Information for
Optimist Green Fleet Sailors

Dear Sailors & Parents:

We are gearing up for a great regatta! This is the Race Week Survival Guide to help you to get the most out of your Green Fleet experience. Green Fleet is to help transition young sailors into racing in a fun and less intimidating environment. Many sailors and parents may be new to racing, racing formats and to the Middle Island venue and we will help you through the program and expectations.

The Green Fleet will be sailing on a dedicated racecourse. The racing is more flexible with a training oriented race program to improve their performance.

*Please be sure to read the following and the Sailing Instructions http://www.hongkongraceweek.com/ together as parents and sailor.

Registration:

All competitors ***MUST*** register at Middle Island ***BEFORE*** racing on ***Wednesday January 20, 2021***.
***If you or your child cannot not attend Registration / Measurement – please advise your team's leader and have them or another sailor / parent register and measure for you.**
****YOUR BUOYANCY AID MUST BE PRESENTED ** NO REGISTRATION or MEASUREMENT*** available ***Friday 23 January***.

Please meet the Green Fleet Team Leader at 1500hrs on the hardstand at the designated signed area at the event marquee, to join for Measurement checks and registration. Afterwards, all Green Fleet Sailors will join all the other HKRW sailors for a hot Sailor Snack prior to participating in the fun and excitement of the opening ceremony.

The opening ceremony is scheduled for approximately 1700 hours .The registration process should not take long, however please allow at least 20 minutes for completing the formalities.

* Please note there is ***NO practice race*** on ***Wednesday 20 January 2021*** for Optimist Green Fleet.

A *Measurement / Safety Check* is ***REQUIRED of your boat before completing the registration process. Please see the Safety Form at the end of this document that needs to be completed and presented at Measurement for sign off, to be able to proceed to registration.*** The Green Fleet coordinator will be available to help you finalise the measurement /safety form.

At registration, each sailor will collect a **RFID SAFETY SCANNER BAND**.
* ***PLEASE PLACE THIS SECURELY ON YOUR LIFE JACKET AS INDICATED ON THIS PHOTO.***
DO NOT LOOSE IT OR FORGET TO BRING IT EACH DAY*

This TAG will also make sure you receive the after sailing food provided to sailors.

Each sailor **MUST** be scanned on and off the water ***every RACE DAY***. This band will be issued at registration and you will ***return*** it to your GREEN FLEET Team Leader ***at the end of regatta***.
DO NOT LOOSE IT - There will be a **$100 HKD FINE for a lost band**

Sailors will be given a reusable water bottle for use while racing. Filtered water refill stations will be available on the hard standing and on a number of committee boats on the water. The Club is actively seeking to reduce disposable plastic container waste – Please support our Sailors for the Sea Clean Regatta initiative and please ***DO NOT BRING SINGLE USE PLASTIC BOTTLES TO THE ISLAND***

Please take a moment to locate the official notice board where any official notices to competitors will be posted. Check this every morning on arrival to Middle Island for official Notices to Competitors.

Parents:

Get involved! Our advice is that each young sailor has a parent volunteer with them to assist with rigging and launching**.** ***HKRW prides itself on parent participation. Not only do our supporting parents help their own team members, but also any other sailor who needs assistance in rigging and launching***.

Parents should arrive early with their sailor and at the end of the sailing day (usually around 3pm) be ready to help sailors and boats back onto shore.

We also need parents that will help ensure each child has drinking water on their boat and extra water and their snacks are loaded onto their coach boat each morning of the regatta.

Parents are also encouraged to ***volunteer*** for a variety of other tasks to help with the Green Fleet racing. ***It's a great opportunity to learn with your sailor and watch them race. And many tasks require no previous experience.*** You will ***still be able to assist your child to rig - VOLUNTEER***

We anticipate our Green Fleet program to finish by 1630hrs and other activities will be complete by 1730hrs each day.

Cold Weather

It may be quite cool (10 degrees). It may rain…..sideways! You may capsize and end up swimming.
Please come prepared for all conditions - you cannot have fun and perform at your best if you are cold.

A wetsuit and warm hat is recommended**.** Wearing a waterproof jacket / pants over a wetsuit helps to increase warmth. In addition, wool and micro fleece will keep you warm even if wet – wear over the wetsuit and under the jacket. No bare feet or shower sandals please – proper footwear for protection and better grip is recommended.

The Green Fleet Race Management Team will be monitoring the weather and the sailors, but it is the sailor's responsibility to come prepared for the conditions. We reserve the right to postpone or curtail racing depending on the conditions.

Sunscreen / Hats / Sunglasses / Sailing Gloves

Even if cold and cloudy we recommend using a high quality sunscreen on any exposed skin. A hat with a visor and retaining strap (in case it blows off) is also recommended. Sunglasses are optional but please use a suitable retaining strap to protect against loss. Sailing gloves are optional. Please be sure your name is clearly marked in / on everything!

Wristwatch with Countdown

A waterproof digital wristwatch with an adjustable countdown timer is recommended for timing the 5 minute race starting sequences. This is not required for Green Fleet (we will be assisting sailors to manage the timing) but as sailors advance with racing they will need this type of watch.

Facilities

Middle Island changing rooms have lockers available where you can store your belongings including a set of dry, warm clothes to change into after racing! Sign out a key on arrival at Middle Island to be sure you get one, or pair up with another Green Fleet sailor (we will return to MI before the other fleets). ***Please use a locker for all valuables.*** Towels are provided - be quick, hot water is limited!
There will be a large tent on the hard standing for tutorials and keeping warm!

Daily Schedule (Friday, Saturday and Sunday)

- 0830hrs arrive on Middle Island. There are approximately 250 sailors and 100 volunteers arriving for Hong Kong Race Week every day, ***please allow for delays boarding ferries from the promenade to the Club.***
- 0845hrs Green Fleet Morning Briefing. Meet in the main tent dressed for racing. Parents welcome.
- Around 0930-0945hrs – proceed to rigging your boat. Parental assistance is requested.
- Around 1020-1045hrs – signal for Green Fleet to launch boats. Parental assistance is requested.
- Around 1400hrs – Green Fleet will land and de-rig. *Timing may vary.
- Around 1500hrs – Green Fleet post-race briefing. Parents welcome. *Timing may vary.
- After racing there will be a hot Sailor Snack

*The Green Fleet plans to be the last class launching and the first class to land in the afternoon, so all times are approximate.

Lunch - on the water

Please note that unlike the format for normal RHKYC sailing courses, the Green Fleet will ***not return to Middle Island for lunch.***

All sailors are expected to bring drinking water and food / snacks with them on their boat while sailing. High energy foods that can be eaten quickly and packed in waterproof bags / containers are recommended. Storing food, sunscreen, etc. in a waterproof bag that closes and can be secured to the boat (in case of capsizing) is also recommended. Each sailor will be given a hot snack after racing, but they will need additional food while on the water. * Lunch orders are available and can be collected at Middle Island prior to racing: https://www.hongkongraceweek.com/optimist-green-fleet

ABC and Hebe Haven members will have signing rights at the Yacht Club during the event.
Other participants will be able to apply for visiting membership or Octopus cards use – please apply for Visiting membership when you enter the regatta. *3 day delay in issuing if arranged at Registration.

Sailing / Race Program

We are planning a 7-8 race series in addition to on-the-water training. On the final day the Green Fleet may be able join a spectator boat to watch the top ten Optimist main fleet sailors compete in a final medal race. Further details will be released closer to the regatta.

General

The Green Fleet Team will look after the sailors, but there will be times both on and off the water where they will be expected to act independently and responsibly.

What to bring Guide:

Sailors **will** get wet and should bring with them the following items:

- A waterproof jacket (and possibly trousers) if raining
- Wetsuit if you have one
- Buoyancy aids
- You need suitable footwear (flip flops are not appropriate) please don't wear your best pair of trainers! 2 pairs of shoes is a good idea (including one pair that can get wet, non-slip white canvas shoes as sold in Welcome are fine)
- Sailing gloves
- Changes of clothes;
- A sun hat
- Sun screen
- Sunglass are recommended
- Water bottle

Other information can be found at: http://www.hongkongraceweek.com

I want to VOLUNTEER

We look forward to seeing you at the event!

The Green Fleet Team

***See sample Measurement checklist below**

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