



## Information for PICO 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.**

### DAY 1 – Meet for Registration & Measurement: Main Tent on hardstand

All competitors **MUST** register at Middle Island **BEFORE** racing. **Please arrive on time** at 08:55 hrs at the designated meeting point to meet you Green Fleet Team Leader: MAIN TENT on the hardstand – **\*Look for the GREEN FLEET MEETING POINT sign.**

As part of the first session, your Green Fleet Team Leader will take you through the *Measurement / Safety Check*. This is **REQUIRED 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, in order 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 LOSE 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 LOSE IT** - There will be a **\$100 HKD FINE for a lost band**

On-water sessions will commence after measurement and registration has been completed.

After sailing on **Wednesday January 20, 2021**, 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 on **Wednesday January 20, 2021**.

**\*Parents welcome to join.**

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](#)

***\*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 15:00hrs onwards) be ready to help the 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. 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 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 (Wednesday and Thursday)

- 0830hrs arrive at ferry station to 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.***
- 0855hrs Green Fleet Morning Briefing. Meet in the main tent dressed for racing. Parents welcome.
- Around 1500hrs onwards – Green Fleet arrives back to shore and post-race briefing takes place. Parents welcome. \*Timing may vary.
- After racing there will be a hot Sailor Snack daily

\*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 ***may 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.

## 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**: <https://www.rhkyc.org.hk/events/HKRWVolunteer2021.aspx>

We look forward to seeing you at the event!

## The Green Fleet Team

**\*Please scroll to see the sample Safety Measurement Form**





**HKRW: Measurement & Safety Form - Green Fleet –  
Check List 量度及安全檢查- 初階組-檢查清單**

**To be completed with a Green Fleet Official for verification**

Dinghies do not have to be fully rigged for Measurement, items must be attached / in place / available for inspection as identified below.  
Sails rolled up is OK. 船只在量度時毋須裝嵌完畢，請准备好所有項目以便進行檢查，繩索可以捆起。

The Green Fleet focus is on getting out there and having fun. This means that only the things that keep you safe are included on your measurement form. When you move to the main fleet there is a bit more to check! Green Fleet 賽事除了講求樂趣，安全亦非常重要，因此量度重點在於安全。當你升級至主隊比賽，將有更多檢查事項。

<b>Sailor's Name:</b> 運動員姓名	
<b>Bow Number:</b> 船頭編號	
<b>* Sail Number:</b> 帆號	

**Make sure you have all these items and bring them to measurement / safety check.** 請確保配備以下物品進行量度/安全檢查  
When you are ready have a **Green Fleet Official** check your sheet and sign it. Pass back to the Green Fleet Team Leader when completed. **HAVE FUN!** 如果你已經准备好，請初階組工作人員進行檢查並簽署表格，然後將表格交回初階組領隊。

<b>SAFETY Items</b> 安全項目- All below items must be attached / in place for inspection 所有物品必須齊備以作檢查	<b>Circle Answer</b>
Bung securely fitted to and attached to hull by line. 船倉塞可妥為封密並以繩索系於船身	<b>YES   NO</b>
Tow Rope of minimum <b>5 metres length</b> of floating 5mm or greater diameter rope secured to the mast base 至少 <b>5米長</b> 的浮水拖繩已系好於主桅杆底座。	<b>YES   NO</b>
Tow line easily accessible? 船頭繩易於取用?	<b>YES   NO</b>
Personal Flotation Device (PFD) of correct size and compliant with local law. <b>A whistle must be securely attached.</b> *Both must be in good working order. 符合尺碼及安全標準的助浮衣， <b>哨子必須系好</b> ，兩者都必須處於良好的工作狀態。	<b>YES   NO</b>
Mast gate locking pin secured to boat with line. 主桅杆安全針以繩索系於船上	<b>YES   NO</b>
I have checked my boat to make sure everything is correctly fitted and in working condition and that my boat is <b>READY TO RACE!</b> ! 我已經檢查妥當，確保船隻的各部份正常裝嵌運作，船隻適宜參加比賽。	<b>YES   NO</b>

<b>Measurer's Use Only</b>	
Measurement Complete <b>YES / NO</b>	Date.....
Name.....	Signed.....

<b>ANY CHANGES (SIGN OFF):</b>
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