

2022 / 2023 IRISH WINTER SUP RACE SERIES Event 7 - THE EYE RACE - Race Instructions

The following Race Instructions [RI] have been published, in conjunction with the current NOR (**Version 3.0**) and associated amendments to provide you with information regarding THE EYE RACE - Event 7 (of 8) of the Irish Winter SUP Race Series.

Date 22/04/23
Location Howth, Dublin 13
Organiser Discover SUP

Please carefully read all the information; should you have any questions, Eoin from Discover SUP will be happy to answer them. You can contact him on 0876707573 or at hello@discoversup.ie.

Version	Date of this draft	Primary author
3.0	18/04/2023	Eoin Kernan

GENERAL INFORMATION

Race type Offshore, saltwater, long-distance, looped
Route Claremont beach - Ireland's Eye - Claremont beach
Distance Class 1 - 11.5km (approx), Class 2 - 5.5km (approx)
Registration Howth Yacht Club - junior room / 09:00 - 09:30
Safety briefing Howth Yacht Club - junior room / 10:15
Launch Howth Yacht Club - slipway / 10:45
Race start Claremont beach / 11:45
Prizegiving Howth Yacht Club / post-race
Car parking Free throughout Howth harbour (gets busy, so get there early to avoid delays).

RULES OF RACING

- This activity is guided by the general rules of racing as defined by the ICF SUP Competition Rules 2022. Any protests or rule queries specific to this activity should be directed to Discover SUP within 45mins of the final participant finishing over both courses. Discover SUP will then, in collaboration with The Irish Winter SUP Race Series committee, adjudicate and deliver a ruling.
- Inclusions/exclusions/amendments to the general rules, specific only to Event 7, are outlined below:
 - None
- Participants must obey instructions from members of race management personnel at all times.
- Howth Yacht Club, Howth harbour, and the race course are potentially high-traffic zones of boating operations, where it is not possible to sterilise the area. Participants must familiarise themselves with, and operate under at all times including live racing, the rules of
 - Department of Transport - Code of Practice: The Safe Operation of Recreational Craft - <https://www.gov.ie/pdf/?file=https://assets.gov.ie/23847/2cd943c13a0b45d2a18361539208943b.pdf>, in particular, Appendix 1 - The International Regulations for Preventing Collisions at Sea (COLREGs).
- In the case of a need to immediately stop the activity, a red and orange flag will be flown by the on-the-water patrol craft, and further information will be passed to participants on the water. Backup exits/places of shelter are identified on the course map (white flag in a yellow dot), should they be required.
- Should a participant wish to retire from the activity, they must make their intentions known to the race management team on the water prior to leaving their course. Backup exits/places of shelter are identified on the course map (white flag in a yellow dot), should they be required.

COURSE INFORMATION

Courses are dependent on the wind, water, and weather conditions on the day. The chosen courses will be confirmed during the participant pre-activity safety briefing.

- Protocol for launching/landing and transiting to/from the starting area (see appendix 1 for visual map)
 - All participants will present themselves at the end of the slipway for a safety inspection by the race management personnel **10mins** prior to the launching time.
 - Only after ALL participants have completed their safety inspection, will participants will launch in quick succession and follow the safe route below en-masse out of the harbour to the start area. Under no circumstances should any participant attempt to take an alternative route through the harbour, unless in an emergency situation or advised by race management to do so.
 - Only after ALL participants have completed their course, will participants will leave Claremont beach by water and follow the safe route below en-masse into the harbour to the landing area. Under no circumstances should any participant attempt to take an alternative route through the harbour, unless in an emergency situation or advised by race management to do so.
 - All participants will present themselves to race management personnel immediately on landing to sign off the water.
 - When entering and leaving the harbour, always pass other craft port-to-port (keep well clear to the right).
 - Participants shall not impede trawlers or fishing craft in Howth Sound or Howth harbour entrance.

- Start - Claremont beach <https://goo.gl/maps/55yuV8XYSYR578bd9>
 - Both classes will start together by means of a mass beach start. The sequence will begin 5mins after the final participant transits to the starting area. A starting sequence of 3min (Voice) - 1min (Voice) - 10secs (Voice) - Ready (Voice) - Start (Horn) will be announced.
 - All participants will line up, stationary, dismounted from their boards, in water no deeper than knee-deep, along the waterline at the time of the start.

- Class 1 - course 1 - 11.5km (approx) (see appendix 2 for visual map)
 - Participants will round all marks on port (keep the mark on their right) throughout the route, and remain outside of exclusion zones at all times.
 - Head in a N direction to Mark 1 (orange cherry) located just off the NW corner of the island.
 - Head in clockwise direction along the N and E sides of the island.
 - Head in a S direction to Mark 3 (yellow/black cardinal) off the SE corner of the island.
 - Head in a NW direction to Mark 2 (orange cherry) along the SW edge of the island.
 - Head in a NW direction to Mark 1 just off the NW corner of the island.
 - Head in a SE direction to Mark 2 along the SW edge of the island.
 - Head in a NW direction to Mark 1 just off the NW corner of the island.
 - Head in a SE direction to Mark 2 along the SW edge of the island.
 - Head in a NW direction to Mark 1 just off the NW corner of the island.
 - Head in a SE direction to Mark 2 along the SW edge of the island.
 - Head in a NW direction to Mark 1 just off the NW corner of the island.
 - Head in a S direction to the finish.

- Class 1 - course 2 - 10.5km (approx) (see appendix 3 for visual map)
 - Participants will round all marks on port (keep the mark on their right) throughout the route, and remain outside of exclusion zones at all times (except when rounding the yellow/black cardinal).
 - Head in a N direction to Mark 1 (orange cherry) located just off the NW corner of the island.
 - Head in a SE direction to Mark 2 along the SW edge of the island.
 - Head in a SE direction to Mark 3 (yellow/black cardinal) off the SE corner of the island.
 - Head in a NW direction to Mark 2 (orange cherry) along the SW edge of the island.
 - Head in a NW direction to Mark 1 just off the NW corner of the island.
 - Head in a SE direction to Mark 2 along the SW edge of the island.
 - Head in a SE direction to Mark 3 off the SE corner of the island.
 - Head in a NW direction to Mark 2 along the SW edge of the island.
 - Head in a NW direction to Mark 1 just off the NW corner of the island.
 - Head in a S direction to the finish.

- Class 2 - course 1 - 5.5km (approx) (see appendix 4 for visual map)
 - Participants will round all marks on port (keep the mark on their right) throughout the route, and remain outside of exclusion zones at all times.
 - Head in a S direction to Mark 1 (orange cherry) located just off the NW corner of the island.
 - Head in a SE direction to Mark 2 along the SW edge of the island.
 - Head in a NW direction to Mark 1 just off the NW corner of the island.
 - Head in a S direction to the finish.
- Finish - Claremont beach <https://goo.gl/maps/55yuV8XYSYR578bd9>
 - Participants will be deemed to have finished by crossing a finishing line identified by two marks (or cones) above the high water mark on the beach.
 - On approaching the beach participants can dismount from, and leave, their board at the waterline, but must cross the finish line with their paddle in their hand.

SAFETY EQUIPMENT INFORMATION (MANDATORY)

- It is the responsibility of all participants to use equipment which is in good condition, fit for purpose, and safe. Any participants presenting for inspection at the launching area with equipment deemed inappropriate or unsafe by race management will not be allowed to take part.
- All participants must supply their own coiled board leash and use it at all times while afloat.
- All participants must supply their own CE-certified PFD and wear it at all times while afloat.
- All participants must supply their own safety whistle (and optional signalling mirror) and carry it on their person at all times while afloat.
- All participants must supply their own reliable means of digital voice communication (mobile phone or VHF radio), secured in a waterproof case, and carry it on their person at all times while afloat. Please save the following race management numbers - 0876707573 (Eoin), 0857491450 (Karolina).

- All participants will be supplied with a high-visibility vest (which must be worn on the outside of all other equipment) at all times while afloat.
- All participants will be supplied with a uniquely numbered sticker, which they must apply above the waterline on the Port (left) side rail of their board to remain in place while afloat and ashore. Participants will also have the same number written on the back of their hands at the time of registration, and must not remove this until after the activity finishes.

RISK STATEMENT

The responsibility for an individual's decision to participate in, or to continue to participate in this activity, is his/hers/theirs alone. He/she/they understands that stand up paddle boarding is a potentially dangerous activity with inherent risks. Inherent in the sport of SUP is the risk of permanent, catastrophic injury or death by drowning, trauma, hypothermia or other causes.

By participating in this activity, each individual agrees and acknowledges that:

- They are aware of the inherent risks involved and accept responsibility for the exposure of themselves, their support team, and their equipment to such inherent risk whilst participating in the activity.
- They are responsible for the safety and behaviour of themselves, their support team, their equipment, and their other property whether afloat or ashore.
- They accept responsibility for any injury, damage, or loss to the extent caused by their own actions or omissions.
- Their equipment is in good condition, fit for purpose, and safe to use in the activity, and they are medically and physically fit to participate.
- The provision of a race management team, patrol craft, and other officials and volunteers by the organiser does not relieve the participant of their own responsibilities.
- The provision of patrol craft is limited to such assistance toward the participant, particularly in extreme weather conditions, as can be practically provided in the circumstances.
- It is the participant's responsibility to familiarise themselves with any risks specific to this location/venue or this activity drawn to their attention in any rules and information produced for the location/venue or activity and to attend any safety briefing held for the event.

Individuals will be required to confirm that they have read, understand, and agree to this statement during the online entry process.

HYC MEMBERSHIP

- All participants are invited to avail of the facilities of Howth Yacht Club during the event. Further information on HYC membership options and benefits can be found here - <https://hyc.ie/join-our-club>

RACE MANAGEMENT PERSONNEL

Name	Organisation	Role
Eoin Kernan	Discover SUP	Race Director
Colm Murphy	Discover SUP	Safety Officer
Alistair Kissane	Discover SUP	On-the-water patrol craft helm
Pat Paisley	Discover SUP	General
Karolina Badz	Discover SUP	General
Louise Kennedy	Discover SUP	General
Elaine Fitzsimon	Discover SUP	General

SPONSORS AND SUPPORTERS

THE EYE RACE is very kindly sponsored by...

EXIT - With unique and clever products such as the XRail, EXIT solves common problems associated with water sports and water activities. Using eco-friendly materials, their products are made to last with an emphasis on quality, affordability and practicality. View their product catalogue [here](#).

THE EYE RACE is very kindly hosted at...

Howth Yacht Club - As 2023 'Sailing Club Of The Year' (awarded by MG Motors), HYC offers unrivalled amenities and water access for its members, with top-class facilities supporting sailing through to SUP. They have membership options to suit all needs; we encourage you to explore them [here](#).

THE EYE RACE is very supported by...

Anulka - Karolina Badzmierowska, aka Anulka, produces beautiful hand-made artwork, often inspired by the aquatic world around her. Framed seaweed pressings, featuring specimens gathered on beaches around the country, are a favourite of many. You can look through her creations [here](#).

A. Blaney Photography - Annraoi is a photographer with a keen eye for the energy of watersports action. His ability to capture the 'moment' has seen his photos used in national publications. Enjoy looking through his portfolio [here](#).

Windy.app - Windy.app is a professional weather app, created for water and wind sports: sailing, surfing, SUP etc. Get detailed weather forecasts, live world wind maps, and local weather reports. Find out more [here](#).

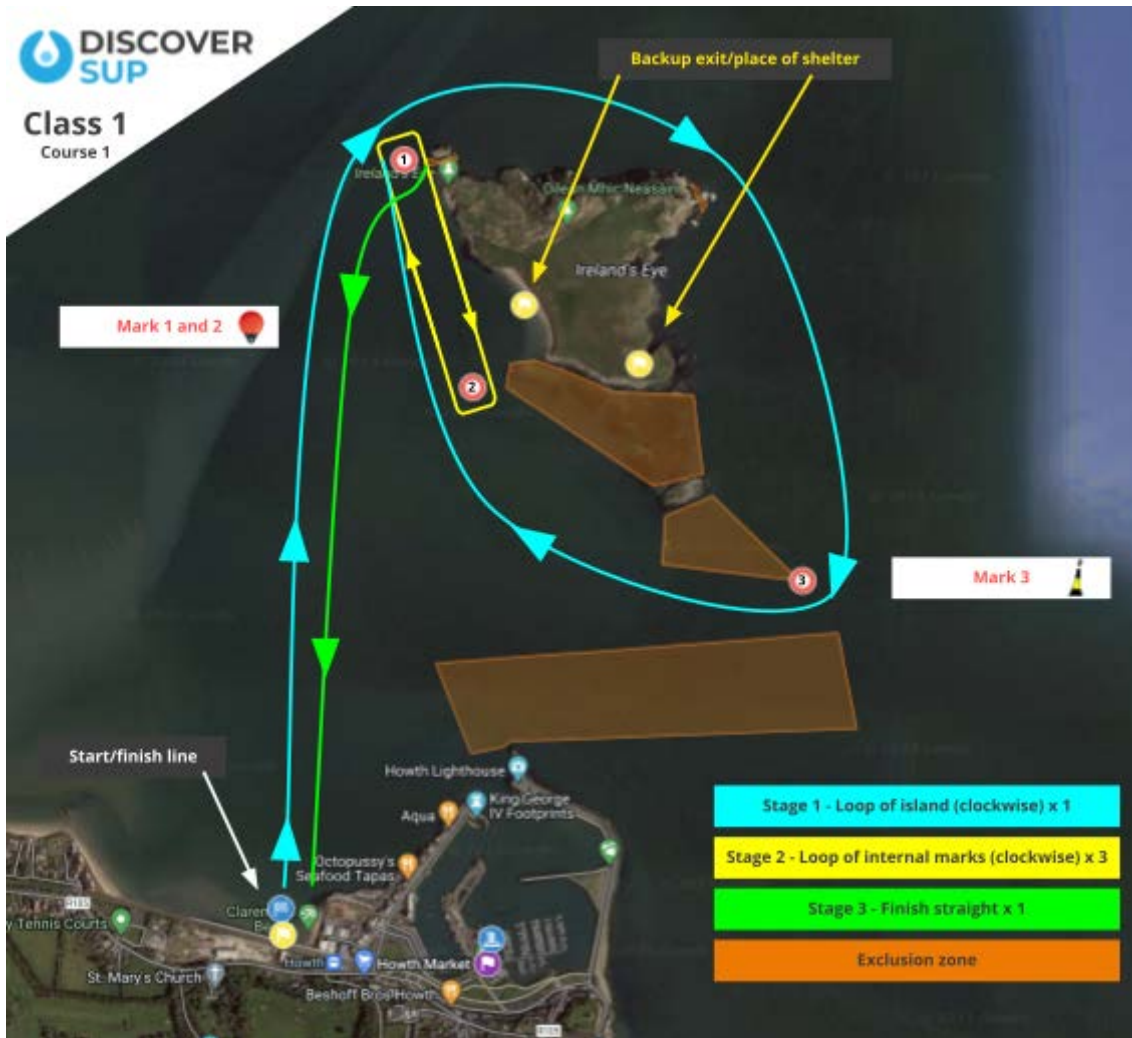
APPENDIX 1

Launching/landing and transiting to/from the starting area - route map



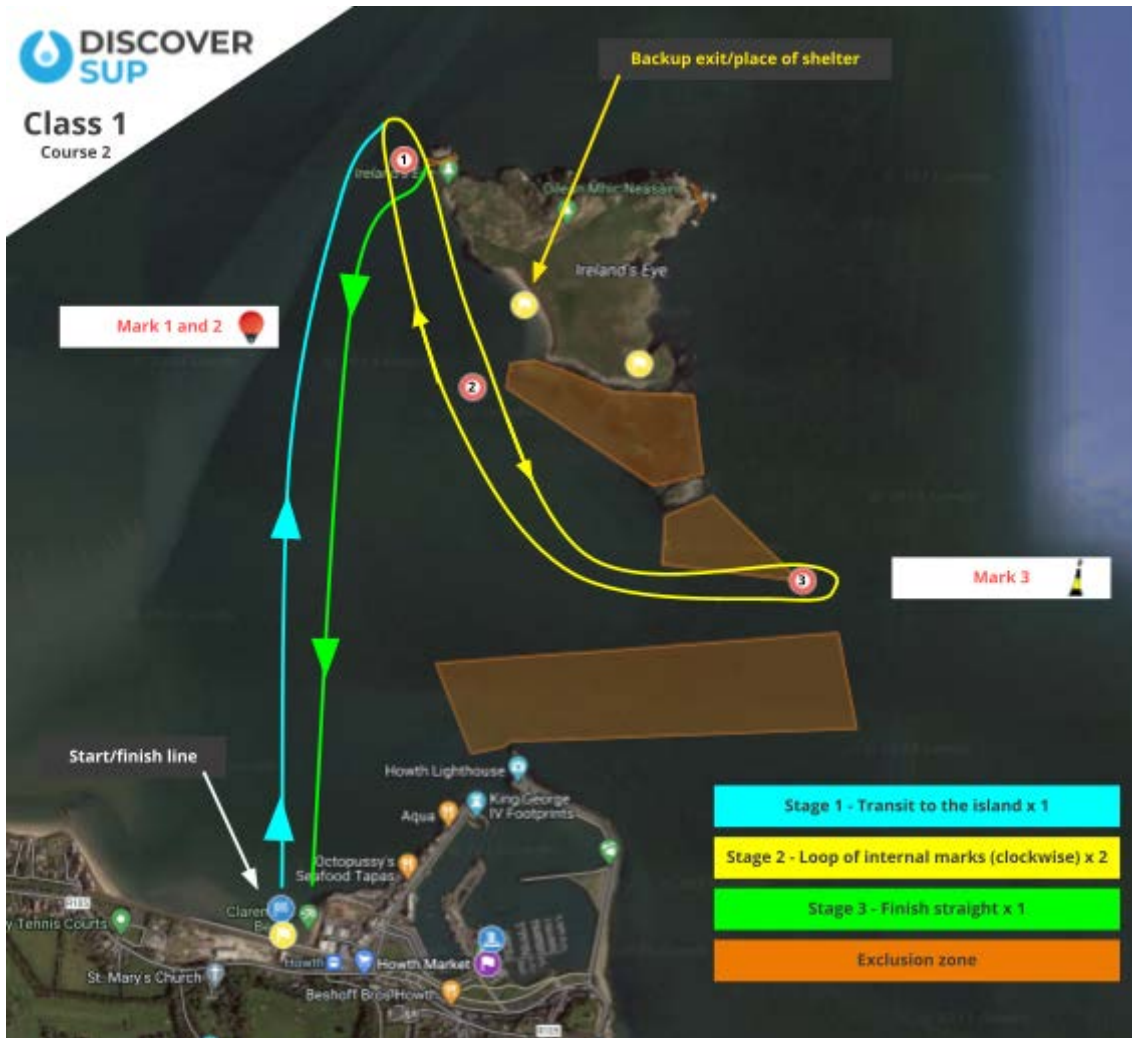
APPENDIX 2

Class 1 - course 1 map



APPENDIX 3

Class 1 - course 2 map



APPENDIX 4

Class 2 - course 1 map

