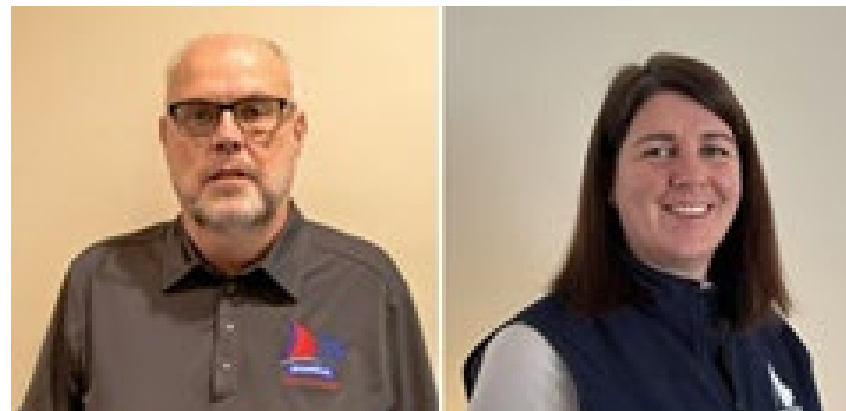


# Offshore Racing

## *What it is & how to get involved!*

**Tuesday, February 18, 2025**

**Graham Dougall, LOOR, & Megan Medlock, Ontario Sailing**





# This session is being recorded.

Recording will be at

[www.youtube.com/@LOORracing](https://www.youtube.com/@LOORracing)



Presentation Material will be at

[www.loor.ca/presentations](http://www.loor.ca/presentations)



# The Presenters

- Ontario Sailing
  - Megan Medlock
    - Program Manager
    - [www.ontariosailing.ca](http://www.ontariosailing.ca)
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- Lake Ontario Offshore Racing (LOOR)
  - Graham Dougall, NRO, RMCC, CJ
    - Race Management, Technical & Safety Committee Chair
    - [www.loor.ca](http://www.loor.ca)
    - [racecommittee@loor.ca](mailto:racecommittee@loor.ca)

# Our purpose

- Explain what offshore racing is and is not.
- Dispel myths and misconceptions
- Cover the spectrum of offshore racing
- Explain how Ontario Sailing's Personal Survival Course offering support offshore racing or *if you're just cruising.*
- Explore ways to become involved in offshore racing as a crew or boat owner
- Answer your questions
- Provide additional resources & references

# Why do *Offshore Racing*?

- Perception that less extensive than “course racing”.
- May need less crew.
- You against the elements as well as other racers.



# Poll Question 1





# What is “*Offshore Racing*”?

## Offshore & Oceanic Sailing

World Sailing promotes Oceanic and Offshore racing and cruising around the world. Oceanic racing is defined as any offshore race over 800 miles.

There are many types of Oceanic and Offshore racing events which are organised for one design classes as well as handicap or rating systems. In order to achieve an orderly schedule, World Sailing works with event organisers to monitor the calendar of events. The differences between the types of Oceanic and Offshore racing, ranging from trans-oceanic racing to short-course day races sailed in protected waters, are reflected in the six categories of the World Sailing Offshore Special Regulations which provide for the differences in the minimum standards of safety and accommodation.



<https://www.sailing.org/our-sport/types-of-sailing/>

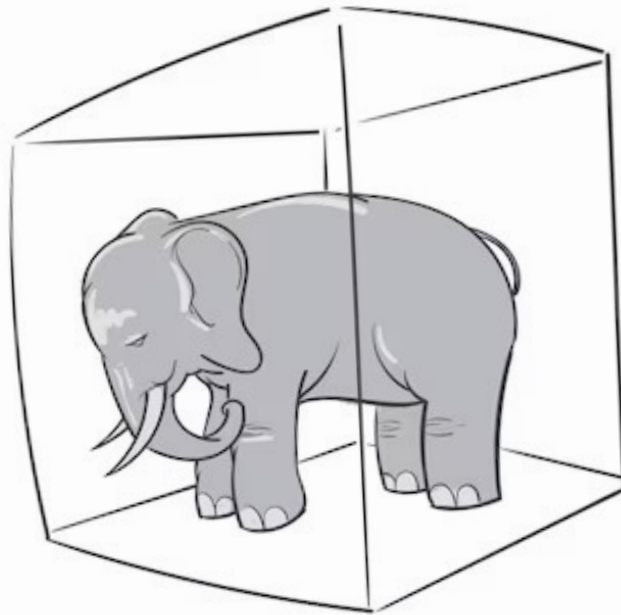
# What is “*Offshore Racing*”?

Buried away in World Sailing’s “2025 WORLD SAILING REGULATIONS” in SECTION 1 – GOVERNANCE & ADMINISTRATION, 2 Definitions, we find:

## Offshore Racing

Racing in any boats capable of complying with requirements of **Category 4** of the **Offshore Special Regulations**.

<https://d7qh6ksdplczd.cloudfront.net/sailing/wp-content/uploads/2024/11/20125911/2025-Regulations-November-2024-18.11.24-.pdf>



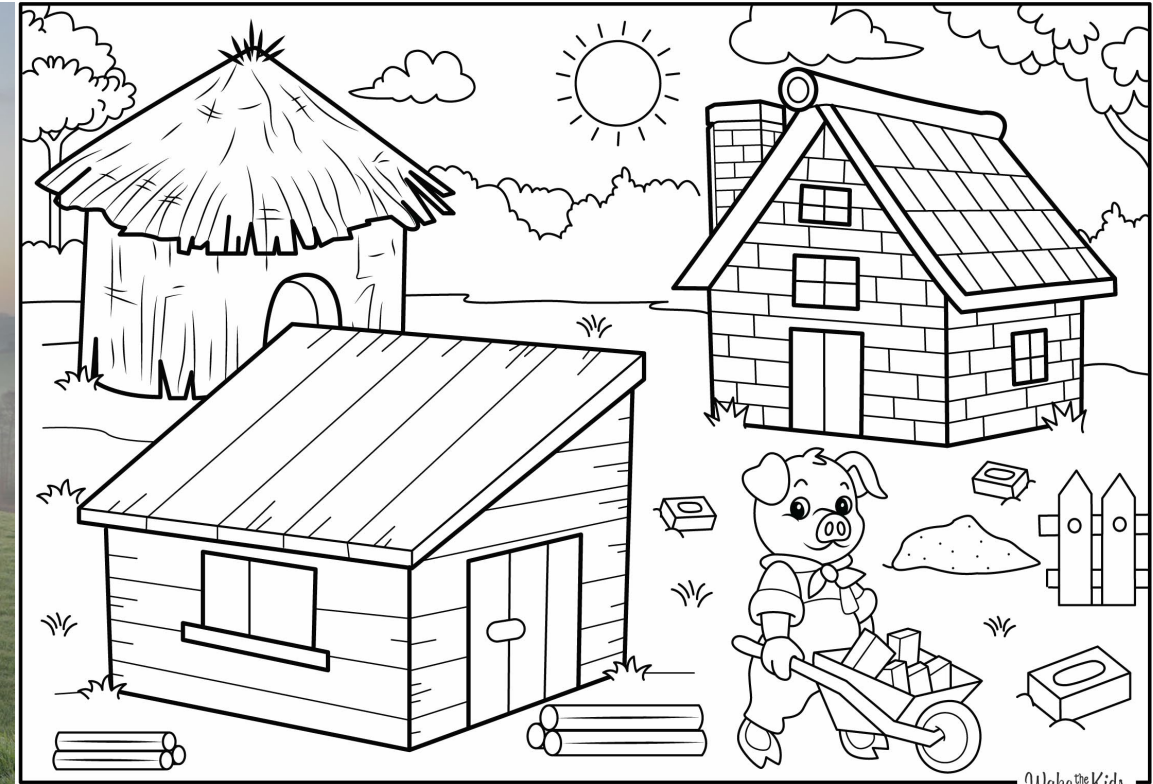
## ELEPHANT IN THE ROOM

<https://www.freepik.com/free-photos-vectors/elephant-room>



## Offshore Special Regulations

# Do you expect your house built to standards?





# Consider Ontario Building Safety

## Building a safe building

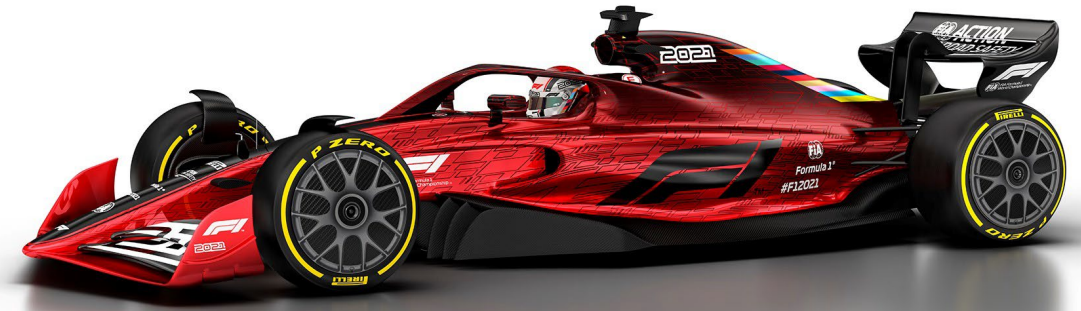
- Ontario Building Code 2025 (Revised)
- References over 425 external standards, many of which cost \$\$



## Safety in a building



# Context Matters



# Don't have to have a Formula 1

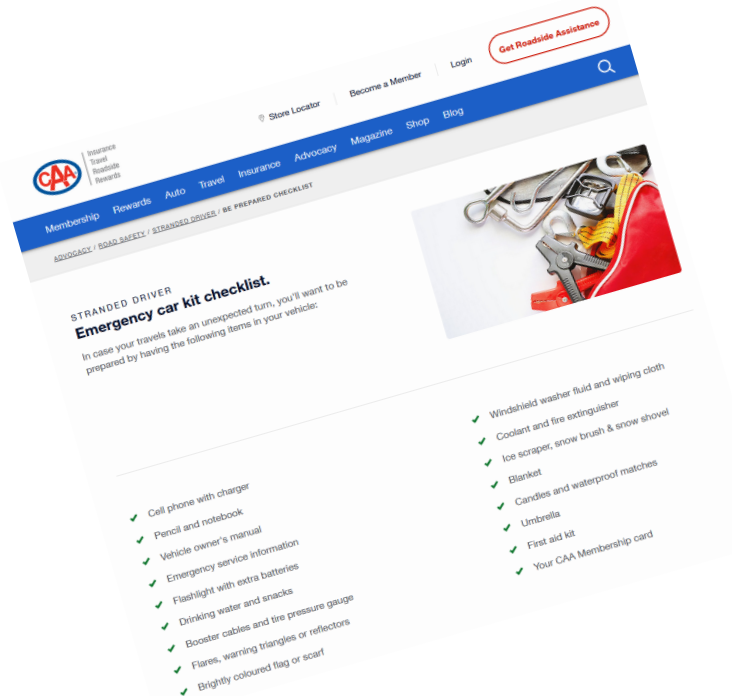




# Road Legal Car in Ontario?

## Required in Ontario

- Ready to drive off the dealership lot!



## Good stuff to have

- Ice-scraper
- Washer fluid
- Winter Tires (required in BC & other areas))
- First-aid Kit (required in Germany)
- Portable Red Triangle (required in Germany)
- Two Safety Vests (required in Germany)
- Other items



# Accidents Happen

## Scuttlebutt Sailing News

Tuesday, December 10, 2024 - Issue 6406



A collision between two competing yachts in different races resulted in a death.

## UPDATE: Devastated Pip Hare abandons Vendée Globe after mast breaks in two

Monday, December 16th, 2024 Written by: Zella Compton

In: Leisure Marine



*This article was updated on 16 Dec as more information became available from Pip Hare's team.*

An unhurt Pip Hare has abandoned her Vendée Globe race after a devastating incident.

[https://www.sailingscuttlebutt.com/2024/12/06/video-tragedy-in-australia/?utm\\_medium=email&utm\\_campaign=Scuttlebutt%206406%20%20December%2010%202024&utm\\_content=Scuttlebutt%206406%20%20December%2010%202024+CID\\_19888fd186dfe17268c25d36bb4b7c3&utm\\_source=Email%20Newsletter](https://www.sailingscuttlebutt.com/2024/12/06/video-tragedy-in-australia/?utm_medium=email&utm_campaign=Scuttlebutt%206406%20%20December%2010%202024&utm_content=Scuttlebutt%206406%20%20December%2010%202024+CID_19888fd186dfe17268c25d36bb4b7c3&utm_source=Email%20Newsletter)  
& [https://www.youtube.com/watch?v=9bnMvpc\\_scE](https://www.youtube.com/watch?v=9bnMvpc_scE)  
<https://marineindustrynews.co.uk/pip-hare-safe-after-overnight-dismasting-in-vendee-globe/>

# OSR 0-2

CATEGORY	CRITERIA
0	<p>Trans-oceanic races</p> <p>including races which pass through areas in which air or sea temperatures are likely to be less than 5°C (41°F) other than temporarily,</p> <p>where boats must be completely self-sufficient for very extended periods of time, capable of withstanding heavy storms and prepared to meet serious emergencies <b><u>without the expectation of outside assistance</u></b></p>
1	<p>Races of long distance and well offshore,</p> <p><b>where boats must be <u>completely self-sufficient</u> for extended periods of time</b></p> <p><b>and prepared to meet <u>serious emergencies without the expectation of outside assistance</u></b></p>
2	<p>Races of extended duration along or not far removed from shorelines or in large unprotected bays or lakes,</p> <p><b>where a high degree of <u>self-sufficiency</u> is required of the boats</b></p>

# OSR 3-6

CATEGORY	CRITERIA
3	Races across open water, most of which is relatively protected or close to shore
4	Short races, close to shore in relatively warm or protected waters <b><u>normally</u> held in daylight.</b>
Special Regulations - for Inshore Racing (5)	Short races, close to shore in relatively warm and protected waters <b>where <u>adequate shelter</u> and/or <u>effective rescue</u> is available all along the course, held in daylight only</b>
Special Regulations - for Inshore Dinghy Racing (6)	<b>Short races</b> <b>in boats that <u>may not be self-sufficient</u>,</b> <b>with rescue <u>boats</u> available all along the course</b> <b>held in daylight only</b>

# Event's version of OSR

World Sailing

Sail Canada  
Prescriptions

LOOR  
Amendments

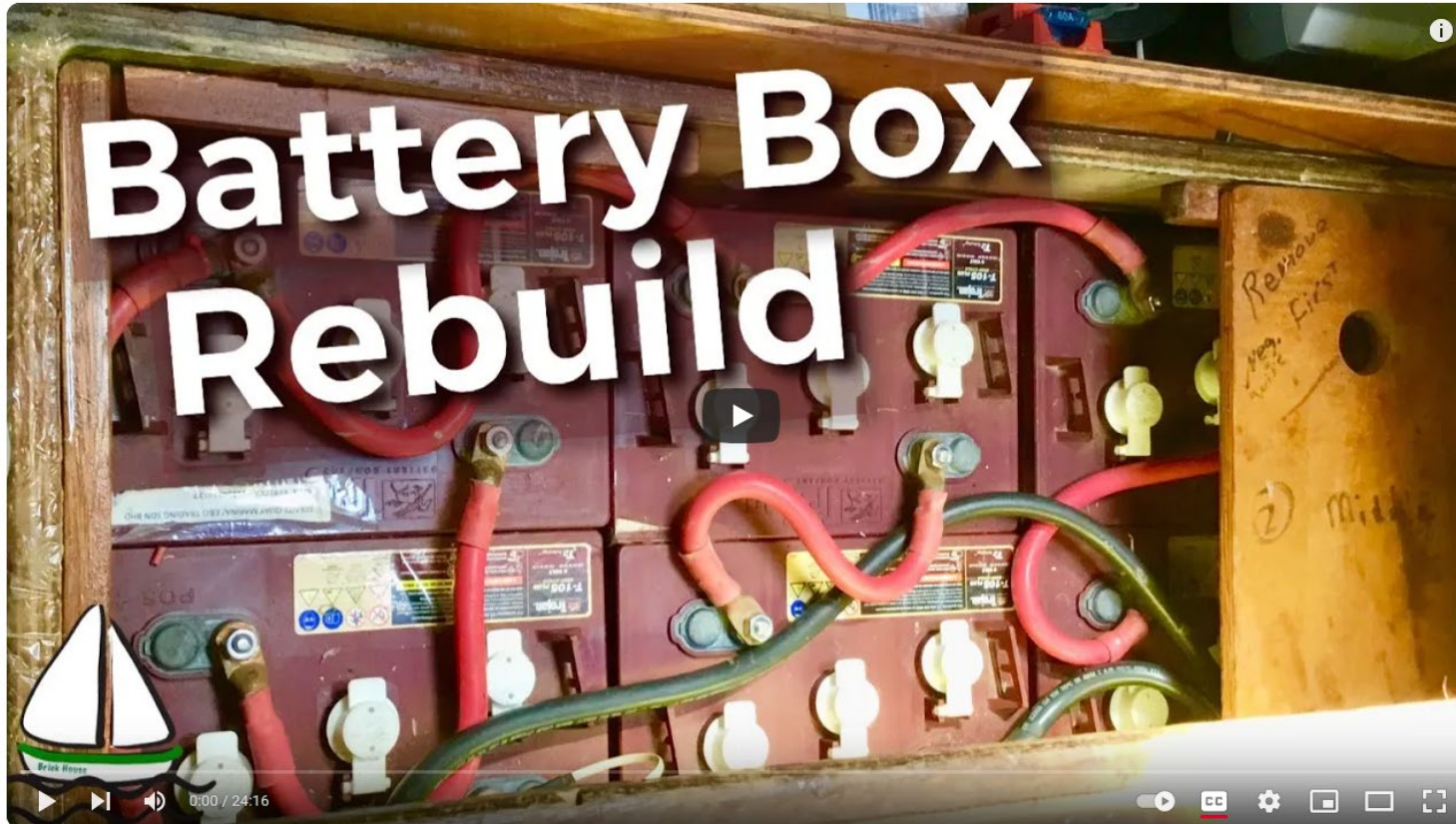




# An Example Of Why In OSR!

Premium

Search



How to Rebuild a Battery Box (LEAKING lead acid batteries on a Sailboat!!) Patrick Childress #46

<https://www.youtube.com/watch?v=8ANe0hA7BXg>

# Why What in OSR!



A reference source  
for all who race and  
*cruise* ...

Published in 2005 - ISBN 13: 0

# OSR vs. SER



World Sailing's Offshore  
Special Regulations (OSR)

US Sailing's Safety  
Equipment Requirements  
(SER)

“The SER committee has the objectives of meeting the needs of the US Offshore Community and as far as possible maintaining compatibility with the World Sailing OSRs. It is a goal that US offshore race boats can compete internationally without modification, and that international boats can compete in US events without modification.”

<https://www.ussailing.org/competition/offshore/safety-information/ser-world-sailing-special-regulations/>

# A Comparison

## “Course” Racing

- Broadly, the intent is to sail a course aligned with the wind direction
  - Certainly, Upwind, downwind and possibly off wind
- Short(er) - ~ 60 minutes or less
- Multiple races per day
- Multiple times around the course during race
- Often, ability to change the course to maintain wind direction.
- Often ability to shorten course
- OSR Cat 4 or 5 for keelboats

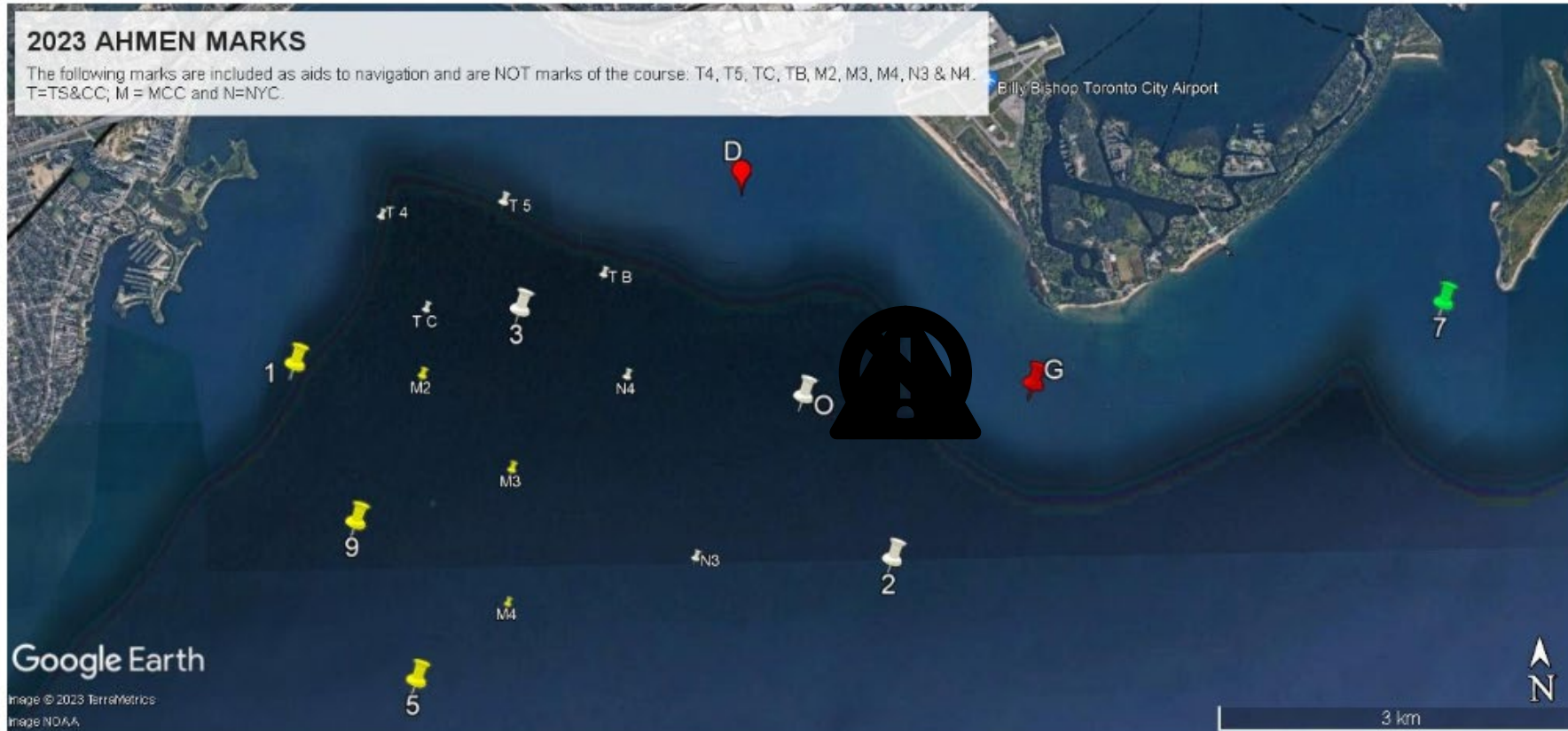
## “Offshore” Racing

- Broadly, the intent to sail a course with a defined course/destination regardless of the wind direction
  - Could only be one point of sail
- Long(er) - ~ several hours upwards to around the world
- Standalone event or one race per day if part of a larger event
- OSR Cat 4 and lower for keelboats
  - Perhaps OSR Cat 3

**Often a *regatta* may consist of a series of course races and one or more distance (“offshore”) races**



# What is AHMEN?



***Who cares!***

The nine larger marks are AHMEN marks of the course, each with listed latitude and longitude coordinates.

The smaller marks are included as aids to visual navigation only.

# Implications

- Potential Crew Size
- Preparation and planning, targeting necessary level of self-sufficiency
  - The race boat
    - Sail selection
    - Setup
    - Equipment
      - Desired
      - Carriage requirements of the flag state and that of waters transited
      - Safety to meet or exceed required safety requirements
  - The crew
    - Crew management
    - Personal equipment
    - Provisions
    - Training & certifications
  - Weather



# Crew Size Potential

- Offshore racing can allow & events often support different crew size
- General Crew Size Options
  - Fully Crewed (FC)
  - Double Handed (SH)
    - Rising in popularity
  - Single Handed (SH)/Solo
    - Great Lakes Singlehanded Society (GLSS) - [www.solosailors.org](http://www.solosailors.org)

# Preparing the Boat

- Sail selection
- Setup
- Equipment
  - Desired
  - Carriage requirements of the flag state and that of waters transited
  - Safety to meet or exceed required safety requirements

# Preparing the Crew

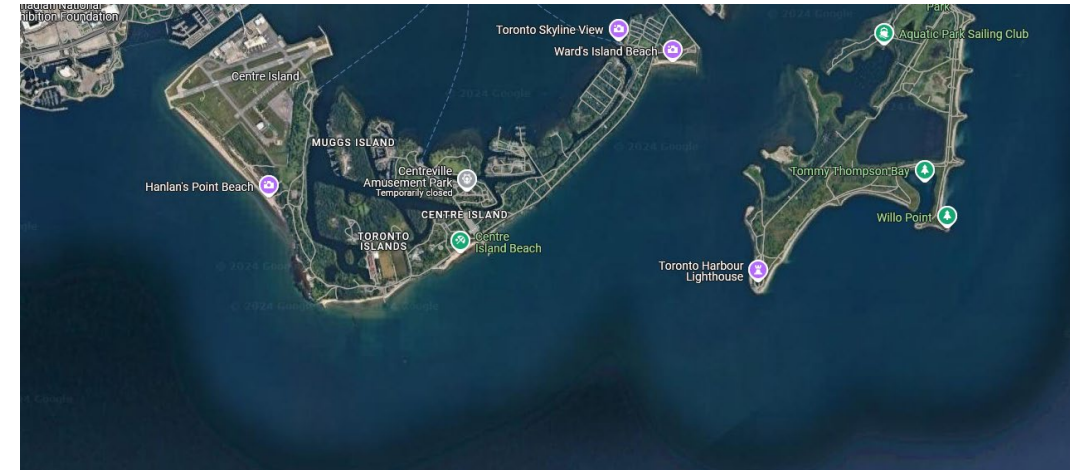
- Crew management
- Personal equipment
- Provisions
- Training & certifications

# The Weather – Macro vs. Micro

## Offshore Racing



## Course Racing



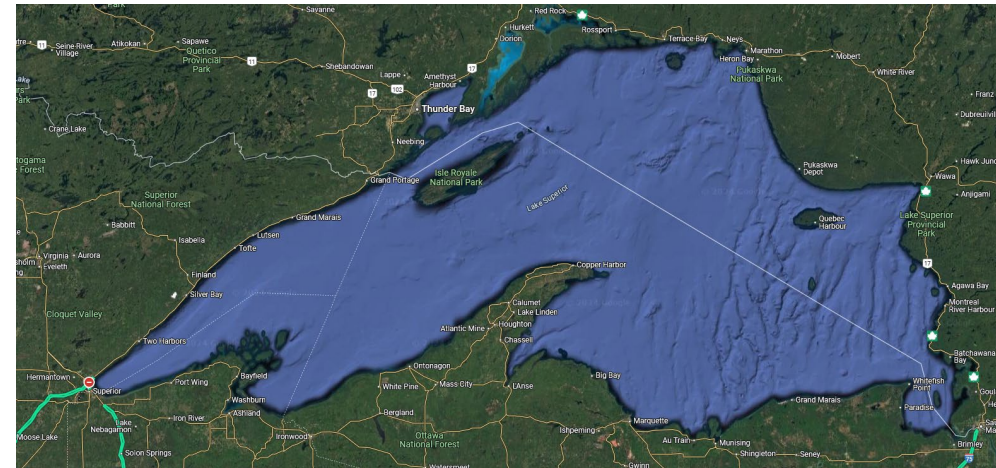


# Context Matters

## Lake Ontario



## Lake Superior



# Some Offshore Races on Lake Ontario

ORGANIZER	EVENT	WHAT	RACES	ORGANIZER	EVENT	WHAT	RACES
Ashbridge's Bay Yacht Club	Summerville	Race	1	Lake Ontario Offshore Racing	LOSHRS	Series	6
Bay of Quinte Yacht Club.	Round the County	Race	1	Lake Ontario Offshore Racing	LO300/LO600	Race	1
Bay of Quinte Yacht Club.	Katie Gray	Race	1	Lake Yacht Racing Assortation	LYRA Centennial Race	Race	1
Bay of Quinte Yacht Club.	Binnacle Race	Race	1	Lake Yacht Racing Assortation	LYRA Founders Race	Race	1
Eastern Yachtclub Circuit	Distance Race	Race	1	Lake Yacht Racing Assortation	LYRA Freeman Cup	Race	1
Fifty Point Sailing Club	Fifty Point Fiasco	Race	1	Mimico Cruising Club/Kingston Yacht Club	Race 2 Kingston	Race	1
Genesee Yacht Club	Scotch Bonnet Light Race	Race	1	Whitby Yacht Club	TELDS - Whitby 50	Race	1
GHYRA	GHYRA Regatta Week	Series	0	Whitby Yacht Club	TELDS - Whitby 100	Race	1
GTA Yacht Clubs	AHMEN	Series	8	Youngstown Yacht Club	YYC Chase	Race	2
Lake Ontario Offshore Racing	Susan Hood Trophy Race	Race	1				

- Shaded, black or gray, indicates an overnight/multiday race or one race in the series is overnight/multiday, respectively
- Other areas of Ontario with Offshore/Distance Races
  - Georgian Bay
  - Ottawa/Gatineau
  - Lake Erie
  - Lake Superior
  - Windsor/Sarnia & Lake Huron





# How to getting into Offshore Racing?

- *Congratulations, you may have already done so with out realizing it!*
- Look at the **characteristics** of the event, not its label!
- Select events with characteristics that work for you and that you are comfortable with. *Work your way up the Offshore ladder!*
- Looking to crew, check and/or post on event's crewbank
  - Develop prerequisites that enhance your value as crew, e.g. Offshore Personal Survival Courses

# How to getting into Offshore Racing?

- Check and check **often** on **ALL** the various racing event calendars
  - Ontario Sailing - <https://ontariosailing.ca/regatta-schedule/>
  - PHRF-LO - <https://www.phrf-lo.org/index.php/en/about-us/calendar/events-calendar#year=2024&month=12&day=18&view=month>
  - Sailing Canada - <https://canadianboating.ca/calendar/>
  - Etc.

# LOSHRS Mentor Class

- Intended to support experienced sailors to start racing singlehanded or doublehanded.
- Always an addition person onboard to provide moral support as mentor or adviser – Can not do any sailing or racing activities other than provide advice or knowledge
- Person-in-Charge needs to meet PHRF-LO's definition of a "New Racer"
- Applies only to LOSHRS Day Races
- No Flying Sails (NFS) only either single or doublehanded

## *Ontario Sailing* Services -For the (Offshore) Racer

- Provincial Sports Organization (PSO) for sailing, including racing, in Ontario
- Represents the needs of boaters and yacht clubs to the provincial government
- With conjunction with Sail Canada, certify sport officials such race officers and judges
- Provides the first tier, provincial, of the appeals process for the Racing Rules of Sailing.
- Arranges and coordinates the Personal Survival Courses

# Poll Question 2



# Coastal Personal Survival Course



This is a Sail  
Canada Course



One Day Course



Includes both classroom and  
practical components to prepare  
participants to effectively handle  
emergencies.



Topics include weather, safety  
gear, overboard recovery,  
hypothermia and cold water  
immersion, emergency  
communications and more.



This is a Sail  
Canada approved  
Category 3 sea  
survival course.



Certification is valid  
for 5 years

# Offshore Personal Survival Course



This is a World Sailing Approved Course - recognized whenever World Sailing OPSC is required, OSR Category 0, 1 or 2. LOOR recognizes as meeting training requirements for its OSR Category 3 events



Learn about the equipment you have on your boat and how to use flares, cut your rig, and fight fires.



Two Day Course



Includes both classroom and practical components



A portion of the course takes place in a pool where participants swim in sailing gear and lifejacket/PFD and board a raft.



Certification is valid for 5 years

# 2025 Offshore & Coastal Courses

- To register for a Coastal or Offshore Personal Survival Course visit [ontariosailing.ca](https://ontariosailing.ca)
- You can register for our notification list so that you can receive an email when courses open for registration.
- Coastal Personal Survival
  - Cost - \$230+HST
- Offshore Personal Survival
  - Cost - \$565+HST



**Inland Liferrafts  
& Marine Limited**



# Who should take these course?

- With a focus on building a safety ethos and being self sufficient these course are valuable to both cruising and racing sailors.
- Some events require skipper and or crew to hold one of these certifications to participate in an event.



# The Why To Take a PSC



Man survives being washed overboard in Sydney to Hobart yacht race | ABC NEWS

<https://www.youtube.com/watch?v=GcFcgUrL7jQ&t=35s>

# Poll Question 3



# Other Sail Canada Courses Course

- **Sail Canada – Cruising Courses** – Basic, Intermediate, Advanced and Offshore
- **Sail Canada – Navigation Courses** – Basic Coastal Navigation, Intermediate Coastal Navigation, Advanced Navigation, Celestial Navigation

[sailing.ca/keelboat-cruising](https://sailing.ca/keelboat-cruising)

# Connecting with Ontario Sailing

- Sign up for the Ontario Sailing Community Newsletter (approximately 4 times/year)
  - Sign up when you register for a course or through our website – [ontariosailing.ca](https://ontariosailing.ca)
- Follow Ontario Sailing on Instagram or Like our Facebook page.
  - [www.facebook.com/OntarioSailing](https://www.facebook.com/OntarioSailing) or @OntarioSailing

Q & A



# References

- Great Lakes Singlehanded Society - [www.solosailors.org](http://www.solosailors.org)
- Ontario Sailing – [www.ontariosailing.ca](http://www.ontariosailing.ca)
- Ontario Sailing Courses - <https://secure.e-registernow.com/cgi-bin/mkpayment.cgi?state=3621>
- Sail Canada – [www.sailing.ca](http://www.sailing.ca)
- Sail Canada Offshore Group – [www.sailing.ca/offshore](http://www.sailing.ca/offshore)
- World Sailing – [www.sailing.ca](http://www.sailing.ca)
- World Sailing Offshore Special Regulations (OSR) - <https://www.sailing.org/inside-world-sailing/rules-regulations/offshore-special-regulations/>

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