

# RACE TO KINGSTON

Presented by **Goslings**  
Since 1806



**August 16 - 19, 2024**



**Mimico to Kingston, Canada**



## Notice of Race (NoR)

Version 1.04\_31Jul2024



### ORGANIZING AUTHORITY & KEY DATES

The Race to Kingston Organizing Committee, with Co-Chairs Chris Bobyk & Joe Malon, shall represent Mimico Cruising Club (MCC) - [www.MimicoCruisingClub.com](http://www.MimicoCruisingClub.com) - as the Organizing Authority (OA) of the Race To Kingston (R2K) 2024 Race. Key dates are outlined below:

Details	Date
Registration Opening Date	Friday, January 19 <sup>th</sup>
Entry Deadline	Friday, August 2 <sup>nd</sup>
Sailing Instructions (SIs) Published	Friday, August 2 <sup>nd</sup>
Crew List Deadline	Friday, August 9 <sup>th</sup>
Crew Overboard Recovery Drill Certificate	Friday, August 9 <sup>th</sup>
Off-shore Personal Survival Course Certificate	Friday, August 9 <sup>th</sup>
Class splits posted	No Later than Saturday, August 10 <sup>th</sup>
Pre-Race Check-in	Friday, August 16 <sup>th</sup> from 1300 to 1800
Race Event Social Dinner	Friday, August 16 <sup>th</sup> from 1700 to 1930
Compulsory Skippers' Meeting & Weather Briefing	Friday, August 16 <sup>th</sup> at 1930 EDT
Race Start	Saturday, August 17 <sup>th</sup> at 1000 EDT
Race Competitors Finishing Deadline	Monday, August 19 <sup>th</sup> at 0900 EDT
Race Awards Ceremony - KYC	Monday, August 19 <sup>th</sup> at 1100 EDT

Given the fluidity of the situation around COVID-19 that may extend to cover this event, R2K may need to adjust to protect the health and well-being of racers, volunteers, and others. This may include limits on the number of sailboats and crew numbers, whether by sailboat or in total. These will be done as amendments to the Notice of Race or Sailing Instructions and posted on the Official Notice Board.

**The Registration & Race Document Web Site is:**

<https://yachtscoring.com/emenu.cfm?eid=16329>

**The Official Notice Board is:**

[https://www.yachtscoring.com/notice\\_board\\_summary.cfm?eID=16329](https://www.yachtscoring.com/notice_board_summary.cfm?eID=16329)

**For the Entry Checklist, see page 12**

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## VENUE(S)

Mimico Cruising Club (MCC): 200 Humber Bay Park Road West, Toronto, Ontario M8V 3X7.

Kingston Yacht Club (KYC): 1 Maitland Street, Kingston, Ontario K7L 2V3.

Confederation Basin Marina: 6 Clarence Street, Kingston, Ontario K7L 5H8.

Apply for dockage through the City of Kingston Confederation Basin Marina website:

<https://www.cityofkingston.ca/residents/recreation/facilities/marinas/confederation-%20basin/reservations>

Use the comments section in the application to indicate participation in the Race to Kingston. Dockage is limited

– First come, first served.

## The following abbreviations are used in this document.

CORDC	Crew Overboard Recovery Drill Certificate
DH	Double Handed
CD	Crewed
KYC	Kingston Yacht Club
R2K OSR	World Sailing's Offshore Special Regulations with Sail Canada Prescriptions and as amended by Race to Kingston
MCC	Mimico Cruising Club
NoR	Notice of Race
OA	Organizing Authority
OPSC	Off-shore Personal Survival Course
OPSCC	Off-shore Personal Survival Course Certificate
OSR	World Sailing's Offshore Special Regulations
PHRF	Performance Handicap Racing Fleet is a system used to handicap racing and cruising-type sailboats by <i>observing racing performance</i> .
PHRF-LO	A not-for-profit organization servicing the sport of sailing on Lake Ontario administration PHRF handicaps and certification
PiC	Person-in-Charge, AKA the skipper
R&DWS	Registration & Document Web Site: <a href="https://yachtscoring.com/emenu.cfm?eid=16329">https://yachtscoring.com/emenu.cfm?eid=16329</a>
R2K	Race to Kingston
RRS	World Sailing's Racing Rules of Sailing
SIs	Sailing Instructions

*Discretionary Penalty [DP] For infringements of the Rules other than RRS Part 2, the Jury may award a DP, unless stated otherwise in the Notice of Race, Sailing Instructions, or other documents. This changes RRS 64.2.*

*The notation [NP] in a rule means that a boat may not protest another boat for breaking that rule. This changes RRS 60.1(a).*

## **1 THE RULES**

- 1.1 The event is governed by the rules defined in The Racing Rules of Sailing (RRS). Appendix T. Arbitration will apply. See:  
<https://www.sailing.org/tools/documents/WSRRS20212024FinalwithChgsandCorrecns201113-%5B26798%5D.pdf>
- 1.2 The Sail Canada Prescriptions to the RRS apply for the entire race, including in US waters. See:  
[https://www.sailing.ca/wp-content/uploads/2022/06/sail\\_canada\\_prescriptions\\_2021\\_2024\\_14\\_03\\_2022.pdf](https://www.sailing.ca/wp-content/uploads/2022/06/sail_canada_prescriptions_2021_2024_14_03_2022.pdf)
- 1.3 Sail Canada is the appeal authority for this event, including for incidents in US waters.
- 1.4 The event is also governed by: R2K Offshore Special Regulations (OSR).  
The event is a Category 3 Event under the World Sailing Offshore Special Regulations for Category 3 for Monohulls with prescriptions from Sail Canada and amended by the R2K. This is documented in R2K Offshore Special Regulations for Category 3 for Monohulls (R2K OSR). This document will be available at the R&DWS under *Documents & Forms*.
- 1.5 The Racing Rules will be changed as outlined below. The Sailing Instructions (SIs) may also change other RRSs.
- 1.5.1 RRS 41 Outside Help  
Each boat may communicate with any person, competitor, boat, or outside source for information using any means available throughout the race. This changes RRS 41.
- 1.5.2 RRS 42.3 (i) Propulsion
1. Engine propulsion may be used to avoid a collision with commercial traffic providing that such usage does not advance the boat's position from its original position before the hazardous incident.
  2. An engine may be used to generate electrical power if such use does not advance the boat's position.
- 1.5.3 RRS 51 Movable Ballast  
Canting keels and water ballast are allowed if the applicable class/measurement/handicap rules permit them. This changes RRS 51.
- 1.5.4 RRS 52 Manual Power
1. All movable ballast systems must be capable of manual operation if the powered systems are inoperable.
  2. The use of power auto helm devices is allowed.
- These change RRS 52.
- 1.5.5 [NP] RRS 62 Redress
1. The Race Committee may announce boats subject to RRS 29.1 (Individual recall)
  2. The Race Committee may announce a boat's successful completion at the finish.
- The contents of these announcements, including order or whether they are made, are not grounds for redress.  
These change RRS 62.
- 1.5.6 RRS A4 Scoring System & A5 Scores Determined by the Race Committee  
A boat not starting within 20 minutes of her starting signal will be scored DNF. This changes RRS A4 & A5.
- 1.6 RRS Appendix RV, Reduced Visibility replaces RRS Part 2 between sunset and sunrise. The appendix is available at the R&DWS under *Documents & Forms*.
- 1.7 Under World Sailing Test Rule DR21-01, the definition of *Start* is changed as follows:

*Start* A boat starts when her hull has been entirely on the pre-start side of the starting line and having complied with rule 30.1 if it applies, any part of her hull crosses the starting line from the Pre-start side to the course side either:

- (a) at or after her starting signal, or
- (b) during the last eight minutes before her starting signal.

When a boat starts in accordance with item (b) of the definition of *Start*, she may return to the pre-start side of the line to comply with item (a) of the definition of *Start*, but if she does not, the starting penalty shall be: 20 minutes shall be added to her elapsed time.

- 1.8 When RRS 20 applies, a boat may indicate her need for room to tack or her response by VHF radio on channels 16 and the specified regatta channel.
- 1.9 [NP] Within 90 minutes of finishing, boats shall electronically submit their R2K Race Log and R2K Alternative Penalty Form to [R2K@MimicoCruisingClub.com](mailto:R2K@MimicoCruisingClub.com) These documents are available on R&DWS under *Documents & Forms*.

## **2 SAILING INSTRUCTIONS**

- 2.1 The SIs will be available by Friday, August 2<sup>nd</sup>, 2024, on the R&DWS.

## **3 COMMUNICATION**

- 3.1 The official notice board is online and located on the R&DWS.
- 3.2 VHF-FM Marine Radio
  - 3.2.1 All boats shall carry a VHF radio capable of communicating on 16 and 71 Canadian, with Dual Watch capability. The radio must be on VHF 71 (event channel) during the start sequence and throughout the race, while monitoring VHF 16 in Dual Watch mode.
  - 3.2.2 The boat's VHF Radio shall meet the requirements of the R2K OSR for the category of the race, including any applicable connection to a GPS (GNSS) receiver.
  - 3.2.3 Regardless of the applicable R2K OSR requirements around a VHF radio, If a VHF-FM marine fixed radio is DSC capable, the boat shall have a MMSI that is entered into the radio and the MMSI shall be input as part of the online registration process. If the radio is DSC capable and MMSI is not entered in the radio nor in the online registration process, then the entry is not complete.
- 3.3 As an alternative means of communication, a boat shall carry a cell phone that is kept charged while racing. The cell number shall be entered as part of the registration and updated as necessary to reflect the cell phone number carried aboard.
- 3.4 On the water, the Race Committee may make courtesy broadcasts to competitors on the specified event channel.
- 3.5 The Race Committee may make oral changes to the Sailing Instructions (SIs) on the water by the Race Committee broadcasting to competitors on the specified event channel.

## **4 ELIGIBILITY AND ENTRY**

- 4.1 The third annual Race to Kingston event is limited to 60 boats on a first come, first-serve basis. The Event is open to Monohull boats with a valid PHRF-LO Certificate for either Flying Sails (FS) and/or Non-Flying Sails (NFS). Boats must meet one of the stability measurements listed in 3.04 of the R2K Offshore Special Regulations for Category 3 Monohulls (R2K OSR).

Classes will be:

- Flying Sails (FS) – Crewed (CD)
- Non-Flying Sails (NFS) - Crewed (CD)
- Flying Sails (FS) – Doublehanded (DH)

Upon application and subsequent review, the OA may, at their sole discretion, accept or reject such boat as suitable for this race. The OA may request that the owner provide a boat's technical evidence to review a boat for its suitability, including stability characteristics.

Boats must be in compliance with World Sailing Offshore Special Regulations 2024-2025 for Category 3 Events with applicable Sail Canada Prescriptions and as modified for this event addressed collectively as "R2K OSR."

- 4.2 Eligible boats may be entered in the race by registering at the R&DWS.
- 4.3 The OA, upon application and subsequent review of the boat's technical evidence, as supplied by the owner, may, at their sole discretion, accept or reject such boat as suitable for this race. It is the responsibility of the owner to obtain and submit required technical evidence when requested by the OA, to review a boat for its suitability including stability characteristics.
- 4.4 [NP] Supporting documentation for a complete entry includes all information requested in the online entry, as well as the following:
1. Full payment of the entry fee(s) online is due at the time of registration.
  2. R2K Boat and PiC Waiver 2024 electronically signed by PiC as part of the online registration on the R&DWS.
  3. R2K OSR Compliance Form submitted by email to [R2K@MimicoCruisingClub.com](mailto:R2K@MimicoCruisingClub.com) during online registration. PiC's email address is the signature.
  4. If the boat's VHF radio is DSC capable, its MMSI shall be entered as part of the online registration.
  5. The Crew List on the R&DWS shall accurately represent the crew onboard for the race, and PiC shall always maintain the list. The PiC is crew and shall be included. The Crew List shall be completed by the end of day on Friday, August 9<sup>th</sup>.
  6. All crew shall agree to R2K Crew Waiver 2024, part of the mandatory crew registration in the Crew's Corner of the R&DWS.
  7. R2K Crew Overboard Recovery Drill Certificate (R2K CORDC). The completed form can be submitted by email to [R2K@MimicoCruisingClub.com](mailto:R2K@MimicoCruisingClub.com) by the end of day on Friday, August 9<sup>th</sup>. Actual crew signatures are needed, whether submitted by email or in person. Crew overboard procedures shall be practiced aboard the boat at least once annually. Refer to Appendix D of the World Sailing Offshore Special Regulations for more details on COB Recovery. At least 50% of the crew (100% of the crew for Double Handed - DH) entries shall participate in the Crew Overboard Recovery Drill and sign the R2K CORDC.
  8. A valid one or two day Sail Canada Offshore Personal Survival Course Certificate OPSCC (or equivalency - dealt on case by case basis) for 15% of the crew within the last 5 years of the commencement of this race (17-August-2019). For crews of 6 or less, one person must have completed this course. For crews 7 and over 15% of the crew must have completed the course rounding up to the next full person. This must be submitted by email to [R2K@mimicocruisingclub.com](mailto:R2K@mimicocruisingclub.com), by end of day, Friday, August 9<sup>th</sup>, 2024. Alternatively, if you are unable to attend a scheduled Off-shore Personal Survival Course, by August 9<sup>th</sup>, 2024, due to lack of course availability, you may request a waiver to this requirement. This waiver may be requested by sending an email to: [R2K@mimicocruisingclub.com](mailto:R2K@mimicocruisingclub.com).
- 4.5 The class in which the boat intends to sail must be submitted during registration and can be changed until Friday, August 2<sup>nd</sup>, 2024. Classes may be subdivided into divisions based on the handicap system and rating. The OA may assign boats to divisions and or classes based on the number of boats registered.
- 4.6 All entries must have a valid PHRF-LO Certificate. For boats from outside the PHRF-LO area, arrangements shall be made in advance to obtain a PHRF-LO certificate by contacting PHRF-LO, [www.phrf-lo.org](http://www.phrf-lo.org), see NoR 19.
- 4.7 Boats shall only display a sail number registered specifically to the boat at the time of its commission unless Alternative Sail Numbers have been declared under Sail Inventory on the R&DWS.
- 4.8 The OA may provide each boat with an event flag. The SIs will define how the flag will be flown in the harbour before and during the race.

**5 FEES**

5.1 For registration to be complete, full payment and all other entry requirements must be met.

5.2 Fees for all boats are as follows and are payable online:

**\$199.00 CAD + \$25.87 CAD HST = \$224.87 CAD - Entry Fee till June 30, 2024.**

or

**\$259.00 CAD + 33.67 CAD HST = \$292.67 CAD - Entry Fee, July 1 – August 2, 2024.**

5.3 Payment in full is required upon registration. Registration closes at 2359 EDT on Friday, August 2<sup>nd</sup>, 2024. Registrations without payment in full will be removed.

5.4 If the Organizing Authority OA cancels the event by July 12<sup>th</sup>, 2024 or rejects an entry subject to eligibility requirements not being met per S4.1, the OA will refund fee paid, less \$50.00 CAD + HST to cover committed costs.

5.5 If the OA cancels the event after July 12, 2024, refunds will be paid, less \$100.00 + HST to cover committed costs.

5.6 If the event is held, a 50% refund will be granted for requests received by the OA by the end of day, August 2, 2024. No refunds will be provided after this. Written requests must be sent to Mimico Cruising Club – Attention R2K Race Committee Registrar or emailed to R2K@mimicocruisingclub.com.

**6 CREW LIMITATIONS & REQUIREMENTS**

6.1 The following limitations apply to the crew, in addition to those in the applicable R2K OSR and class rules. The PiC is part of the crew, so all limitations and requirements on the crew applied to the PiC.

<b>CREWING CLASSES</b>	<b>LIMITATIONS &amp; REQUIREMENTS</b>
All	All souls on board are counted as crew.
Double Handed (DH)	All crew members shall be 18 years of age or older.
Crewed (CD)	The PiC and at least one other crew shall be 18 or older.

**7 ADVERTISING**

7.1 Boats may be required to display advertising chosen and supplied by the OA.

7.2 Boats may carry advertising as permitted by RRS with no additional fee. The OA may reject any advertising that may conflict with any required advertising or with the interests of the OA or sponsors.

**8 SCHEDULE**

8.1 [NP] Registration is online until 2359 EDT, Friday, August 2<sup>nd</sup>, 2024, the registration deadline.

8.2 Class Organization Splits and starting sequences will be posted by 2359 on Saturday, August 10<sup>th</sup>.

8.3 [NP] The Mandatory Event Onsite Check-in at Mimico Cruising Club (MCC) from 1300 to 1800 EDT, Friday, August 16<sup>th</sup>, 2024. Other Race Events of Friday, August 16<sup>th</sup>, 2024 are:

1300 EDT – Event Sponsors Booths open

1645 EDT – Race Reception commences

1800 EDT – Event Dinner commences

8.4 [NP] The Mandatory Skippers’ Meeting is at 1930 EDT, Friday, August 16<sup>th</sup>, 2024, at MCC. A representative from each boat shall attend this meeting, which is also open to all participants.

8.5 The warning signal for the First R2K group will be 1000 EDT, Saturday, August 17<sup>th</sup>, 2024. The warning signal for others will be made after that.

8.6 Sunday, August 18<sup>th</sup> – Finishers Greeting at KYC

8.7 The deadline for finishing competitors is 0900 EDT, on Monday, August 19<sup>th</sup>. Boats finishing after this time will be scored DNF.

8.8 1100 - Monday, August 19<sup>th</sup>, 2024 Race Awards Celebration Event and Luncheon commences.

## **9 EQUIPMENT INSPECTION**

- 9.1 All boats shall be reviewed for the equipment listed in the R2K OSR. The PiC will undertake this review. Confirmation is submitted on R2K OSR Compliance Form: see NoR 4.4 (7) on page 5.
- 9.2 [DP] A boat may be inspected at any time during the period from the Mandatory Participants' Meeting until one hour prior to the Awards Ceremony. At the finish of the race, the Race Committee may direct a boat to proceed directly to a designated location at Kingston. A boat that fails to follow such directions or subsequently fails the inspection may be protested by the Technical Committee.
- 9.3 The Technical Committee may request a Pre-Race Inspection of a boat. 48-hour notice will be provided.

## **10 COURSE**

- 10.1 The Course is: Start, one of the 9 MCC/EYC marks, Finish in the vicinity of the KYC Break wall. See Diagram 1 for the course chart.

## **11 PENALTY SYSTEM**

- 11.1 The Scoring Penalty, RRS 44.3, applies.

## **12 SCORING**

- 12.1 All boats will be scored with the PHRF-LO Time-on-Time scoring method. The scoring system is Low Point. Double Handed (DH) & Fully Crewed (FC) boats racing under/following a rating/handicap system, will be scored with boats in their own class based on the PHRF-LO Time-on-Time formula using PHRF-LO Alternative Formula conversion.

## **13 CHARTERED OR LOANED BOATS**

- 13.1 A chartered or loaned boat may carry national letters or a sail number in contravention of her class rules, provided that the Race Committee has approved her sail identification before the race.

## **14 RIGHTS & DATA PROTECTION**

- 14.1 [NP] All pictures, audio and video recordings, graphic logos, and service names contained herein or produced during the race by or on behalf of the OA are the property of either the OA or their respective members. No rights are granted to use pictures, graphic logos, and service names without permission.
- 14.2 [NP] Registrants, competitors, and participants grant the OA the unrestricted right and permission to use the name and image for any text, photograph, or video footage of either themselves or the boat they are sailing during the event to be published or broadcast in any media whatsoever (including but not limited to press, TV, social media, or internet), for either editorial or advertising purposes or to be used in press information.

## **15 RISK STATEMENT**

The decision to race, or to continue racing, is the sole responsibility of the yacht (PiC and Crew). By participating in this event, each competitor agrees and acknowledges that sailing is a potentially dangerous activity with inherent risks. These risks include intense winds and rough seas, sudden changes in weather, failure of equipment, boat handling errors, poor seamanship by other boats, loss of balance on an unstable platform, and fatigue resulting in an increased risk of injury. Inherent in the sport of sailing is the risk of permanent, catastrophic injury or death by drowning, trauma, hypothermia, or other causes. By participating in this event, each competitor agrees to release the race organizers from all liability associated with such competitor's participation in this event to the fullest extent permitted by law.



## 16 INSURANCE

[NP] Each participating boat shall be insured with a valid third-party liability insurance policy with a minimum coverage of \$2,000,000 CAD per event for Canadian boats and an adequate level of third-party liability insurance applicable in Canadian and US waters for non-Canadian boats. Proof of insurance may be randomly inspected.

## 17 PRIZES

17.1 Race Results will not be announced until the Awards Ceremony, following which they will be posted on Yacht Scoring.

17.2 Prize Flags will be awarded to the first three winning boats (PHRF-LO scoring), in each Division for the following:

- Flying Sails (FS) – Crewed (CD)
- Non-Flying Sails (NFS) - Crewed (CD)
- Flying Sails (FS) – Doublehanded (DH)

A Trophy will also be awarded for the First Place (PHRF-LO scoring) in each Division:

- Flying Sails (FS) – Crewed (CD)
- Non-Flying Sails (NFS) - Crewed (CD)
- Flying Sails (FS) – Doublehanded (DH)

Trophies will also be awarded for:

- Line Honours (first across the finish line)
- Overall Winner (corrected time on PHRF)

17.3 The Awards ceremony will be at 1100 EDT, Monday, August 19<sup>th</sup>, 2023, at Kingston Yacht Club.

17.4 The trophies are awarded annually. Trophies will be awarded at the R2K Awards Ceremony and be available for Team photos but must be returned to the Presenter immediately following the ceremony.

## 18 FURTHER INFORMATION, OTHER DOCUMENTS, OTHER LINKS AND FORMS AVAILABILITY

The Registration & Document Web Site is: <https://yachtscoring.com/emenu.cfm?eid=16329>

18.1

The Official Notice Board is found at:

[https://www.yachtscoring.com/notice\\_board\\_summary.cfm?eID=16329](https://www.yachtscoring.com/notice_board_summary.cfm?eID=16329)

18.2 Other Documents Availability:

- RRS Appendix RV, Reduced Visibility
- R2K Offshore Special Regulations for Category 3 Monohulls
- R2K Offshore Special Regulations for Category 3 Monohulls Checklist
- R2K Offshore Special Regulations Compliance Form
- R2K Boat and PiC Waiver
- R2K Crew Waiver
- R2K Alternative Penalty Acknowledgement Form
- R2K Race Log
- R2K Crew Overboard Recovery Drill Certificate
- R2K Emergency Numbers and Contacts
- Event's Class Organization (Splits) and Starting Sequences Document
- Skippers' Meeting Presentation
- Weather Forecast Presentation

Are available in the R&DWS under *Documents & Forms* at:

<https://yachtscoring.com/emenu.cfm?eid=16329>

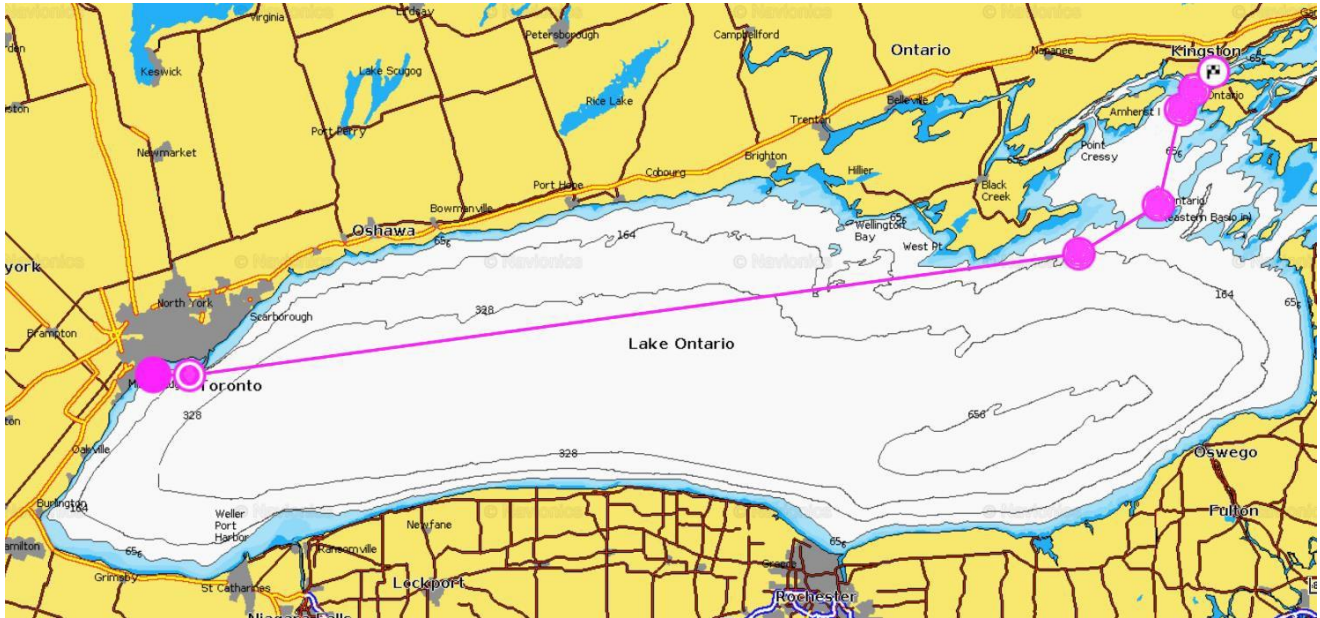
## Contacts

<b>ORGANIZING AUTHORITY CONTACTS</b>		
R2K Registration	<a href="mailto:R2K@MimicoCruisingClub.com">R2K@MimicoCruisingClub.com</a>	
R2K Event Co-Chairs	<a href="mailto:chris@bfhrealtyadvisors.com">chris@bfhrealtyadvisors.com</a> <a href="mailto:sailorguy50@gmail.com">sailorguy50@gmail.com</a>	
MCC	<a href="mailto:fleet@MimicoCruisingClub.com">fleet@MimicoCruisingClub.com</a>	<a href="http://www.MimicoCruisingClub.com">www.MimicoCruisingClub.com</a>
KYC	<a href="mailto:manager@KingstonYachtClub.ca">manager@KingstonYachtClub.ca</a>	<a href="http://www.KingstonYachtClub.ca">www.KingstonYachtClub.ca</a>
<b>HANDICAP SYSTEMS CONTACTS</b>		
PHRF-LO	Contact your club's PHRF-LO Handicapper	<a href="http://www.phrf-lo.org">www.phrf-lo.org</a>

## Diagram 1

### Course Diagram

Not to be used for navigation. Purple dots do not represent marks of the course. For example, only.



## Diagram 2 Confederation Basin Marina Map



**The Registration & Documents Web Site is:**

<https://yachtscoring.com/emenu.cfm?eid=16329>

**The Official Notice Board is:**

[https://www.yachtscoring.com/notice\\_board\\_summary.cfm?eID=16329](https://www.yachtscoring.com/notice_board_summary.cfm?eID=16329)

**Registration Requirements:**

<b>Number</b>	<b>Requirement</b>	<b>Due Date</b>	<b>How-To</b>
1.	Event Registration	Ends at 2359 EDT, August 2 <sup>nd</sup> , 2024	Complete during Event Registration on the Registration Page of the R&DWS
2.	Payment	At Registration	Complete during Event Registration on the Registration Page of the R&DWS
3.	R2K OSR Compliance Form	At Registration	Submit by email to <a href="mailto:R2K@MimicoCrusingClub.com">R2K@MimicoCrusingClub.com</a>
4.	Crew List	Friday, August 9 <sup>th</sup> , 2024	Complete on the R&DWS
5.	R2K Crew Overboard Recovery Drill Certificate	Friday, August 9 <sup>th</sup> , 2024	Submit by email to <a href="mailto:R2K@MimicoCrusingClub.com">R2K@MimicoCrusingClub.com</a>
6	A valid one or two day Sail Canada Offshore Personal Survival Course Certificate (or equivalency) for 15% of the crew	Friday, August 9 <sup>th</sup> , 2024	Submit by email to <a href="mailto:R2K@MimicoCrusingClub.com">R2K@MimicoCrusingClub.com</a>

**Concussion Policy & Protocol (Rowan's Law) Links**

Ontario Sailing Concussion Resources:

<https://ontariosailing.ca/member-services/concussion-information/>