



Lake Ontario Short Handed Series (LOSHRS) 2021

Race 1 - Course Race –Sunday, August 1

Race 2 – Coastal Race – Saturday, June 19

Race 3 – Coastal Race – Sunday, June 20

Race 4 - Long Distance Race - August 13-15,

Races 5 & 6 - DYC Weekend - September 18/19

NOTICE OF RACE

Version V01.02 / 2021-05-11

With Amendments 1 & 2

Given the fluidity of the situation around COVID 19 that may extend to cover this event, LOOR may need to make adjustments to protect the health and well being of racers, volunteers, and others. This may include limits on the number of sailboats and/or 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.

Amendments

#	DATE	SECTION	CHANGE
1	2021-04-21	5.1.1	The date for increase in fees has been changed from April 25 th to May 11 th .
1	2021-04-21	5.1.3	For registrations made on or before the date in 5.1.1, the applicable fee is due on that date, otherwise the registration will be deleted. For registrations made after the date in 5.1.1, payment in full is required at the time of registration.
1	2021-04-21	8.4	For Race 1, the Participants' Meeting is at 2000 EDT, Thursday Friday, June 03, 2021 online. Details will be distributed to registrants before the event.
2	2021-05-11	2.1	The Sailing Instructions (SIs) will be available by June 4, 2021 on the <u>Registration and Race Document Web Site</u> .
2	2021-05-11	5.1.1	The date for increase in fees has been changed from May 11 th to May 25 th .
2	2021-05-11	5.2.2	A 50% refund will be granted for requests received by LOOR by the end of day Friday June 11, 2021. No refunds will be provided after this. The retained amount covers incurred expenses.
2	2021-05-11	8.3	Class Organization (Splits) and starting sequences will be posted before 1000 EDT June 17, 2021 on the Official Notice Board. Preliminary versions may be posted before, at the <u>Registration and Race Document Web Site</u> .
2	2021-05-11	8.4	Updated to reflect new dates

www.loor.ca

The Registration and Race Document Web Site is

<https://yachtscoring.com/emenu.cfm?eid=13260>

See **Figure 1** Where to find on the Registration and Race Document Web Site

page 16

For an Entry Checklist, see page 15

See Registration and Race Document Web Site – Additional Event Links (E) – for video link on how to register or <https://www.youtube.com/watch?v=sVS5DqzwR64&t=4s>

For PCYC Concussion Policy & Protocol (Rowan's Law) Links

See page 18

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).

The Racing Rules of Sailing (RRS) 2021-2024 state that items, *Rules*, in the Notice of Race (NoR) do not have to be repeated in Sailing Instructions (SIs). Both the NoR and SIs describe the conduct of the event and need to be used jointly during the event.

1 The RULES

- 1.1 The event is governed by the rules as defined in The Racing Rules of Sailing.
- 1.2 The event is also governed by the following documents.
 - 1.2.1 [DP] LOOR Offshore Special Regulations (OSR)
 - 1.2.1.1 For events denoted as Category 3, the following apply.
LOOR Offshore Special Regulations for Category 3 Monohulls
LOOR Offshore Special Regulations for Category 3 Multihulls
 - 1.2.1.2 For events denoted as Category 4, the following apply.
LOOR Offshore Special Regulations for Category 4 Monohulls
LOOR Offshore Special Regulations for Category 4 Multihulls
 - 1.2.1.3 The above documents are available on the Registration and Race Document Web Site. See Figure 1 Where to find on the Registration and Race Document Web Site on page 16.
 - 1.2.2 [DP] [NP] The event is governed by PCYC's Visiting Yacht's Policy, including pre-registration for dockage, available under the link "Additional Event Links" on the Registration and Race Document Web Site. See Figure 1 Where to find on the Registration and Race Document Web Site on page 16.
 - 1.2.3 [DP] Ontario Environmental Protection Act Regulations #343, available here:
www.e-laws.gov.on.ca/html/regs/english/elaws_regs_900343_e.htm
- 1.3 The Racing Rule(s) will be changed as outlined below. The Sailing Instructions may also change other Racing Rules of Sailing (RRS).
 - 1.3.1 RRS 28.1
Is changed as follows.

A boat shall *start* or be assessed the time penalty in 1.3.2, *sail the course* and then *finish* or be assessed the time penalty in 1.3.2, when any part of her hull crosses the finishing line from the course side, unless if after crossing the finishing line she
(a) takes a penalty under rule 44.2,

- (b) corrects an error in sailing the course made at the line, or
- (c) continues to sail the course.

While doing so, she may leave on either side a *mark* that does not begin, bound, or end the leg she is sailing. After *finishing or* being assessed the time penalty in 1.3.2, when any part of her hull crosses the finishing line from the course side, she need not cross the finishing line completely.

1.3.2 RRS 29.1, RRS 64.1 (a) and RRS Appendix A5

A sailboat that is OCS at the start of her class is assessed a 20-minute penalty. A sailboat starting six minutes before her Start Signal may be protested by the Race Committee, and the Protest Committee will apply an appropriate penalty if the sailboat is found to have infringed this. This changes RRS 29.1, RRS 64.1 (a) and RRS Appendix A5.

1.3.3 RRS 41 Outside Help

All forms of communication. Each sailboat may communicate with any person, competitor, sailboat, or outside source for information available using any means available throughout the race. This changes RRS 41.

1.3.4 RRS 42.3 Exceptions

An engine may be used for generating electrical power provided that such use does not advance the boat's position. This changes RRS 42.3.

1.3.5 RRS 51 Movable Ballast

Canting keels and water ballast are allowed, assuming the applicable class/measurement/handicap rules permit them. This changes RRS 51.

1.3.6 RRS 52 Manual Power

Is modified to allow canting keels and water ballast, assuming the applicable class/measurement/handicap rules permit them.

All movable ballast systems must be capable of manual operation if the powered systems are inoperable.

The use of power auto helm devices is allowed. This changes RRS 52.

1.3.7 RRS 60.1 (a)

Breaches of specific Sailing Instructions, as denoted in the Sailing Instructions by "[NP]", will not be grounds for a protest by a sailboat. This changes RRS 60.1 (a).

1.3.8 [NP] RRS 62 Redress

The Race Committee may announce sailboats subject to RRS 29.1.

The Race Committee may announce a sailboat's successful completion at the finish. This changes RRS 62.

1.3.9 RRS 64.2

For infringements of the rules other than Part 2, the Jury may award a lesser penalty than DSQ, unless stated otherwise in the Notice of Race or Sailing Instructions. This changes RRS 64.2.

1.3.10 RRS A4 & A5

A sailboat not starting within 90 minutes of her starting signal will be scored DNF. This changes RRS A4 & A5.

1.4 RRS Appendix RV, Reduced Visibility replaces RRS Part 2 from 0800 until 2000. This document is available on the Registration and Race Document Web Site under Documents & Forms.

1.5 RRS Appendix WP, Rules for Racing Around Waypoints applies when waypoints are used. This document is available on the Registration and Race Document Web Site under Documents & Forms.

1.6 National Prescriptions

1.6.1 The prescriptions of Sail Canada to the RRS apply for the entire race; including in US waters, see:

www.sailing.ca/uploads/2020/10/Sail-Canada-Prescriptions-to-the-RRS_2021-2024.pdf

1.7 When rule 20 applies, a boat may indicate her need for room to tack or her response by VHF radio on channels 16 and 71 Canadian.

1.8 [DP] Backstay Fleet/Division Pennant

Sailboats shall fly the listed numerical pennant, for their Fleet/Division, for which they are racing, from their backstay or other prominent position if she has no backstay.

This will be an International Code Signal numeral pennant, from one (1) to nine (9), as defined in Fleet/Division Organization (Splits) and Starting Sequences Document.

2 SAILING INSTRUCTIONS

2.1 The Sailing Instructions (SIs) will be available by June 4, 2021 on the Registration and Race Document Web Site.

3 COMMUNICATION

3.1 The online official notice board is located on the Registration and Race Document Web Site.

3.2 All boats shall carry a VHF radio capable of communicating on 16, 71 Canadian and as required by the LOOR Offshore Special Regulations (OSR)

3.3 On the water, the race committee will make courtesy broadcasts to competitors on VHF radio. The channel will be stated in the Sailing Instructions.

4 ELIGIBILITY AND ENTRY

- 4.1 **For Category 3 Events only**, the Event is open to any sailboat that meets one of the following stability measurements.

Precedence	Measurement	Minimum Value
1	ISO 12217-2 Category	B
2	STIX AVS	23 130-0.0005m, but always > 95°
3	ORC Stability Index	103
4	SSS Base Value	15

Where m is the Minimum Sailing Weight

For entries 2 through 4, the sailboat must have a Minimum Sailing Weight of 1500kg as well as the minimum value.

The Organizing Authority, upon application and subsequent review of the vessel's technical evidence, as supplied by the owner, may, at their sole discretion, accept or reject such vessel as suitable for this race. It is the responsibility of the owner to obtain and submit required technical evidence when requested by the Organizing Authority, to review a sailboat for its suitability including stability characteristics.

- 4.2 Eligible sailboats may be entered in the race by registering online at the Registration and Race Document Web Site.
- 4.3 [DP] [NP] Supporting documentation for a complete entry includes all information requested in the online entry, at the Registration and Race Document Web Site, as well as the following:

1. Payment of the entry fee(s) online by the date in 5.1.
2. The LOOR Sailboat and Person in Charge (PIC)/Skipper Release of Liability, Waiver of Claims, Assumption of Risks and Indemnity Agreement, Acceptance of Ontario Sailing's Concussion Protocol, and Agreement to act as the Designated Person for LOOR Events 2021 ("LOOR Sailboat and PIC Release") electronically signed by PIC/Skipper as part the online registration on the Registration and Race Document Web Site.
3. **For Category 3 Events only**, stability, measurement, and value for 4.1, for the specific sailboat or for a sister ship, submitted by email to LOSHRS@loor.ca within 48 hours of completion of the online registration.
4. Crew information filed and maintained electronically at the Registration and Race Document Web Site, i.e., Crew List. This includes identification of the Person in Charge as per RRS 46 and compliance with the Sail Canada's prescription to RRS 46. The crew information shall accurately represent the crew onboard for the race. The Person in Charge shall update as necessary up to the start of the race. The Person in Charge and/or skipper are crew and must

add/update their information in the Crew List. This includes all crew agreeing to LOOR Crew Release of Liability, Waiver of Claims, Assumption of Risks and Indemnity Agreement and Acceptance of Ontario Sailing's Concussion Protocol – Athletes and Participants for LOOR Events 2021("LOOR Crew Release") as part of the mandatory crew registration in the Crew's Corner on the Registration and Web Site. The initial Crew List must be input by end of day of the Tuesday before the event.

For Category 3 Events only, signed LOOR Crew Overboard Recovery Drill Certificate. The blank form is available at the Registration and Race Document Web Site. The completed form can be submitted by email to LOSHRS@LOOR.CA by end of day of the Tuesday before the event, or at the Onsite Check-in. Actual signatures of the crew are needed whether submitted by email or in-person.

5. **For Category 3 Events only**, applicable, completed, and signed Lake Ontario Offshore Special Regulations Certificate & Sail Plan. These are available at the Registration and Race Document Web Site as LOOR Combined Form. The completed form must be submitted by email to LOSHRS@LOOR.CA by end of day of the Tuesday before the event, or at the Onsite Check-in. The email address will be used as the signature of the PIC.

- 4.4 The race is open to monohull and multihull sailboats that meet the eligibility and entrance requirements.

Monohull sailboats Classes will be:

- Flying Sails (FS) and No Flying Sails (NFS) - Doublehanded (DH)
- Flying Sails (FS) and No Flying Sails (NFS) – Singlehanded (SH)

Multihull Fleets will be:

- Flying Sails (FS) only - Doublehanded (DH)

Classes may be sub-divided into divisions based on handicap system and rating or One Design Classes. The Organizing Authority may assign sailboats to divisions and fleets based on the number of sailboats registered.

- 4.5 Required Handicap Certificates

GLMRA Multihull	Must have a valid GLMRA Certificate
PHRF	Must have a valid PHRF-LO Certificate

For sailboats racing under PHRF from outside the PHRF-LO area, arrangements shall be made in advance to obtain a PHRF-LO certificate. Contact PHRF-LO, www.phrf-lo.org .

- 4.6 [DP] Competitors' sailboats shall only display a sail number registered

specific to the sailboat at the time of its commission. Requests, on the LOOR Combined Form, available on the Registration and Race Document Web Site, to display alternative sail numbers to the sailboat's commissioned sail number may be approved by the Organizing Authority and must be filed with the registrar prior to the Participants' Meeting.

- 4.7 [DP] [NP] **For Category 3 Events only**, crew overboard procedures shall be practised aboard the yacht at least once annually. A certificate of such practice (Crew Overboard Recovery Drill Certificate available on the Registration and Race Document Web Site) shall be signed by crew members and submitted as part of the registration. (Refer to Appendix D of the World Sailing Offshore Special Regulations for more details on COB Recovery). At least 50% of the crew shall participate in the Crew Overboard Recovery Drill.
- 4.8 [DP] The Organizing Authority will provide each competitor with an event flag. The Sailing Instructions will define how the flag is to be flown in the harbour before the race and during the race.

5 FEES

- 5.1 For a registration to be complete, payment is required, and all other entry requirements must be met or fulfilled.

5.1.1 Full Season

Until May 25 th	\$137.50 CAD	+\$17.88 CAD HST =	\$158.38 CAD
After May 25 th	\$190.00 CAD	+\$24.70 CAD HST =	\$214.70 CAD

HST will be charged when applicable.

- 5.1.2 Single Race (Each day of DYC) weekend is a single race.

\$63.50 CAD	+\$8.26 CAD HST =	\$71.76 CAD
-------------	-------------------	-------------

HST will be charged when applicable.

- 5.1.3 After the first payment as part of the registration process, additional events are paid under Additional Purchases on the Registration and Race Documents Web Site.

- 5.1.4 For registrations made on or before the date in 5.1.1, the applicable fee is due on that date, otherwise the registration will be deleted. For registrations made after the date in 5.1.1, payment in full is required at the time of registration.

- 5.2 LOOR will provide refunds as follows, for full series entries:

- 5.2.1 If LOOR cancels the event, LOOR will retain \$40.00 CAD + HST to cover committed costs.

- 5.2.2 A 50% refund will be granted for requests received by LOOR by the end of day Friday June 11, 2021. No refunds will be provided after this. The

retained amount covers incurred expenses.

- 5.2.3 Written requests must be sent by mail to LOOR LOSHRS c/o PCYC or emailed to LOSHRS@loor.ca.

6 CREW LIMITATIONS

- 6.1 The following limitations apply to crew, in addition to those in the applicable LOOR Offshore Special Regulations (OSR) and applicable class rules.

The Person in Charge is part of the crew, so all limitations, responsibilities and requirements on crew apply to the Person-in-Charge.

CREWING CLASSES	LIMITATIONS
ALL	<ul style="list-style-type: none">• All souls onboard are counted as crew.
Single Handed (Solo) (SH)	<ul style="list-style-type: none">• Person in charge, be 18 years of age or older.
Double Handed (DH)	<ul style="list-style-type: none">• Person in charge, be 18 years of age or older.

7 ADVERTISING

- 7.1 Sailboats may be required to display advertising chosen and supplied by the Organizing Authority.
- 7.2 Additionally, sailboats may carry advertising as permitted by Racing Rules of Sailing with no additional fee. The Organizing Authorities may reject any advertising that may conflict with any required advertising or with the interests of the Organizing Authorities or sponsors.

8 SCHEDULE

- 8.1 Registration online, at the Registration and Race Document Web Site must be done 49 hours prior to the event.
- 8.2 [DP] [NP] **For Category 3 Events only**, the Participants' Meeting is mandatory. A representative from each sailboat shall attend this meeting and it is also open to all participants.
- 8.3 Class Organization (Splits) and starting sequences will be posted before 1000 EDT June 17, 2021 on the Official Notice Board. Preliminary versions may be posted before, at the Registration and Race Document Web Site.
- 8.4 The Participants' Meeting and Race First Warning date and time and LOOR OSR Category.

Race Number	Participants' Meeting		Race	CATEGORY
	Time	Location	First Warning	
Race 1	20:00 Thu. July. 29	Online Details will be distributed to registrants before the event	11:25 Sun. August 1	4
Race 2	19:30 Fri. Jun. 18	PCYC	09:55 Sat. Jun 19	4
Race 3			09:55 Sun. Jun 20	4
Race 4	19:30 Fri. Aug. 13	PCYC	09:55 Sat. Aug. 14	3
Race 5	19:30 Fri. Sep. 17	PCYC	09:55 Sat. Sep. 18	4
Race 6			09:55 Sun. Sep. 19	4

Onsite check-in will occur 30 minutes before the scheduled start of each Participants' Meeting.

9 EQUIPMENT INSPECTION

9.1 [DP] **For Category 3 Events only**, all sailboats shall be reviewed for the equipment listed in the applicable Lake Ontario Offshore Special Regulations, available at the Registration and Race Document Web Site. This review will be undertaken by the person in charge of the sailboat. A sailboat must successfully complete this review prior to the start of the race. Confirmation of this review is on the LOOR Combined Form, as described in 4.3 on page 7.

9.2 [DP] **For Category 3 Events only**, a sailboat may be inspected at any time during the period from the Mandatory Participants' Meeting until three hours after her finish. The Race Committee may, at the finish of the race, direct a sailboat to proceed directly to a designated location at Port Credit Yacht Club. A boat, which fails to follow such directions, or which subsequently fails the inspection, may be protested by the Race Committee.

Any post race inspection will include verification that submitted Crew List matches the actual crew that raced.

9.3 [DP] **For Category 3 Events only**, at its sole discretion, the Race Committee may request a Pre-Race Inspection of a sailboat. This inspection would be conducted during the Mandatory Event Onsite Check-in. The Race Committee will provide 72-hour notice of this inspection, provided the

sailboat has started registration before that time.

10 VENUE

- 10.1 The venue is the Port Credit Yacht Club (PCYC), 115 Lakefront Promenade, Mississauga, ON L5E 3G6. See www.pcy.net.

11 COURSES

- 11.1 Race 1 – Course Race {Category 4}
A race from PCYC to Toronto Islands and back to PCYC
- 11.2 Race 2 & 3 – Coastal Races {Category 4}
Each race will start at PCYC, sail either east or west, ending at PCYC.
- 11.3 Race 4 – Long Distance (100miler) {Category 3}
PCYC, to Toronto Islands, to PCYC, to Niagara, to Burlington, to PCYC
- 11.4 Race 5 & 6 – DYC Weekend {Category 4}
Race 5 – PCYC to DYC
Race 6 – DYC to PCYC

12 PENALTY SYSTEM

- 12.1 The Scoring Penalty, RRS 44.3, applies.

13 SCORING

- 13.1 Single-Handed (SH) and Double-Handed (DH) sailboats racing under following rating/handicap systems:

Multihull	GLMRA Rule applies
PHRF-LO	PHRF-LO Time on Time formula applies

- 13.2 Sailboats will be scored in their own classes.
- 13.3 The Organizing Authority reserves the right to adjust the scratch sailboat when converting the PHRF-LO Time on Distance to Time on Time based on the registrations received by the deadline. The Time-on-Time ratings will be published along with the division splits.

14 CHARTERED OR LOANED BOATS

- 14.1 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 first race. See RRS G3.

15 DATA PROTECTION

- 15.1 Photograph & Video Rights
- 15.1.1 DP] [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

Organizing Authorities or Port Credit Yacht Club, are the property of either the Organizing Authorities or Port Credit Yacht Club or their respective members. No rights are granted to use pictures, graphic logos, and service names without permission.

- 15.1.2 Registrants, competitors, and participants grant the Organizing Authorities or Port Credit Yacht Club (PCYC) the unrestricted right and permission to use the name and/or image for any text, photograph, or video footage of either themselves or the sailboat 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.

16 RISK STATEMENT

By participating in this event each competitor agrees and acknowledges that sailing is a potentially dangerous activity with inherent risks. These risks include strong 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 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.

17 INSURANCE

- 17.1 [DP] [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 sailboats and an adequate level of third-party liability insurance applicable in Canadian and US waters for non-Canadian sailboats.

18 PRIZES

- 18.1 Details on Flag and Awards ceremony will be announced later.
- 18.2 A list of the trophies awarded, their eligibility requirements, and selection methodology are available at www.loor.ca. Details on the Awards Event will be available at a later date.

19 FURTHER INFORMATION

ORGANIZING AUTHORITY CONTACTS

LOOR

LOOR	info@loor.ca
LOSHRS	LOSHRS@loor.ca
Safety	Safety@loor.ca

Registration	LOSHRS@loor.ca
Race Committee	Racecommittee@loor.ca

HANDICAP SYSTEMS CONTACTS

GLMRA	Racecommittee@loor.ca
PHRF-LO	Contact your club's PHRF-LO Handicapper or see www.phrf-lo.org

Lake Ontario Short-handed Racing Series (LOSHRS)

Race 1 - Course Race –Sunday, August 1
Race 2 – Coastal Race - June 18
Race 3 – Coastal Race - June 19
Race 4 - Long Distance Race - August 13-15,
Races 5 & 6 - DYC Weekend - September 18/19

ENTRY CHECKLIST

(For Information only and are not part of the Rules of the NoR)

www.loor.ca

The Registration and Race Document Web Site is

<https://yachtscoring.com/emenu.cfm?eid=13260>

Please refer to the Notice of Race, at Registration and Race Document Web Site, for official requirements and applicable deadlines.

Please ensure eligibility under the Racing Rules of Sailing (RRS), as extracted from the RRS below:

“46 PERSON IN CHARGE

A boat shall have on board a person in charge designated by the member or organization that entered the boat. See rule 75.

SAIL CANADA prescribes that the designated person in charge, if resident in Canada, shall be a member of a club affiliated with SAIL CANADA.

75 ENTERING A RACE

To enter a race, a boat shall comply with the requirements of the organizing authority of the race. She shall be entered by

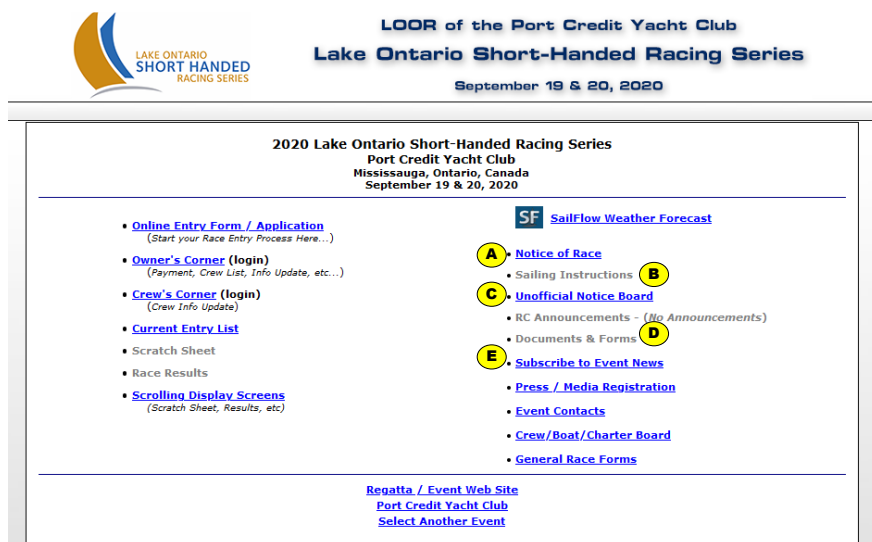
- (a) a member of a club or other organization affiliated to a World Sailing member national authority,
- (b) such a club or organization, or
- (c) a member of a World Sailing member national authority.”

For a Person in Charge, who is an Ontario resident but is not a member of a Sail Canada yacht club, they can contact Ontario Sailing, www.ontariosailing.ca, to purchase a ‘Maple Leaf Fund Right to Race Card’.

Potential registrants should review RRS 3.

Guidelines for completing the registration and entry process:

The Registration and Race Document Web Site is
<https://yachtscoring.com/emenu.cfm?eid=13260>



- A** Click here for NOR
C Click here for RC Announcements
E Click here for link to other associated web sites, i.e., book dock at PCYC, etc.
- B** Click here for SIs
D Click here for other documents, i.e., LOOR OSR, Splits, etc.

Figure 1 Where to find on the Registration and Race Document Web Site

For help on registration, see video at

<https://www.youtube.com/watch?v=sVS5DqzwR64&t=4s>

#	Requirement	How	Comments
1.	Registration	On the <u>Registration and Race Document Web Site</u>	
2.	<u>LOOR Release</u>	Electronically signed by individual submitting the online registration	
3.	Payment	On the <u>Registration and Race Document Web Site</u>	
4.	Stability data	By email to LOSHRS@loor.ca	

5.	Crew information	On the <u>Registration and Race Document Web Site</u>	<p>Must reflect current information for actual crew participating in the race.</p> <p>The Person in Charge, AKA skipper, is crew and must add/update their information in the <i>Crew List</i>.</p> <p>Use <u>Registration and Race Document website</u> to create logon entries for crew so they can input their information.</p>
6.	LOOR Crew Overboard Recovery Drill Certificate, for Category 3 Events only	<p>Download from <u>Registration and Race Document Web Site</u>, click on link shown by (D) above.</p> <p>The completed form can be submitted by email to LOSHRS@LOOR.CA by end of day of the Tuesday before the event or at the Onsite Check-in.</p> <p>Actual signatures of the crew are needed whether submitted by email or in-person.</p>	
7.	Signed LOOR Offshore Special Regulations (OSR) Certificate & Sail Plan, for Category 3 Events only	<p>Download from <u>Registration and Race Document Web Site</u>, available as <u>LOOR Combined Form</u>, click on link shown by (D) above.</p> <p>The completed form can be submitted by email to LOSHRS@LOOR.CA by end of day of the Tuesday before the event or at the Onsite Check-in. The email address will be used as the signature of the PIC.</p>	

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

- Ontario Ministry provided Concussion Resources
www.ontario.ca/page/rowans-law-concussion-awareness-resources
- Ontario Sailing Concussion Code of Conduct – Athletes and Participants
www.ontariosailing.ca/wp-content/uploads/2019/06/OS-Concussion-Code-of-Conduct-Athlete.pdf
- Ontario Sailing Concussion Management & Return to Play
www.ontariosailing.ca/wp-content/uploads/2019/10/OS-Concussion-Management-Policy-V2-August-2019.docx.pdf