



Picture courtesy of Mike Millard.

SAILING INSTRUCTION COURSE BOOK 2025 - 2028



The Poole Yacht Club

The Yacht Haven New Harbour Road West Hamworthy, Poole Dorset, BH15 4AQ

Tel: (01202) 672687

Web: www.pooleyc.co.uk

Email: sailing@pooleyc.co.uk



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ACKNOWLEDGMENTS

This Course Book has been produced by Poole Yacht Club Sailing Committee, to whom any comments regarding omissions, corrections or improvements should be directed. It is to be used for all courses signalled for racing at The Poole Yacht Club (as referenced in PYC SI & NoR Rule 8)











SI 8 MARKS AND COURSES

- **8.1 The Course to be sailed** will be displayed by Course boards displayed on the south side of the Race Hut, in order of the class starting sequence.
 - 8.1.1 Cruisers and R19 only Courses may also be broadcast by VHF.

8.2 Description of Marks

<u>Abbrev</u>	Name of Mark	Description (Positions stated are approximate)
	BAY (OUT OF HARB	
B1		Race Mark (50.41.08N, 01.54.26W)
B2		Race Mark (50.41.24N, 01.52.67W)
B3		Race Mark (50.40.31N, 01.54.02W)
B4		Race Mark (50.41.31N, 01.52.45W)
B5		Currently not used
B6		Race Mark (Studland East) (50.38.61N, 01.55.78W)
BB	Bar Buoy	Nav Mark No.1
ВО	Bournemouth Outfall	Yellow Outfall Buoy (50.42.60N, 01.52.32W)
BR	Branksome Outfall	Yellow Outfall Buoy (50.42.25N, 01.54.31W)
EH	East Hook	Lat. Buoy Port (50.40.58N, 01.55.23W)
LG	Looe Gate	Boats shall pass to the North of Cardinal Buoy 9 and when the race is
		shortened at this mark, shall finish on a line formed by bringing Swash
		Cardinal Buoy 9 and Swash starboard hand buoy 7 into transit.
SG	Swash Gate	Boats shall pass Swash Gate Cardinal Buoy 9 on its west side and
		when the race is shortened at this mark shall finish on a line formed by
		bringing Swash Cardinal Buoy 9 and North Hook port hand buoy into
		transit.
SH	South Hook	S Cardinal (50.39.70N, 01.55.20W)
S-RD	Shore Road	Yellow Outfall Buoy (50.41.47N, 01.55.39W)
TB	Training Bank Beacon	Isolated Danger Mark near SE end of Training Bank
	HARBOUR MA	ARKS
PIT	Poole IT	Yellow Race Mark
BL	Balls Lake	Orange Race Mark
BRM	Bell Race Mark	Yellow Race Mark, just N of Bell No.15
CS	Charles Stanley	Yellow Race Mark (SE Brownsea Shore)
BIS	Brownsea Island	Brownsea Island
CM	Cakes Mark	Yellow Race Mark
EM	Egan Mark	Yellow Race Mark
GLOV	Glover	Yellow Race Mark
GLD	Gold	Yellow Race Mark
H1	Race Mark	Starboard side of North Channel, just West of Parkstone YC Haven
		Channel
H2	Race Mark	Starboard side of Middle Ship Channel, approx 300m east of No.25
H3	Race Mark	Towards SW end of South Deep Channel
H4	Channel Post	Starboard side of South Deep Channel, approx. due south of Green Is.
HAM	Ham	Yellow Race Mark
HAV-		(P), YG, WH1(S), GLD (P), WH2(P), YG
RETURN		(·), · · · · (·), · · · · · (·), · · · · · · · · · · · · · · · · · ·
HRM	Hamish Race Mark	Yellow Race Mark, just W of No.27
JET	Jethou	Yellow Race Mark
LA	Latch	Yellow Race Mark
MKY	Mikey	Yellow Race Mark, just ESE of WH2
MO	Moriconium	Yellow Race Mark
NH	North Haven Beacon	W Cardinal. NH is defined as a passing mark
N-CHAN		channel side of all port hand buoys, numbered NC2 to NC14 inclusive.
OYS	Oyster	Yellow Race Mark
PIC	Piccadilly	Yellow Race Mark
WILLS	WILLS	Yellow Race Mark
RO	RoRo	Yellow Race Mark, just SE of No.30
RP28	Red Post near 28	Red Channel Post approx 50m west of Channel Buoy 28. RP28 is
		defined as a passing mark.
SRM	Stakes Race Mark	Just E of No.29 'Stakes'



TEMP	Temporary or Replacement Mark	Mark laid in replacement of a missing mark, or as part of a '99' course.
TEV	TEV Handles	Yellow Race Mark, between 26 & 28 (P'Stone Mark)
TFF	The First Floor	Yellow Race Mark
VOL	Volunteer	Yellow Race Mark, approx 0.6nm S of Race Hut
WCH	Wych Mark	Yellow Race Mark
YG	Yellow Gate	Formed by the yellow mast on the southern face of the Race Hut and the southerly of 2 yellow posts, approx. 0.2 nm S of the Race Hut. Yellow Start Line limit marks may be ignored.
25	Diver	W Cardinal
Lateral Buoyage System	Port (Red)	2,8,28,32,34,36,WH2,WH4, WH6, EL2,EL4 Note 1 – 28 is defined as a passing mark Note 2 – 28 may be substituted with nearest red post RP28 lying approx 50m to the west of 28. At low water there is very restricted navigable water immediately south of RP28.
	Starboard (Green)	1,3,17, 21, WH1, WH3, WH5, WH9, EL1, EL3, NC13

8.3 Observation of Marks and Gates

Unless otherwise stated all marks are to be *rounded*. The required side of a mark is given by either 'S' or 'P' in parenthesis, or the words 'Stbd' or 'Port', indicating starboard or port respectively. Where all marks are to be rounded on the same required side, the side is given at the end of the course, e.g. {BL, PIC, 36, YG} cont. (P).

Where North Channel (N-CHAN), or HAV-RETURN are defined as a mark, boats shall comply with the corresponding course fragment defined in section SI 8.2.

8.4 Continuous Courses Courses not identified in this course book as continuous can be selected as continuous. This will be indicated by the use of the "continuous" board below the appropriate class course board on the Race Hut (see figure inside rear leaf of this book). Courses defined as continuous in this course book do not need to be so indicated. Continuous courses will be finished by shortening at the Race Officer's discretion.

8.5 {} Notation for repeated laps

For courses including the $\{ \}$ notation, the course fragment shall be repeated until the course is shortened unless followed by x = 2 or x = 3 indicating that the fragment is to be sailed either twice or three times, as appropriate eg:

HAM, { PIC, 36, YG } cont. (P) means: HAM, { PIC, 36, YG } x 2 (P) means: HAM(P) then repeats of PIC(P), 36(P), YG until shortened HAM(P), PIC(P), 36(P), YG, PIC(P), 36(P), YG.

8.6 Ad-Hoc Course '99'

- **8.6.1** Course 99 is a course, not included in Course Sections 1 to 8 and Section 10, using marks described in SI 8.2 'Description of Marks'.
- **8.6.2** No class may specify a '99' course without the prior agreement of the Race Officer.
- **8.6.3** When Course 99 is used, it shall be displayed on the Course Board ashore, at least 30 minutes before the scheduled start for the race to which it applies.
- **8.6.4** Once displayed, a '99' course may not be changed to a different '99' course, but may be changed to another course within Course Groups 1 10, within the constraints of RRS 27.1
- **8.6.5 Cruisers and R 19 only** When competitors are advised of their course by VHF (see SI 14.2), the Race Officer may change Course details without using a '99' course.
- **8.6.6 All Classes** A mark may be substituted by either a Temporary Mark or other mark described in SI 8.1, or omitted from the Course, by the Race Officer without using a '99' course, providing that such change is posted on, or in the proximity of, the Course Board ashore at least 30 minutes before the start of the race(s) concerned.



8.7 Courses

	SECTION 1 – WEST GOING CHANNEL COURSES	LEN
Α	MO(P), YG	0.9
В	WH2(P), YG	1.0
С	WH1(S), GLD(P), WH2(P), YG	1.5
D	GLD(P), WH2(P), YG	1.4
E	WH1(S), WH3(P), WH2(P), YG	3.0
	SECTION 2 – EAST GOING CHANNEL COURSES	LEN
F	36(P), YG	0.2
G	CM(P), YG	0.6
Н	32(P), YG	0.6
J	RP28(S), HRM(S), RP28(P), YG	1.8
K	RP28(S), H2(S), RP28(P), YG	2.5
L	RP28(S), NC13(S), RP28(P), YG	2.7
M N	RP28(S), H1(S), RP28(P), YG RP28(S), 21(S), RP28(P), YG	2.9
P	RP28(S), 25(S), TEV(S), SRM(P), 34(S), SRM(P), 34(S), YG	3.4
Q	RP28(S), H1(S), TEV(S), H1(S), TEV(S), RP28(P), YG	3.9
R	RP28(S), 21(S), TEV(S), H1(S), RP28(P), YG	4.5
S	RP28(S), H1(S), SRM(P), 21(S), RP28(P), YG	4.6
T	RP28(S), GLOV(S), BRM(S), GLOV(P), SRM(P), YG	4.6
U	RP28(S), GLOV(S), CS(S), GLOV(P), RP28(P), YG	5.2
V	RP28(S), HRM(S), 17(S), GLOV(P), HRM(S), 17(S), GLOV(P), SRM(P), YG	6.4
W	RP28(S), 21(S), RP28(P), 30(S), RP28(S), 21(S), RP28(P), YG	5.9
Υ	RP28(S), GLOV(S), BRM(P), N-CHAN, RP28(P), YG	5.1
Z	RP28(S), 17(S), CS(S), GLOV(P), SRM(P), YG	5.4
1	RP28(S), N-CHAN, BRM(S), N-CHAN, SRM(P), YG	5.5
3	RP28(S), N-CHAN, BRM(S), GLOV(P), 25(S), H1(S), RP28(P), YG	5.5
4	RP28(S), 21(S), BRM(S), 21(S), BRM(S), GLOV(P), RP28(P), YG RP28(S), N-CHAN, CS(S), GLOV(P), RP28(P), YG	5.6 6.3
5	RP28(S), 17(S), CS(S), GLOV(P), RP28(F), TG	6.8
6	RP28(S), 17(S), H3(P), GLOV(P), RP28(P), YG	7.2
7	RP28(S), 17(S), H3(P), N-CHAN, RP28(P), YG	7.2
8	RP28(S), N-CHAN, H3(P), GLOV(P), RP28(P), YG	7.6
9	RP28(S), GLOV(S), 17(S), H3(P), BRM(P), CS(S), GLOV(P), RP28(P),	7.6
	YG	
	SECTION 3 – EAST GOING OUT OF HARBOUR COURSES	LEN
	Note: Hav-Return = NH(S), GLOV(P), RP28(P), YG, WH1(S), GLD(P), WH2(P), YG	
XA	RP28(S), GLOV(S), NH(P), 8(P), SG, NH(S), GLOV(P), RP28(P), YG	8.0
XB	RP28(S), GLOV(S), H3(P), CS(S), 8(P), SG, NH(S), GLOV(P), RP28(P), YG	7.8
XC	RP28(S), GLOV(S), NH(P), S-RD(P), LG, NH(S), GLOV(P), RP28(P), YG	9.7
XD	RP28(S), GLOV(S), NH(P), BR(P), LG, NH(S), GLOV(P), RP28(P), YG	9.0
XE	RP28(S), GLOV(S), NH(P), B1(P), LG, NH(S), GLOV(P), RP28(P), YG	9.5
XF	RP28(S), GLOV(S), NH(P), S-RD(S), B1(S), LG, NH(S), GLOV(P), RP28(P),	10.5
	YG	
XG	RP28(S), GLOV(S), NH(P), B1(S), EH(S), S-RD(P), LG, HAV-RETURN	10.8
XH		11.5
XJ	RP28(S), GLOV(S), NH(P), BB(P), SG, HAV-RETURN	12.3
XK		12.9
XL	RP28(S), GLOV(S), NH(P), SH(P), B3(S), BB(S), B3(S), BB(S), SG, HAV-RETURN	13.5
XM	RP28(S), GLOV(S), NH(P), SH(P), B3(S), B6(S), TB(P), SG, HAV-RETURN	14.4
XN		13.8
XP	RP28(S), GLOV(S), NH(P), SH(P), B1(P), EH(P), B3(S), BB(S), SG,	15.0
V0	HAV-RETURN PD29(S) CLOV(S) NH(D) SH(D) P4(D) P4(S) PB(S) SC	15.4
XQ	RP28(S), GLOV(S), NH(P), SH(P), B1(P), EH(P), B4(S), BB(S), SG, HAV-RETURN	15.4
XR	RP28(S), GLOV(S), NH(P), SH(P), B1(S), B2(S), BB(S), SG, HAV-RETURN	15.4
, v. v	1 · · · · (-), - · · · · · · · · · · · · · · · · · ·	10.7



	SECTION 4 – LOW WATER/CHANNEL HARBOUR COURSE	WIND
XS	{34, YG, TFF, WH2, YG} (P) cont.	NE
XT	{34, YG, TFF, WH2, TFF, WH2, YG} (P) cont.	NE
XU	{34, YG, TFF, YG} (P) cont.	E
ΧV	{RO, YG, TFF, YG} (P) cont.	E
XW	{34(P), YG, TFF(P), WH1(S), GLD(P), WH2(P), GLD(P), WH2(P), YG} cont.	SE
XX	{34(P), YG, TFF(P), WH1(S), GLD(P), WH2(P), YG} cont.	SE
XY	34(P), YG, TFF(P), WH1(S), WH3(P), WH2(P), WH3(P), WH2(P), YG + {34(P), YG, TFF(P), WH1(S), GLD(P), WH2(P), YG} cont.	SE
XZ	{34(P), YG, TFF(P), WH1(S), WH3(P), WH5(P), WH4(S), WH2(P), YG} cont.	SE
X1	{WH2, TFF, WH2, 36, YG} (P) cont.	SW
X2	{WH2, 36, YG, TFF} (P) cont.	SW
X3	WH1(S), WH3(P), WH5(P), WH9(P), WH6(S), WH4(S), WH2(P), 36(P), YG	SW
X4	{TFF, YG, 34, YG} (P) cont.	W
X5	(TFF, YG, RO, YG) (P) cont.	W
X6	WH1(S), GLD(P), WH2(P), GLD(P), WH2(P), 36(P), YG + {WH1(S), GLD(P), WH2(P), 36(P), YG} cont.	NW
X7	{WH1(S), GLD(P), WH2(P), 36(P), YG} cont.	NW
X8	{WH1(S), WH3(P), WH2(P), WH3(P), WH2(P), YG, 36(P), YG } cont.	NW
X9	WH1(S), WH3(P), WH5(P), WH4(S), WH2(P), YG, 32(P), YG, WH1(S), GLD(P), WH2(P), YG, 32(P), YG	NW
	SECTION 5 – ROUND THE ISLANDS COURSES	LEN
AA	LA(P), PIC(S), H4(P), H3(P), BIS(P), YG	7.0
BB	BIS(S), H3(S), H4(S), PIC(P), WH1(S), YG	7.0
CC	MKY(P), BL(P), H3(P), CS(P), GLOV(P), RP28(P), YG Note – Boats shall pass the channel side of all channel posts between BL and H3	7.0
DD	RP28(S), GLOV(S),CS(S), H3(S), BL(S), MKY(S), YG Note – Boats shall pass the channel side of all channel posts between	7.0
EE	H3 and BL LA(P), RP28(S), GLOV(S),CS(S), H3(S), BL(S), 36(P), YG	7.0
	Note – Boats shall pass the channel side of all channel posts between H3 and BL	7.0
	SECTION 6 – COURSES FOR RISING TIDES	WIND
FF	{CM, WH1, YG} x 2 (S) + {CM, WCH, WH1, YG} x 3 (S)	E/NE
GG	{WH1(S), GLD(P), WH2(P), 36(P), YG,} x 2 + {LA(P), VOL(P), 36(P), YG} x 3	SW
	SECTION 7 – COURSES FOR FALLING TIDES	WIND
НН	SRM(S), PIT(S), MO(S), YG + {32(S), YG, WH1(S), GLD(P), WH2(P), YG} cont.	NE
		E
JJ	CM, WCH, WH1, YG + {CM, WH1, YG} x 3 (S)	⊑

SECTION 8 – STUDLAND, SWANAGE, BAR BUOY & BOURNEMOUTH PIER RACES - Refer to Sailing Notice Board for 99 Course

SECTION 9 - TOP TRIANGLE COURSES Course Nos 11 - 77 (incl.)

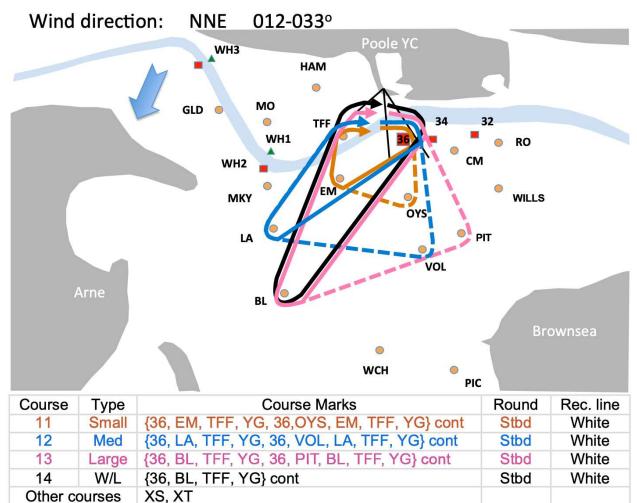
Courses are grouped by appropriate Wind Direction and described in both text

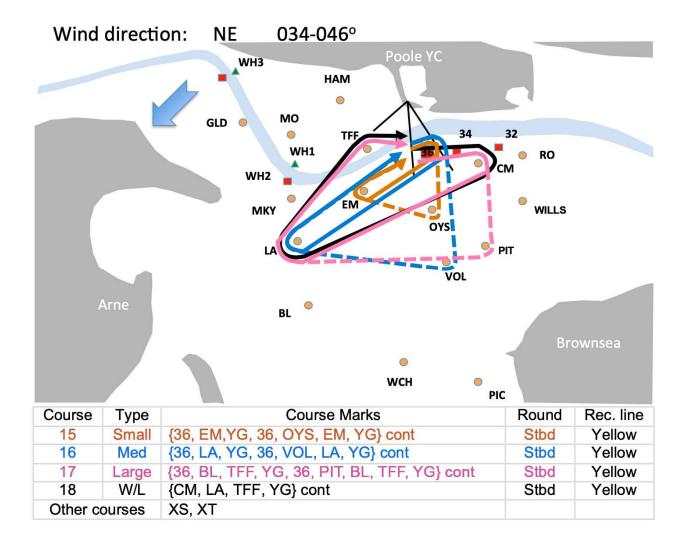
and diagrams. Diagrams are for illustration only and in the event of conflict or misunderstanding, <u>THE TEXT SHALL PREVAIL</u>.

Start Line recommendations for these courses are NOT mandatory.

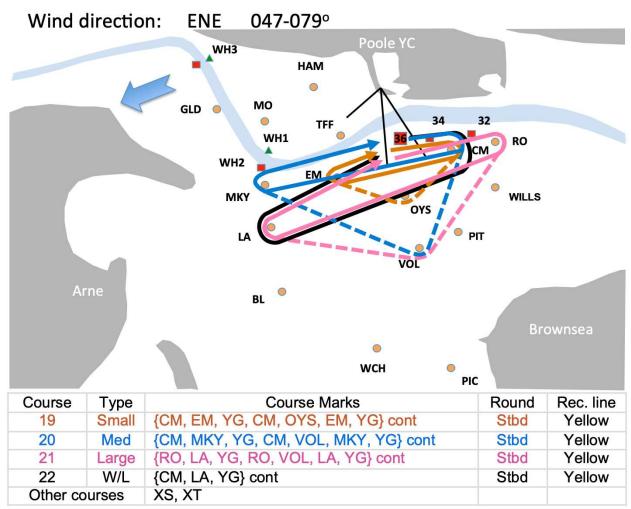
The Start Line to be used will be signalled in accordance with SI 7.5

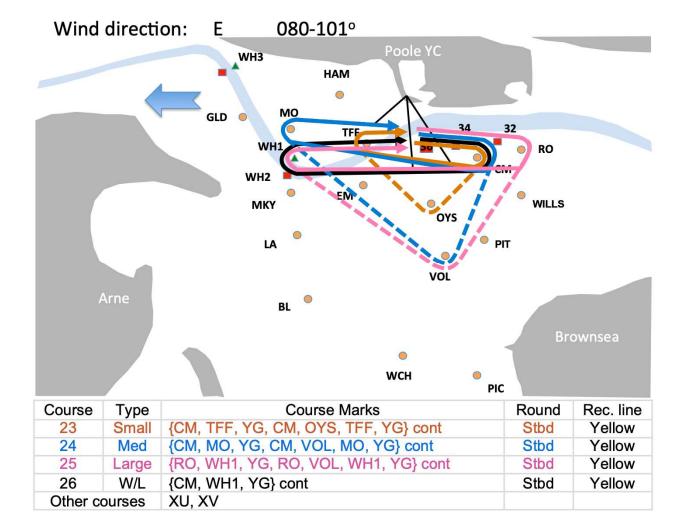




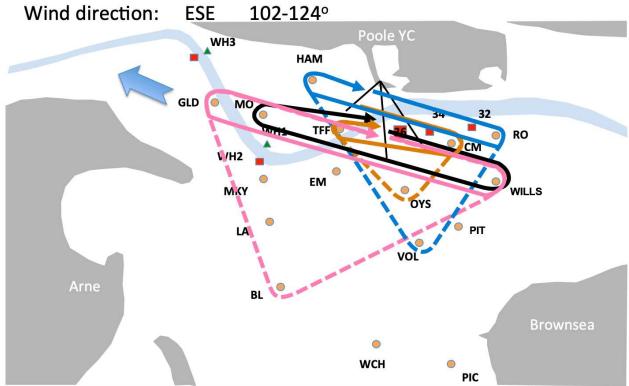




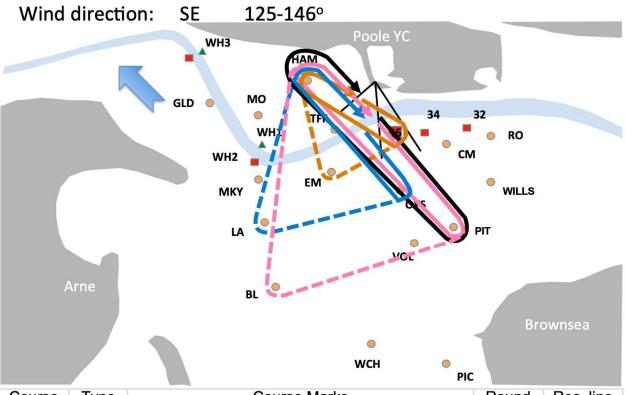






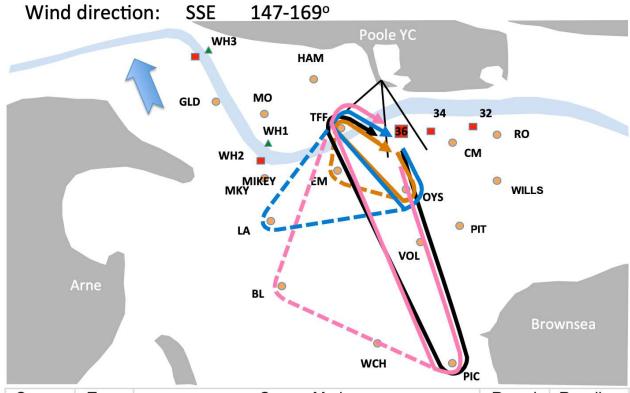


Course	Type	Course Marks	Round	Rec. line
27	Small	{CM, TFF, YG, CM, OYS, TFF, YG} cont	Stbd	White
28	Med	{RO, HAM, YG, RO, VOL, HAM, YG} cont	Stbd	White
29	Large	{WILLS, GLD, YG, WILLS, BL, GLD, YG} cont	Stbd	White
30	W/L	{QS, MO, YG} cont	Stbd	White
Other co	ourses	XW, XX, XY, XZ		

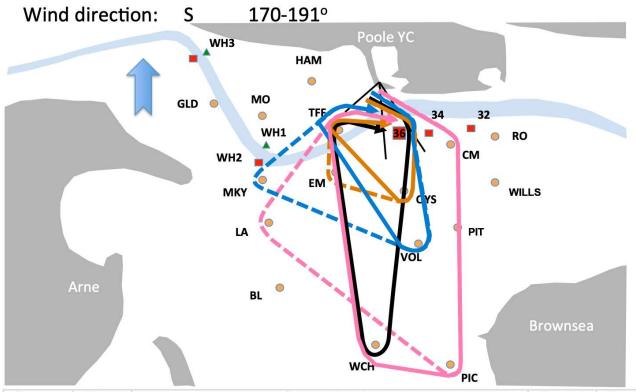


Course	Type	Course Marks	Round	Rec. line
31	Small	{36, HAM, YG, 36, EM, HAM, YG} cont	Stbd	White
32	Med	{OYS, HAM, YG, OYS, LA, HAM, YG} cont	Stbd	White
33	Large	{PIT, HAM, YG, PIT, BL, HAM, YG} cont	Stbd	White
34	W/L	{PIT, HAM, YG} CONT	Stbd	White
Other co	ourses	XW. XX. XY, XZ		



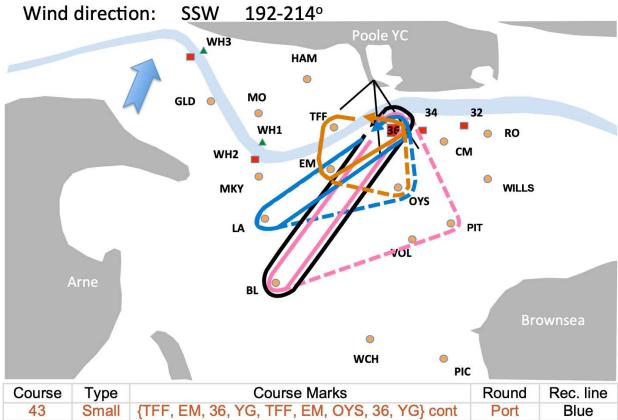


Course	Type	Course Marks	Round	Rec. line
35	Small	{OYS, TFF, YG, OYS, EM, TFF, YG} cont	Stbd	White
36	Med	{OYS, TFF, YG, OYS, LA, TFF, YG} cont	Stbd	White
37	Large	{PIC, TFF, YG, PIC, BL, TFF, YG} cont	Stbd	White
38	W/L	{PIC, TFF, YG} cont	Stbd	White
Other c	ourses	99		

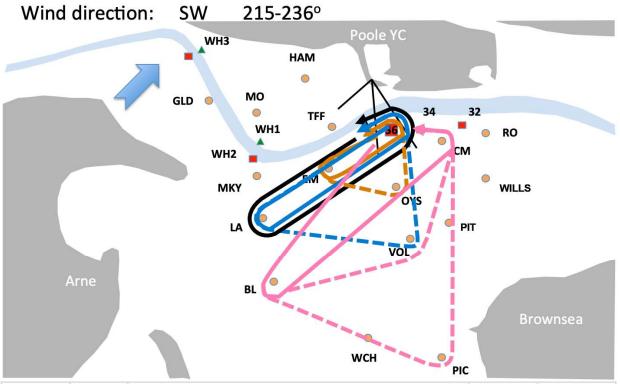


Course	Type	Course Marks	Round	Rec. line
39	Small	{36, OYS, TFF, YG, 36, OYS, EM, TFF, YG} cont	Stbd	White
40	Med	{36, VOL, TFF, YG, 36, VOL, MKY, TFF, YG} cont	Stbd	White
41	Large	{CM, PIC, WCH, TFF, YG, CM, PIC, LA, TFF, YG} cont	Stbd	White
42	W/L	{36, WCH, TFF, YG} cont	Stbd	White
Other co	ourses	99		



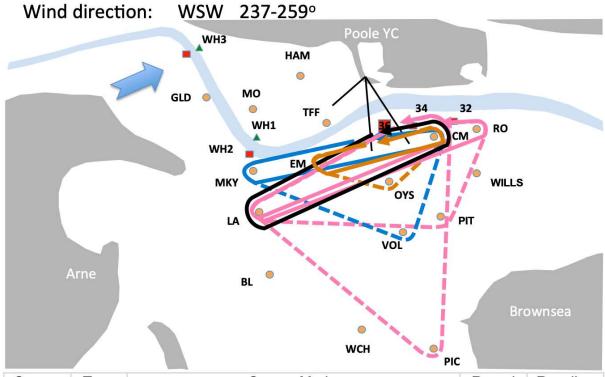


Course	Type	Course Marks	Round	Rec. line
43	Small	{TFF, EM, 36, YG, TFF, EM, OYS, 36, YG} cont	Port	Blue
44	Med	{LA, 36, YG, LA, OYS, 36, YG} cont	Port	Blue
45	Large	{BL, 36, YG, BL, PIT, 36, YG} cont	Port	Blue
46	W/L	{BL, 36, YG} cont	Port	Blue
Other co	ourses	X1, X2		

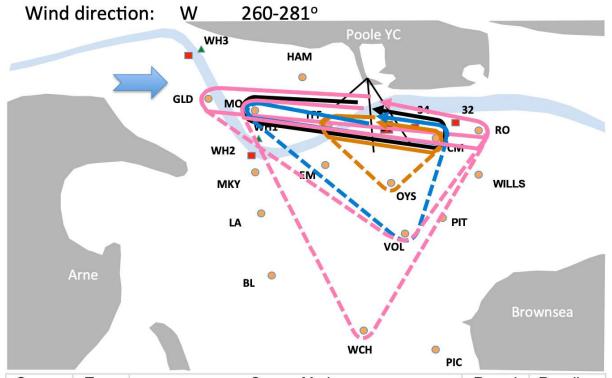


Course	Type	Course Marks	Round	Rec. line
47	Small	{EM, 36, YG, EM, OYS, 36, YG} cont	Port	Blue
48	Med	{LA, 36, YG, LA, VOL, 36, YG} cont	Port	Blue
49	Large	{BL, CM, YG, BL, VOL, CM, YG} cont	Port	Blue
50	Large	{BL, CM, YG, BL, PIC, CM, YG} cont	Port	Blue
51	W/L	{LA, 36, YG} cont	Port	Blue
Other co	ourses	Star F, Star G, Sphere G, X1, X2, X3		



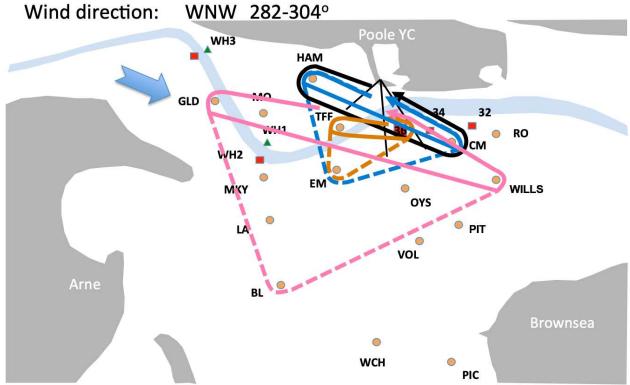


Course	Type	Course Marks	Round	Rec. line
52	Small	{EM, CM, YG, EM, OYS, CM, YG} cont	Port	Blue
53	Med	{MKY, CM, YG, MKY, VOL, CM, YG} cont	Port	Blue
54	Large	{LA, RO, YG, LA, PIT, RO, YG} cont	Port	Blue
55	Large	{LA, CM, YG, LA, PIC, CM, YG} cont	Port	Blue
56	W/L	{LA, CM, YG} cont	Port	Blue
Other co	ourses	Plus F, Plus G, Plus H, Plus J, X3		

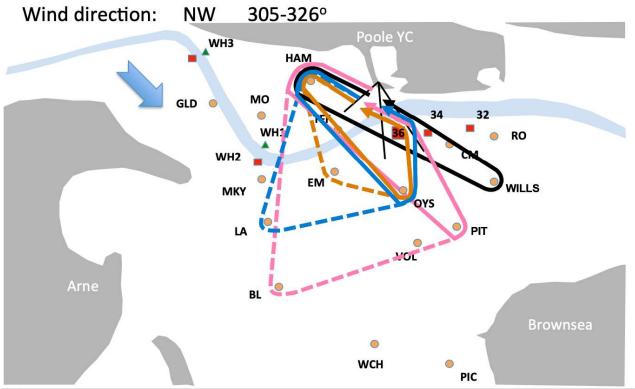


Course	Type	Course Marks	Round	Rec. line
57	Small	{TFF, CM, YG, TFF, OYS, CM, YG} cont	Port	Yellow
58	Med	{MO, CM, YG, MO, VOL, CM, YG} cont	Port	Yellow
59	Large	{GLD, RO, YG, GLD, VOL, RO, YG} cont	Port	Yellow
60	Large	{MO, RO, YG, MO, WCH, RO, YG} cont	Port	Yellow
61	W/L	{MO, CM, YG} cont	Port	Yellow
Other courses Triangle F, Triangle G, Triangle H, Triangle J, X4, X5				



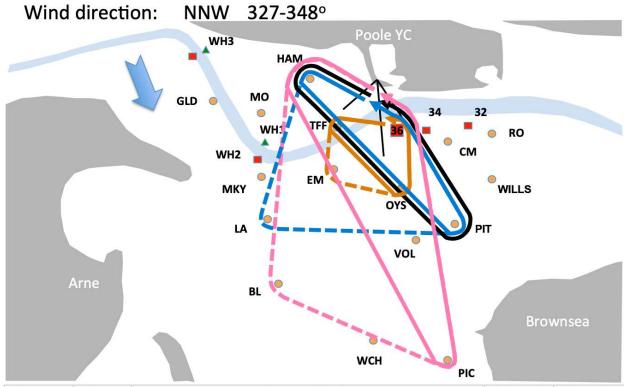


Course	Type	Course Marks	Round	Rec. line
62	Small	{TFF, 36, YG, TFF, EM, 36, YG} cont	Port	Yellow
63	Med	{HAM, CM, YG, HAM, EM, CM, YG} cont	Port	White
64	Large	{GLD, WILLS, 36, YG, GLD, BL, WILLS, 36, YG} cont	Port	Yellow
65	W/L	{HAM, CM, YG} cont	Port	White
Other co	ourses	Square F, Square G, X6, X7, X8, X9		

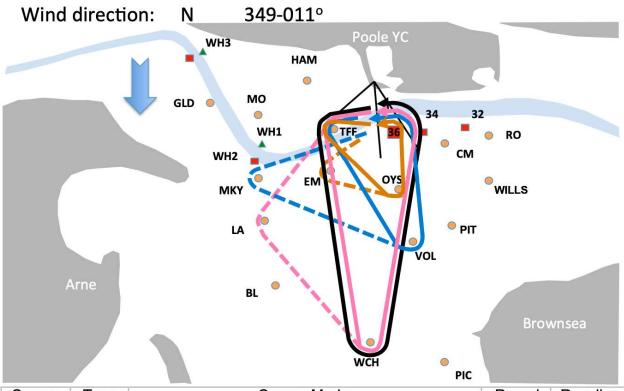


Course	Type	Course Marks	Round	Rec. line
66	Small	{HAM, OYS, 36, YG, HAM, EM, OYS, 36, YG} cont	Port	White
67	Med	{HAM, OYS, 36, YG, HAM, LA, OYS, 36, YG} cont	Port	White
68	Large	{HAM, PIT, 36, YG, HAM, BL, PIT, 36, YG} cont	Port	White
69	W/L	{HAM, WILLS, 36, YG} cont	Port	White
Other courses		Square F, Square G, X6, X7, X8, X9		





Course	Type	Course Marks	Round	Rec. line
70	Small	{TFF, OYS, 36, YG, TFF, EM, OYS, 36, YG} cont	Port	Yellow
71	Med	{HAM, PIT, 36, YG, HAM, LA, PIT, 36, YG} cont	Port	White
72	Large	{HAM, PIC, 36, YG, HAM, BL, PIC, 36, YG} cont	Port	White
73	W/L	{HAM, PIT, 36, YG} cont	Port	White
Other courses		Square F, Square G, Square H, X6, X7, X8, X9		

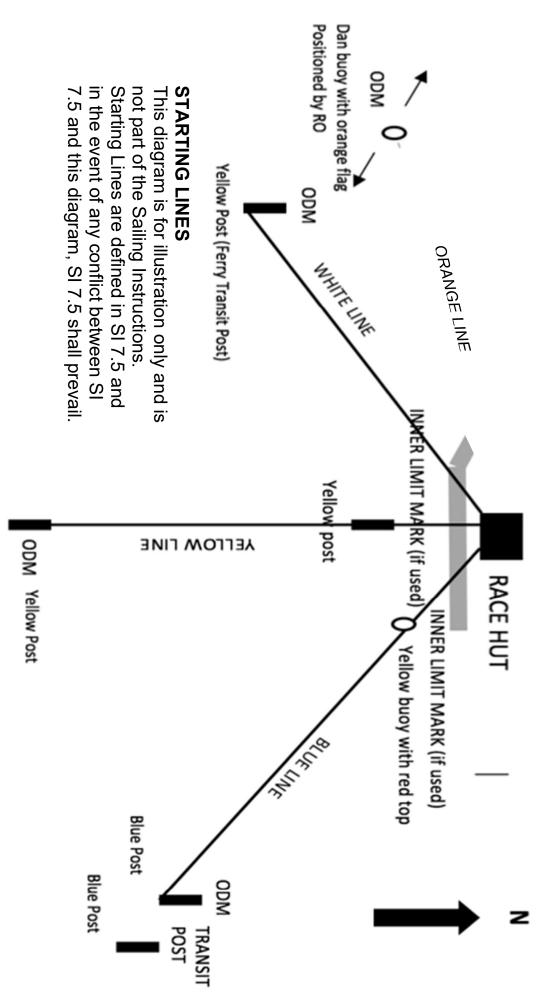


Course	Type	Course Marks	Round	Rec. line
74	Small	{TFF, OYS, 36, YG, EM, OYS, 36, YG} cont	Port	Yellow
75	Med	{TFF, VOL, 36, YG, MKY, VOL, 36, YG} cont	Port	Yellow
76	Large	{TFF, WCH, 36, YG, TFF, LA, WCH, 36, YG} cont	Port	Yellow
77	W/L	{TFF, WCH, 36, YG} cont	Port	Yellow
Other courses		99		



NOT TO SCALE

TRANSIT POST Yellow Post (Also Outer Limit of YGATE (YG))





VIEW OF RACE HUT SHOWING PRINCIPAL SIGNALS

