

-To shorten the meeting of the captains-

<p>Eenvironment</p>	<p>Kindness and consideration for the environment. As sailors, we aim to protect and restore our oceans and coastal waters. If you find a plastic bottle or plastic bag while sailing, pick it up. Then deliver it to the race committee boat.</p>
<p>Precautions</p>	<ul style="list-style-type: none"> • I think everyone knows that sailing is a sport that takes place in nature on the water. What happens in nature is that suddenly a big wave comes, or the weather suddenly changes and a gust of wind blows. • It should be noted that the participants in the competition usually have some sailing practice and are not considered to be unfamiliar with sailing or technically immature. • It is also important to retire on your own when you decide that you cannot keep up with the strength of the wind. • Next, as a rule, the organizers and the umpire Julie think that you are familiar with the rules of sailing competition (RRS). • Some people sail on the same water surface other than racing boats. Some people do marine sports other than sailing on the same surface. <p>Therefore, there is a risk of encounter or contact collision with other boats (persons) participating in the tournament, as well as with other sailors sailing nearby or those who are doing marine sports.</p> <p>Not all boats sailing nearby are sailing competitions. You may also be a sailing beginner.</p> <p>People who do marine sports other than sailing don't know RRS.</p> <p>Anyway, when you are on the water, be very careful when you follow the RRS and do a risk-avoidance action that does not cause further contact or collision.</p> <ul style="list-style-type: none"> • The race committee and other management will make the best efforts to prevent sudden changes in weather and prevent danger, especially for the surveillance system during sailing. • I ask for your cooperation so that there are no incidents or accidents.
<p>Official bulletin board location</p>	<p>Next to the event reception (A notification has been issued)</p>
<p>Changes and explanation of sailing instructions</p>	<p>As shown in SI.</p>
<p>Race area, course, rounding method</p>	<ul style="list-style-type: none"> • The race area. 9/21 and 9/23 are area ① and 9/22 are area ②. About the course • The race course is shown in SI Appendix B. Most courses will not be changed. Change of the mark position may be instructed at the venue. • The final race of each day for 3 days shall be an adventure race. The course will be posted on the official notice board the morning of the day. Depending on the wind direction, it will be explained again at sea.
<p>Special technique requirements</p>	<p>Capsize, 360 ° rotation, and standing leg are shown in the course map of the day.</p>
<p>Hazardous area / no trespassing area</p>	<p>It is shown in the race course diagram. It is approximately 30m from the quay.</p> <ul style="list-style-type: none"> • Navigation area of wake boat • About sea exercise boats (high school, OP, canoe, etc.)
<p>Wind direction and changes in the sea area, characteristics of tidal current</p>	<p>(Information for competitors other than the venue to gain an advantage is not absolute.)</p> <ul style="list-style-type: none"> • The race area here is far from the open sea (Pacific) and is the deepest part of the inland sea (Osaka Bay). The influence of wind and tide is very different from the open sea and the wide open coast. A water area surrounded by landfill. • Pay attention to tall buildings around the sea. • The revetment on the east and west of the waterway is almost north-south. • The waters of this Ashiya and Nishinomiya are mostly southwesterly at this time. However, in the race area, it often swings to the left and becomes a south wind. • There are many shake-takes to the right in the evening. It may become a northerly wind as it is. • Characteristics of south wind Wind direction: Swing slightly from the waterway, west from the waterway, and east from the waterway. Note that the wind direction is curved on the west and east sides in the race area. • Northward winds may blow as air pressure arrangements and morning land winds. For this reason, the sea breeze from the south may collide with the wind. • Features of north wind Easy to swing. Large wind direction in three directions. <ul style="list-style-type: none"> ◦ Strong when viewed from the sign 「白鹿」. ◦ Between the hospital on the north side of the race area and the apartment on the west. ◦ West side of the apartment. <p>It may gradually turn from the north side to the east and turn to the south side at a stretch.</p> <ul style="list-style-type: none"> • Tidal current. Although it is not always true, the clockwise tide in the area as viewed from above becomes stronger or weaker. <p>The time is slightly behind the tide at Amagasaki Port.</p>
<p>Regarding lunch</p>	<p>You can leave it with the race committee signal boat, the operating boat, or Viewing boat. Please write your name on the bag.</p>

About event of the day	<ul style="list-style-type: none"> Scheduled time, place, etc. will be explained at the captains' meeting and will be shown on the official bulletin board.
Organized club rules, special rules	<ul style="list-style-type: none"> Nothing in particular. But remember that not only are you sailing here, but there are wakeboarders, canoeers, and even those who come to eat at the shop.
About outfitting	<ul style="list-style-type: none"> Please read Sailing Instructions Appendix C carefully. Please help outfitting each other. When joining the upper and lower parts of the mast, wipe the dirt on the joint with a waste cloth. Boats will not be dragged. Be sure to hold it on the surface with multiple people. Confirm that Kingston is tightened before leaving the beach. Make sure that the ladder and center board are properly flown. <p>(If it is lost, you will be paid the actual cost.)</p>
Precautions when leaving or returning to a boat	<ul style="list-style-type: none"> Be careful not to raise or lower the center board or ladder. Help and cooperate with each other. Monitored by Julie Umpire.
Notes on boat cleaning	<ul style="list-style-type: none"> To the state before washing with water, drying and outfitting. Please clean with your sponge etc. Rinse thoroughly and remove the dirt.
Wearing a life jacket	Always wear while on the water.
Retirement instruction	The race committee and / or umpire may order a boat (competitor) to retire if the race boat determines that the boat is unable to sail or is in danger. No redress request can be made for this measure.
When you ask for help	<p>When a boat (competitor) seeks help, he should widen his palms and swing his arms to the left and right.</p> <p>Reference: This is a Common behavior in the world when seeking help.</p> <p>° If you do not ask for help and shake your hands with your hands up, do not swing them left and right. Shake the palm with both hands raised. No problem with one hand.</p> <p>If the N / H flag, N / A flag, AP / H flag, or AP / A flag is raised on the race committee signal boat, return immediately to the harbor.</p>
Response during an earthquake tsunami	<ul style="list-style-type: none"> When the Nankai Trough earthquake occurs, it is said that a tsunami of 4 meters will come to the coast of Amagasaki and Nishinomiya in 2 hours. And it is said that tsunami will come one after another for 6 hours. <p>In such a case, the boat will also give instructions. But,</p> <p>Basically: "Protect your life yourself" Evacuate from yourself.</p> <p>As a primary evacuation, go to nearby coastal land, and then</p> <p>For secondary evacuation, go to nearby high places.</p> <p>After that, make sure you are safe before gathering at the Windward Sailing Club.</p>
Medical kit	<p>It is on the Race Committee signal boat, umpire boat and Resque boat.</p> <p>Band aid, disinfectant, gauze, bandage</p>
"Please enjoy the race safely and according to the rules!"	
RC thinking about wind strength and sway	<p>Wind strength</p> <ul style="list-style-type: none"> There is no particular upper or lower limit. If the wind can sail, the race will start. Start the race at the scheduled time as long as you can sail. Do not wait for a better wind, as it creates injustice. <p>Wind swing</p> <ul style="list-style-type: none"> Don't wait for it to stabilize. The start sequence will continue unless there is more than 90 degrees. Athletes can sail even in swinging situations. RC believes that excellent athletes can predict and respond to runouts.