



Larchmont Junior Race Week - Opti Day

2026 SAILING INSTRUCTIONS

Optimist Red, Blue, White Divisions

ADDENDUM B - SUPPORT PERSONS

[NP] Headcount Verification

1. Safety Contacts & Verification Each participating club must appoint a Designated Safety Instructor (DSI) who is responsible for verifying sailor headcounts. The DSI serves as the official liaison to the LYC Safety Patrol and the Shore Safety Officer.

2. Sign-In / Sign-Out Procedure The DSI must sign in and sign out every sailor from their Club. This must be completed twice daily—no later than 15 minutes after the Harbor Start for a class and no later than 15 minutes after the race committee signals boat for their course returns to LYC at the end of racing—using one of two methods:

- At the designated stations on the Club veranda.
- Via the LYC JRW Coaches/DSI WhatsApp group.
i.g. “LYC 6 Fevas, 2 ILCA 4, 1 c420 afloat (or ashore)”

3. Penalties

Boats whose Club has failed to properly sign out or sign in will receive a 30% Scoring Penalty for each race sailed that day.