
12/24/23	No Racing
01/21/24 - 03/31/24	Spring Season
Sun, 02/04/24	Larry Goodwin Trophy - see below for race docs
03/xx/24	Tavern Island Race - 1st attempt, HT @ ?
03/xx/24	Tavern Island Race - 2nd attempt, HT @ ?
04/21/24	Closing Party & Awards 3:00-5:00 pm at Norwalk YC

Sailing Instructions

Norwalk Yacht Club Winter Sailing Program 2023-2024

1 Rules

- 1.1 The regatta will be governed by *The Racing Rules of Sailing* for 2021-2024 (RRS) and the Prescriptions of US Sailing including Appendices A (Scoring), U (Audible Signal Racing), and Y (Low Point Averaged System Scoring), except as they are changed by the Sailing Instructions and the Notice of Race.

2 Notices to Competitors

- 2.1 Notices to Competitors will be made verbally or in writing. If in writing, they will be posted on the notice board of Norwalk Yacht Club Junior Sailing Clubhouse.
- 2.2 Mandatory storm sail use will be determined by the Organizing Authority.

3 Changes to Sailing Instructions

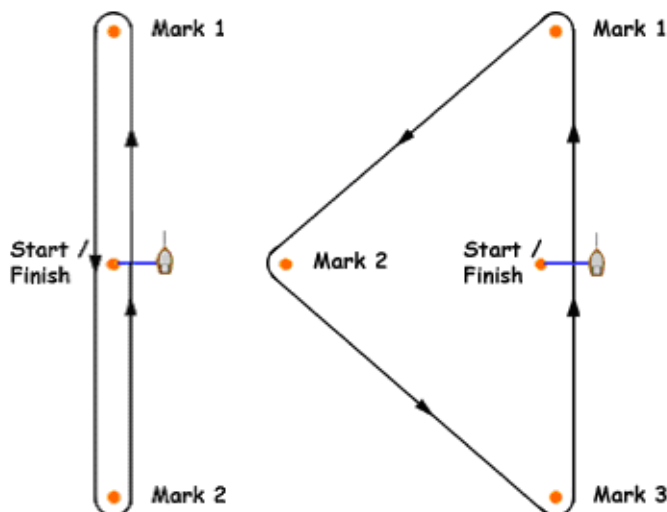
- 3.1 Any changes to the Sailing Instructions will be posted on the notice board of Norwalk Yacht Club's Junior Sailing Clubhouse prior to the first race of that day.

4 Schedule of Races

- 4.1 Races shall be held at the Norwalk Yacht Club on each Sunday commencing the first Sunday in November and ending on the final Sunday of March, as detailed in the schedule below except as modified by 4.5.
- 4.2 The season shall be scored in two series: Fall and Spring. An Overall Series (combined Fall and Spring) may also be scored.
- | | | | | | |
|---------------|--------|--------|--------|--------|--------|
| Fall | 5-Nov | 12-Nov | 19-Nov | 26-Nov | 3-Dec |
| | 10-Dec | 17-Dec | 31-Dec | 7-Jan | 14-Jan |
| Spring | 21-Jan | 28-Jan | 4-Feb | 11-Feb | 18-Feb |
| | 25-Feb | 3-Mar | 10-Mar | 17-Mar | 24-Mar |
| | 31-Mar | | | | |
- 4.3 The first signal shall be made at 1300.
- 4.4 If a postponement is made ashore by the Race Committee or the Organizing Authority, and such postponement is not lifted before a target time of 1345, then racing is canceled for that day.
- 4.5 If there are 21 potential Series race days in the Frostbite sailing season, the Organizing Authority may modify the schedule by moving all following dates forward one space in the event that racing is cancelled on one of the first 20 days. The result would be 20 potential Series race days in the Frostbite sailing season.

5 The Courses

- 5.1 Unless otherwise noted, the course will be windward-leeward-finish as approximated in the following diagram, with the start-finish between the windward and leeward marks. All marks will be left to port.
- 5.2 The Organizing Authority or the Race Committee may add a gybe mark as in the diagram below.
- 5.3 Competitors may re-cross the start/finish line while racing.
- 5.4 The course may be changed from 5.1 and 5.2 to suit conditions with verbal notification to the competitors.



6 Marks

6.1 Marks shall be orange or pink balls. The Organizing Authority or the Race Committee may substitute other marks at their discretion.

7 The Start

7.1 A minimum of 4 boats is required for a start to be counted towards series scoring.

7.2 Races will be started using the Appendix U sound signals as follows:

3 minutes	3 long blasts	Warning
2 minutes	2 long blasts	Preparatory
1 minute 30 seconds	1 long and 3 short blasts	
1 minute	1 long blast	
30 seconds	3 short blasts	
20 seconds	2 short blasts	
10 seconds	1 short blast	
5-1 seconds	1 short blast every second	
START	1 very long blast	

7.3 The start line will be between a staff on the race committee shack at the starboard end of the line and a buoy or pole at the port end of the line. The Race Committee and the Organizing Authority may change the starting area and configuration to suit conditions.

7.4 A boat starting later than 3 minutes after her starting signal will be scored Did Not Start.

7.5 Rule 30.1 (I Flag Rule, i.e. round-the-ends rule) is modified to replace flag I with a verbal announcement (hail) from the committee.

7.6 Rules 30.2 (Z Flag Rule, i.e. 20% penalty rule), 30.3 (U Flag Rule, i.e. one-minute DSQ rule), and 30.4 (Black Flag Rule) are deleted.

8 Recalls of OCS Boats

8.1 The Race Committee will attempt to notify the boats that were OCS at the start. If a notification is made, individual recall notification will be verbally. It is expected that competitors will help repeat hails made by the RC for individual and general recalls.

8.2 General recalls shall be hailed by the Race Committee.

9 Changes of the Next Leg of the Course

- 9.1 The course may be shortened, changed, or abandoned with verbal notification to the competitors.

10 The Finish

- 10.1 The finish line will be between a staff on the race committee shack at the starboard end of the line and a buoy at the port end of the line. The Race Committee or the Organizing Authority may change the starting area and configuration to suit conditions.
- 10.2 The finish line will be the same as the start line unless modified by 9.1.

11 Penalty System

- 11.1 Rules 44.1 (Taking a Penalty) and 44.2 (One-Turn and Two-Turns Penalties) are changed so that the two-turns penalty is replaced by a one-turn penalty including one tack and one gybe.
- 11.2 A boat that has taken a penalty or retired under Rule 44.1 (Taking a Penalty) shall notify the Race Committee as soon as is practical.

12 Time Limits

- 12.1 The time limit for all boats to finish a race will be 30 minutes.
- 12.2 Boats failing to finish within the time limit will be scored Time Limit Expired.
- 12.3 Boats failing to finish within 10 minutes after the first boat finishes will be scored Time Limit Expired. This changes Appendix A.

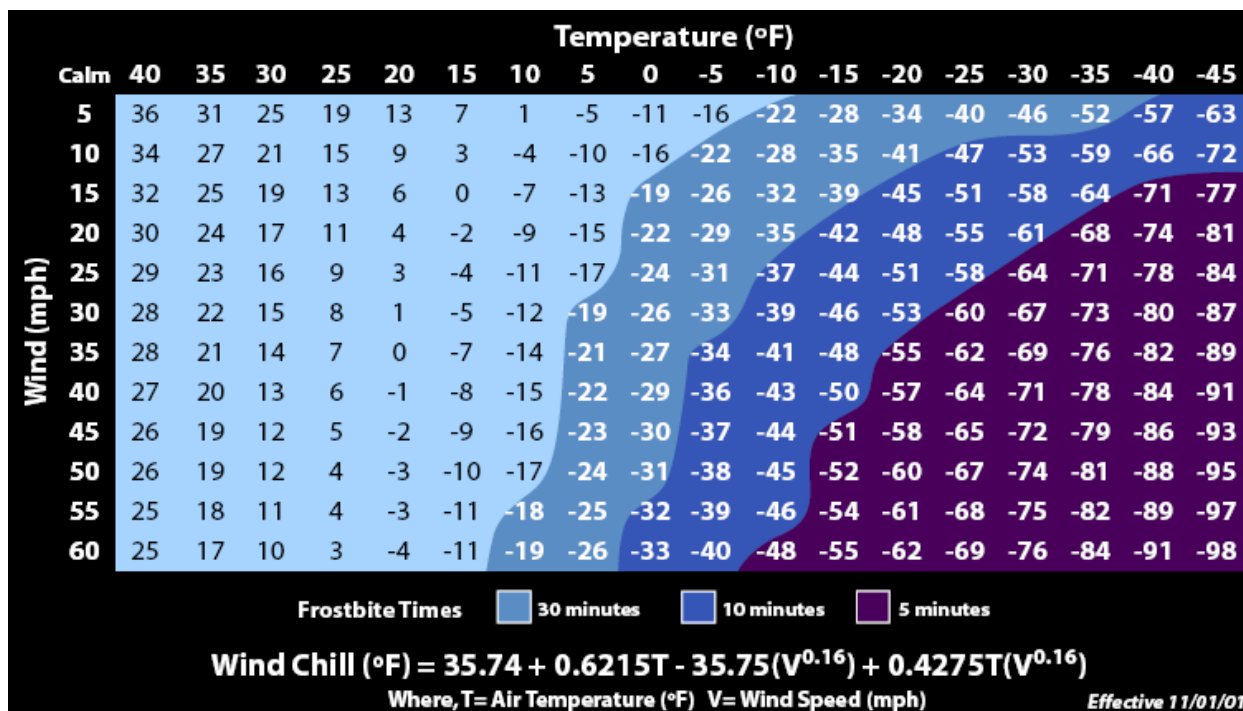
13 Protests and Requests for Redress

- 13.1 Competitors intending to protest another boat or file for redress shall inform the Race Committee immediately after the completion of the race.
- 13.2 Protest/redress must be filed on the official US Sailing form, which is available from the Organizing Authority (copies in the Frostbite mailbox) or from online sources. Protests and requests for redress shall be delivered to the Race Committee within the appropriate time limit.
- 13.3 The protest time limit is 5 pm the day of the race.
- 13.4 Notices of protest will be posted on the Notice Board no later than 30 minutes after the protest time limit or the Protestee will be notified verbally or electronically to inform competitors of hearings in which they are parties or named as witnesses and where the hearing will be held.
- 13.5 The Protest Committee will be selected by the Organizing Authority, and will be comprised of three members from the Frostbite fleet and/or Club Members not involved in the protest.
- 13.6 If practicable, protests will be heard in the presence of the fleet Members on the day of the alleged incident. Fleet Members are observers and will not participate in the Protest Committee's decision. Otherwise, protests will be held at a later date and time mutually acceptable to the involved parties.

14 Safety Regulations

- 14.1 Competitors shall wear a U.S. Coast Guard approved personal flotation device at all times when on the water.
- 14.2 No boats shall leave the dock until at least one safety boat is under way.
- 14.3 The Organizing Authority will determine whether racing will be conducted using the standard Dyer Dhow sail or storm sails provided and randomly distributed by the Organizing Authority. If storm sail use is dictated, only boats using the storm sails will be scored.

- 14.4 Should one boat capsize or require safety boat assistance during a race, the race and subsequent races will continue without delay. If a second boat capsizes or requires safety boat assistance during the same race, that race shall immediately be stopped (note, not ABANDONED).
- 14.5 The Race Committee shall not start a race if the wind chill factor is below 5° F, or if the wind gusts above 25 knots. The Race Committee or Organizing Authority shall be the sole and final judge of the conditions.



15 Scoring

- 15.1 At least four boats must start for a race to count for series scoring.
- 15.2 Scoring shall follow Rule 90.3 and low point Appendix A excluding Appendix A5.2, except as modified below.
- 15.3 Competitors will be scored for any race in which they are in the starting area and have not:
 - a) informed the Race Committee of their intent to NOT race or
 - b) are obviously disabled (at the discretion of the Organizing Authority or Race Committee) prior to the start signal.
- 15.4 To qualify for inclusion in the series final results, a boat shall compete in (i.e., start in a race with a finish) at least 55 percent of the races completed.
- 15.5 Appendix A2.1 is modified such that there are no discard or throw out races.
- 15.6 Appendix A2.1 is modified such that the boat with the lowest **AVERAGE** score wins, and other boats shall be ranked accordingly.
- 15.7 Appendix A5.3 is modified such that boats which did not come to the starting area receive no score for that race.
- 15.8 Appendix A5.3 is modified such that when racing is stopped when two boats have capsized, boats still sailing at the time of the second capsize which have not FINISHED and did not capsize will receive REDRESS, i.e. participation credit for the race.
- 15.9 Should one boat capsize or require safety boat assistance during a race, the race and subsequent races will continue without delay. If a second boat capsizes or

- requires safety boat assistance during the same race, that race shall immediately stop. It should be noted that the race is not ABANDONED unless no boats finished prior to the second capsize.
- Any boat which finishes prior to a second capsize and the subsequent race cessation shall receive points equal to their finish.
 - Boats still racing which did not capsize at the time racing is halted shall receive REDRESS for that race (i.e. participation credit and no score).
 - Capsized boats will receive the score DNF (number of starters plus 1).
- 15.10 Each competitor is required to serve as Race Committee for one day of the season. Two Race Committee members per day are ideal for proper race management.
- A competitor will be awarded race credit for only one day of race committee duty. On occasion, for safety reasons a competitor may be required to perform race management or safety boat duties instead of sailing. In this situation, they shall be eligible for race credit for the races that they missed.
 - Competitors who serve as race management personnel under the schedule published by the Organizing Authority shall have those races count as races sailed and be awarded their average finish for the series in question for those races.
- 15.11 If a competitor races at an outside Dyer Dhow event on the same weekend that Norwalk YC's frostbite program races, the competitor has the option to decline sailing in the Norwalk Yacht Club series and be awarded his or her average score for the series for each race completed that weekend. Proof of competition in the outside event is required if this option is exercised and must be submitted to the Winter Sailing Program chairperson(s).