



**LADIES AT THE HELM**  
**New Bedford Yacht Club**  
**Wednesday, August 9, 2023**

**NOTICE OF RACE**

**1. GENERAL**

- 1.1. Races will be run for PHRF Race and Cruise classes, Etchells and Rhodes 19s.
- 1.2. This race does NOT count towards the NBYC summer series.

**2. RULES**

- 2.1. All races will be governed by the current Racing Rules of Sailing.
- 2.2. There must be a female at the helm from the warning signal until the boat finishes.

**3. SAILING INSTRUCTIONS**

- 3.1. The Sailing Instructions are available at the NBYC office and on the NBYC website by July 1st.

**4. COMMUNICATIONS**

- 4.1. The official Notice Board is located next to the Commodore's Parking space in the Race Committee bulletin board.
- 4.2. [DP] All boats shall carry a working VHF radio.
- 4.3. On the water, the race committee may make courtesy broadcasts to competitors on the VHF channel designated in the Sailing Instructions.
- 4.4. Emergency communication channels are VHF 16 for the Dartmouth HarborMaster, and NBYC Dockmaster monitors VHF channel 68
- 4.5. [DP] While racing, from the first warning signal till the end of the last race of the day, except in an emergency, a boat shall not make voice or data transmissions and shall not receive voice or data communications that are not available to all boats.

**5. ELIGIBILITY AND ENTRIES**

- 5.1. Members and non-members are eligible to compete in Ladies at the Helm.
- 5.2. The event is open to all Etchells, Rhodes 19, PHRF Spinnaker and Non Spinnaker.
- 5.3. Handicap skippers must have a current PHRF-NE rating certificate.
- 5.4. Entries must be received by Wednesday, August 2, 2023 at 1700 hours.

**6. FEES**

- 6.1. The entry fee is \$30 for NBYC members and \$40 for non-members. Competitors may enter by registering through Yacht Scoring on the NBYC website. Members will be charged on their bills. Non-members can pay in the office.

**7. SCHEDULE**

- 7.1. The warning signal for the first class will be at 1800.

**8. COURSE**

- 8.1. Courses will be designated by letters or symbols displayed on the Race Committee boat course board

**9. PRIZES**

- 9.1. First, second and third place keeper trophies will be awarded for each class at the post-race get together in the Dining Room. The winner in each class will be awarded a trophy



at the Annual Awards Dinner on Friday, October 13, 2023.

**10. RISK ASSESSMENT**

**10.1.** RRS 3 states: 'The responsibility for a boat's decision to participate in a race or to continue to race is hers alone.' By participating in this event each competitor agrees and acknowledges that sailing is a potentially dangerous activity with inherent risks. These risks include strong winds and rough seas, sudden changes in weather, failure of equipment, boat handling errors, poor seamanship by other boats, loss of balance on an unstable platform and fatigue resulting in increased risk of injury. **Inherent in the sport of sailing is the risk of permanent, catastrophic injury or death by drowning, trauma, hypothermia or other causes.**

**10.2.** The Organizing Authority and hosts will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during or after the regatta.

**11. ADVERTISING AND PHOTOGRAPHY**

**11.1.** Boats may be required to display advertising chosen and supplied by the organizing authority.

**11.2.** By participating in this regatta, each competitor grants to the organizing authority and its members, the regatta sponsors, and each class association the right in perpetuity to make, use and show, and to license any other person to so make, show and use, from time to time at their discretion, any photographs, sound recordings, motion pictures and live, taped or filmed television or other reproductions of them or their property made during the period of the regatta without compensation to such competitor.

**12. FURTHER INFORMATION**

**12.1.** For further information please contact: NBYC Sailing Director- (p)508-997-0762  
[Brianna@nbyc.com](mailto:Brianna@nbyc.com)

**13. CREW**

**13.1.** Anyone interested in crewing and any skipper looking for crew should email Bri at [Brianna@nbyc.com](mailto:Brianna@nbyc.com).