

SUN HUNG KAI & CO.



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.***

* Please note there is **NO practice race** on **Wednesday 15 February 2023** for Optimist Green Fleet.

DAY 1 – Meet at Main Tent on hardstand

Please arrive on time at 08:55 hrs at the designated meeting point to meet your Green Fleet Team Leader: MAIN TENT on the hardstand – ***Look for the GREEN FLEET MEETING POINT sign.**

- **Everyone *must wear a mask on Club premises* - inside and outside, except when eating/drinking.**
- Observe good hygiene practice: When arriving at the venue clean your hands with sanitiser or soap. Use hand sanitizer /soap frequently
- Do not gather in a group of more than 4 people
- Always maintain 1.5 metres between individuals – indoor and outdoor

A Measurement / Safety check is *REQUIRED* to complete the registration process. Please see the link to the *Safety Form at the end of this document that will be completed and submitted.*

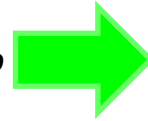
*The Green Fleet coordinator will be guiding you through this procedure and help with submission.

Once the group has submitted the forms, the Team Leader will collect and distribute to each sailor their **RFID SAFETY SCANNER BAND**.

* **PLEASE PLACE THIS BAND SECURELY ON YOUR LIFE JACKET AS INDICATED**

* **DO NOT LOSE IT OR FORGET TO BRING IT EACH DAY**

* **DO NOT LOSE IT** - There will be a **\$200 HKD FINE for a lost band**



Each sailor **MUST** be scanned on and off the water **every RACE DAY**.

At the end of your regatta, you will **return** it to your **GREEN FLEET Team Leader**.

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 the committee boat, on the water.

The Club is actively seeking to reduce disposable plastic container waste – Please support our [Sailors for the Sea Clean Regatta initiative](#) ***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 and **VOLUNTEER!** 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.***

Volunteered Parents should arrive early with their sailor and will be advised by the volunteer co-ordinator of the time for the end of the sailing day (usually around 15:00 hrs onwards) be ready to help the sailors and boats back onto shore.

We also need parents that will help **volunteer** to 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. 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 16:30hrs 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 are 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

Sailors should arrive at the venues already changed and should take their after racing shower at home. Toilets will be available; there will be no access to showers for competitors.

Middle Island changing rooms will 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. ****Please use a locker for all valuables.***

MASKS must be worn at all times in the toilets / locker rooms

There will be a large tent on the hard standing for tutorials and keeping warm!

Daily Schedule (Friday, Saturday and Sunday)

- 0830 hrs arrive on Middle Island. There are approximately 250 sailors and 100 volunteers arriving for Hong Kong Race Week every day, ***please allow for delays in boarding ferries from the promenade to the Club.***
- 0845 hrs Green Fleet to meet in the meeting point sign, dressed for racing.
- Around 0930-0945 hrs – proceed to rigging your boat. [Volunteer](#) as a parental assistant.
- Around 1020-1045 hrs – signal for Green Fleet to launch boats. [Volunteer](#) as a parental assistant.
- Around 1500 hrs – Green Fleet post-race update session *Timing may vary.

Lunch - on the water

Please note that unlike the format for normal 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.

* 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.

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:

- **FACE MASK – to be worn on shore at all times**
- 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 sunhat
- Sunscreen
- 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

*Please follow this [link](#) to see the sample measurement / safety form to be submitted on Day #1