



NOTICE OF RACE

1st EDITION

From 17 August to 31 August 2024

Organised by

OC SPORT
PEN DUICK

groupe
Télégramme

In collaboration with



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● PREAMBLE

Prevention of violence and incivility:

The FFVoile highlights the fact that sporting events are first and foremost a space for exchange and sharing, open and accessible to one and all.

As such, competitors and those persons accompanying them are asked to behave in a courteous and respectful manner at all times, both on land and on the water, irrespective of the origin, gender or sexual orientation of the other participants.

Special notations:

The notation [NP] in a rule means that a boat may not protest (No Protest) another for an alleged breach of this rule. This is a modification of RRS 60.1(a). Place [NP] at the start of each rule to which this applies.

The notation [DP] in a rule means the penalty for an infringement of this rule may, at the jury's discretion, be less than a disqualification. Place [DP] at the start of each rule to which this applies.

1. RACE ORGANISER

1.1. ORGANISING AUTHORITY (OA)

The company OC SPORT Pen Duick, whose head office is located at 6 rue du sous-marin vénus - 56100 Lorient and represented by its CEO, Mr Joseph Bizard, is organising a double-handed yacht race aboard Figaro Beneteau 3s called 'L'ÉTAPE by La Solitaire' from 17 August to 31 August 2024.

1.2. ORGANISING COMMITTEE

A general Organising Committee is formed. It comprises the OC SPORT Pen Duick management team and Race Management.

1.3. TEAM OF UMPIRES

The umpires are appointed by the FFVoile (French Sailing Federation) in accordance with the regulations. A national jury will be formed by the FFVoile. Its decisions will be final in accordance with RRS 70.5 and the federation's prescriptions.

When the umpires are not physically in attendance, but can be contacted by telephone or Skype, email, VHF or any other video or radio means, protests can be heard and judged in this way.

2. APPLICABLE RULES

The race is governed by:

- 2.1.** Regulations such as those defined in the Racing Rules of Sailing (RRS) in force,
- 2.2.** The FFVoile's national prescriptions, translated for overseas racers and detailed in the 'FFVoile Prescriptions' appendix,
- 2.3.** The federations' regulations,
- 2.4.** Part B, section II of the International Regulations for the Prevention of Collisions at Sea (IRPCAS) when it replaces the RRS Part 2, between the standard times

for sunset and sunrise. The RRS are applicable where a possible bay course is defined in an amendment to the 'Leg Course', both day and night.

- 2.5. The OSR category 3.
- 2.6. The Skipper acknowledges having read the FFVoile Prescriptions (OSR - FFVoile No.3 Bis 2022/23). OSR 3.02: "the decision to carry out an inspection or have an inspection carried out, as described in appendix L of the OSR, is solely and entirely the Skipper's responsibility."
- 2.7. The official times are in UTC+2
- 2.8. Where this Notice of Race is translated, the French text shall prevail.
- 2.9. In the case of force majeure, Race Management might be led to formulate specific directives which the Skippers must comply with. As a result, they may modify certain rules in the Notice of Race and/or the Sailing Instructions.
- 2.10. The Figaro Beneteau 3 Class rules.

3. [DP] [NP] ADVERTISING

- 3.1. To enforce Regulation 20 of the World Sailing (WS) (Advertising Code), as modified by the FFVoile's advertising regulation, boats will be required to display advertising selected and supplied by the OA.
- 3.2. The branding provided is that outlined for the organiser in the 'branding' appendix to the Class Rules: headsail, dodgers, transom stickers, race flag on starboard running backstay, forestay flags to port, boom sticker.

The advertising branding to be affixed to the flat headsail and the transom will be available to Skippers no later than 30 July 2024 for prior adhesion. An adhesion plan will be attached to this branding. Any additional sticker may be charged. Where the OA's branding is absent over the course of the event, this may give rise to a penalty of 200 Euros excluding tax for every day that the branding is absent.

- 3.3. Where there is advertising on the boat, the FFVoile 2024 advertising card will be required by Skippers with a Club FFVoile licence. A copy shall appear in the Class Figaro Beneteau database.

4. ELIGIBILITY TERMS

- 4.1. Boats eligible to race must satisfy the Figaro Beneteau 3 Class Rules in force.

4.2. PANDEMIC

In the event of a pandemic, the OA is likely to modify this Notice of Race without warning, and notably publish a special appendix in line with the health guidelines set out by the authorities. These guidelines may well lead to modifications to the registration and/or eligibility regulations.

4.3. ELIGIBILITY OF THE SKIPPER AND Co-SKIPPER

L'ÉTAPE by La Solitaire is raced double-handed. Any boat must have the same two people aboard at all times, subject to RRS 1.1 and 41. These 2 people are named Skipper and Co-Skipper in the race documents.

To be able to participate, the Skipper cannot have already participated in La Solitaire du Figaro.

The race is open to any person aged 18 or over on the start date unless they have special dispensation from the OA, in order with the Figaro Beneteau Class regulations, with the Skipper's national authority, and Regulation 19 of WS (Eligibility code), as well as the eligibility and registration regulations in this Notice of Race.

The Skipper and Co-Skipper, whatever their nationality, shall present their valid FFVoile Club 'competition' licence attesting to the earlier presentation of a medical certificate with no contraindications to the practice of competitive sailing, or their FFVoile Club 'member' or 'practice' licence accompanied by a medical certificate with no contraindications to the practice of competitive sailing dating less than a year.

In accordance with RRS 76.1, the organisers will refuse or cancel the registration of any competitors of or displaying the Russian or Belarussian nationality and the participation of boats whose owner or manager is an individual or an entity of Russian or Belarussian descent.

The OA reserves the right to refuse or cancel the registration of a Skipper if it considers that their participation may be harmful to the race's image.

4.4. QUALIFICATION OF THE CREW

For a crew to be qualified, the Skipper must have participated in and finished at least one of the Figaro Beneteau circuit's single-handed or double-handed academy races, or an OSR 2 Figaro Beneteau 3 race, over the past two years.

Where this is not the case, the crew must complete a qualification course of at least 350 nm at the Race Director's discretion.

4.5. MEDICAL RECORD

The Skipper and Co-Skipper shall provide medical records containing the medical questionnaire supplied by the OA (ref. '*Confidential medical record*' appendix). The maximum stress test, ECG and electrocardiography are not compulsory but are strongly recommended (possibility of getting in touch with AMCAL to arrange these tests). These documents shall be emailed to the Race doctor at amcalteam@gmail.com at the latest 60 days before the scheduled start of the race.

4.6. MEDICAL TRAINING

In line with OSR 6.05.3, at least one member of the crew shall be familiar with First Aid procedures, hypothermia, drowning, cardio-pulmonary resuscitation and relevant communication systems. **The Skipper or Co-Skipper's participation in a World Sailing survival training course is recommended.**

4.7. LIMITATION ON ENTRIES

The number of crew allowed to participate in L'ÉTAPE by La Solitaire will be limited to 10. Applications will be registered chronologically by OC SPORT Pen Duick according to the date the final consent forms and application fees are received. If need be, a waiting list will be created.

The OA reserves the right to accept additional applications or invite a crew directly in the form of a wild card.

A crew cannot give up or sell its spot directly to another crew.

4.8. ENVIRONMENTAL APPENDIX

The environmental appendix aims to address the event's environmental, social

and societal impact, in line with the vision OC Sport Pen Duick has chosen to embody: Rethink sport, a key route towards climate action.

5. REGISTRATION

5.1. REGISTRATION PROCEDURE

To register an entry, the crew shall complete the following before 16 July:

- Online application form in full:
<https://forms.monday.com/forms/9330af41b1951ffdbd380d5c03049f3b?r=use1>
- Skipper and Co-Skipper's final consent form by no later than 16 July.
- Payment of the registration fees.

The crew's registration will only be definitive if all entry requirements are fulfilled.

5.2. FINAL CONSENT FORM

The final consent form, which is available in Appendix 5 of the Notice of Race, should be completed and returned to: OC Sport Pen Duick
Registration L'ÉTAPE by La Solitaire 2024
6 rue du sous-marin vénus
56100 Lorient (France)

or scanned and emailed to malo.leperu@ocgroup.com

5.3. ENTRY FEES, WITHDRAWAL, CANCELLATION AND REIMBURSEMENT

The entry fee amounts to 500 Euros before tax + VAT at the rate in force (600 Euros inclusive of taxes) and shall be paid by bank transfer using the following bank details, prior to 16 July:

CR FINISTERE	13/02/2024
CENTRE D AFFAIRES FINISTERE NORD	00294
Tel. 0298414866 Fax. 0298418133	

Intitulé du compte	S.A.S. OC SPORT PEN DUICK 6 RUE DU SOUS MARIN VENUS ZAC DE KEROMAN 56100 LORIENT
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Domiciliation

Code banque	Code guichet	Numéro de compte	Clé RIB
12906	50113	57460696293	08

IBAN	FR76 1290 6501 1357 4606 9629 308
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Code BIC (Bank identification code) - code SWIFT	AGRIFRPP829
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Except for medical reasons, in the event of a crew's withdrawal after 16 July the registration fees will not be refunded.

In the event of a crew's withdrawal for medical reasons or where the race is cancelled due to a case of force majeure (including a pandemic), the entry fees will be refunded in full.

A case of force majeure includes cases usually retained by the jurisprudence of the French Courts, as well as those outside the Parties' control, preventing the

realisation of these and notably war (overseas or civil), attacks or risks of attacks, unusual weather phenomena, a pandemic or health risks, or the unexpected appearance of a strike preventing Race Management from giving the start. In each of these cases, the Skippers will not be able to claim any compensation.

After 16 July, each new request for registration will be studied by the OA, who will under no circumstances be able to guarantee that it can provide the same services (dock berth, visibility support, press pack...).

The OA reserves the right to accept a registration, which does not adhere to all the criteria for eligibility.

5.4. CLASS DATABASE AND REGISTRATION

With a view to simplification, the OA collects part of the information regarding the Skippers and co-skippers, their boat, as well as their partners and teams with the Figaro Beneteau Class, which maintains an updated database. The Skippers are responsible for the information, which they have provided directly for this database, that must be shared prior to 16 July.

5.5. ACCEPTANCE OF THE REGULATIONS

The Skipper's definitive registration for the race implies complete acceptance of these regulations (RRS 4) by both them and their sponsor.

6. RECOMMENDED EQUIPMENT

It is recommended that each Skipper and Co-Skipper wear a personal locator beacon (PLB), operating on 121.5/406 MHz throughout the duration of the event. In this case, the hexadecimal beacon coding shall be communicated to the OA during inspections.

To facilitate access to the information broadcast by Race Management in the event that the boat is outside VHF range, it is recommended that each boat is equipped with an Iridium satellite communication system in good working order, equipped with a functioning battery and a working recharging system. The SIM card will be provided by the OA to check the traffic on this communication system.

The OA recommends carrying on board an Activ'Echo / Martec-type radar transponder or any other brand transmitting on 2 radar frequencies, X-9 Ghz and S-3 Ghz.

7. PROGRAMME

7.1. OFFICIAL PROGRAMME

The Official Programme is specified in the 'Official Programme' appendix of this NOR.

7.2. [DP/NP] OBLIGATION OF PRESENCE FOR SKIPPERS

7.2.1. The presence of the Skippers is compulsory at the times outlined as such in the Official Programme.

7.2.2. The Skippers must participate:

- In special days organised for schoolchildren / leisure centres,
- In offering a public tour of their boat if required to do so by the OA.

Depending on the Skipper's schedule, the latter may be replaced by a member of their team when hosting the visit.

The presence of the Skipper or a representative of the Skipper with his or her boat in a position to undergo safety checks will be compulsory from Saturday 17 August at 15:00 hours in the port of Rouen.

The presence of the boats in port at the finish venue is compulsory through until Saturday 31 August 2024 at 08:00 hours.

The start date for the race cannot be brought forward. However, the start time might be brought forward.

8. INSPECTION OF THE BOATS

8.1. PRESENCE OF THE BOATS

The compulsory presence of the boats in the port of Rouen is set for Saturday 17 August at 15:00 hours. If a boat is missing on this date, its Skipper may incur a penalty of 500 Euros ex VAT per day and/or part of a day's absence.

Equipment checks will begin on Sunday 18 August 2024 from 09:00 hours.

A boat which does not comply with the race rules will not be able to take the start of the race.

8.2. TYPE OF INSPECTIONS

8.2.1. Information for the database relating to the Figaro Beneteau Class' Skippers and boats shall be communicated to the OA prior to the race and updated by the Skippers by no later than 30 July.

8.2.2. There will be no certification of new sails during the event.

8.2.3. Inspection of the boats' safety equipment.

8.2.4. Sealing of equipment.

8.2.5. Branding as set out in article 3.3.

8.2.6. VHF check and programming of the race frequencies (P4 and P5), verification of electrical systems and automatic pilots.

In addition to the inspections set out in 8.2, the Skippers shall provide the OA with a screenshot of their Epirb and PLB emergency contacts by no later than the close of registration, which must reference the name of the Race Director as well as the red line number.

The inspections set out in 8.2.3, 8.2.4, 8.2.5 and 8.2.6 will be performed on the boats, in Rouen.

8.3. INSPECTION OF THE MASTHEAD LIGHTS

The masthead lights shall be operational once the presence of the boats is compulsory, every evening from 22:00 hours. They shall work in accordance with Rules 20 and 21 of IRPCAS.

9. SAILING INSTRUCTIONS

The SI will be published on the official online notice board:

<https://www.lasolitaire.com/espace-skippers> no later than during the safety briefing on Wednesday 21 August.

10. COURSE

- 10.1. The course for L'ÉTAPE by La Solitaire is set out in the 'Course' appendix of this Notice of Race. The final course will be communicated in the form of a 'Leg course' amendment no later than during the weather / start briefing.
- 10.2. Skippers shall have on board 'paper' marine charts and the following light lists or their equivalent:

Geographical zones	References
English Channel (1/560 000)	SHOM 7040 or GB 2675
Bay of Biscay – From Brest to Cabo Finisterre (1/987 900)	SHOM 7211 (INT 1080)
Light list (digital version accepted)	
France – NE Atlantic (Ireland to Gibraltar –English Channel)	SHOM: LA – FNA

All the paper marine charts and light lists (or their equivalent) shall be presented during the safety equipment inspections. A paper marine chart for the approaches to each stopover port is compulsory on board.

Reminder: Each Skipper is responsible for having updated marine documents, light lists, marine charts (paper and electronic), etc.

11. PENALTY SYSTEM

- 11.1. The RRS 44.1 is modified in such a way that the Two-Turn penalty is replaced by a One-Turn penalty.
- 11.2. For the registration formalities prior to the event, the additional charges or flat rate amounts set out in 6.3 above will be applied by the OA.
- 11.3. Throughout the duration of the event, financial compensation set out in the NOR and the SI may be applied by the OA. The OA reserves the right to recover these sums as it pleases.

12. RANKING

12.1. RANKING

A ranking will be issued at the end of L'ÉTAPE by La Solitaire according to the race time, increased by penalties or reduced by possible bonus points.

12.2. OTHER RANKINGS

Specific rankings may be defined in the SI, including a ranking for players competing in the race's Official Virtual Game.

13. BERTHING

Skippers benefit from free berthing throughout the duration of the race set out in the Official Programme.

14. [NP] [DP] TRAFFIC RESTRICTIONS

Exiting ports and hauling out boats will be prohibited unless prior written consent is obtained from Race Management, the Race Committee or the Technical Committee from the date where the presence of the boats is compulsory from the start venue port through until the end of the competition.

Skippers of boats missing from the official race pontoons may be fined 200 Euros ex VAT per day or part of the day. The absence of the Skipper, and their boat if applicable, during a compulsory marine-based appointment, such as that outlined in the Official Programme, may give rise to a penalty of 200 Euros ex VAT per absence.

15. RADIO COMMUNICATION

- 15.1. In Rouen, two private race channels (P4 and P5) will be programmed on the on-board VHF and handheld VHF if the latter is an ICOM (with programming cancelled after the competition). The SWR of each system will be checked by the race's radio technician.
- 15.2. [NP] [DP] Except in the event of an emergency, a boat that is racing shall not make any voice or data transmission or receive voice or data communication, which cannot be received by all the boats.

16. MEDIA COVERAGE

- 16.1. In order to enhance media coverage of the race, the OA puts in place a press office for the promotion of the race across the media. The Skipper and Co-Skipper authorise the OA to broadcast and use their image, their name and that of their boat (video images and photos) and radio link-ups recorded by the OA.
- 16.2. The OA may, in accordance with the Skipper, equip several boats with cameras prior to the start of each leg to enhance audiovisual coverage of the race. The Skipper will be requested to make a written statement to the Technical Committee. The terms will be detailed in the Audiovisual Appendix.
- 16.3. The OA makes available on its website (www.lasolitaire.com) a cartography enabling the fleet's progress to be tracked during legs. This cartography is owned by L'ÉTAPE by La Solitaire. Any use of this cartography is prohibited unless OC SPORT Pen Duick has given prior written consent.
- 16.4. An Audiovisual Appendix to the Notice of Race will be published no later than 1 June 2024. It will detail the elements relating to video and photo production means and the obligations of participants and the OA.

17. PRIZES

The winning Skipper in L'ÉTAPE by La Solitaire will be gifted their registration either for La Solitaire du Figaro Paprec 2025 or The Transat Paprec 2025.

Paprec prize: Paprec will award a €5,000 (excl. VAT) prize to a skipper who has taken part in L'ÉTAPE by La Solitaire. The purpose of this prize is to help the skipper take part in the Solitaire du Figaro Paprec 2025 and/or the Transat Paprec 2025.

The prize will be awarded on the basis of the following criteria:

- Sporting performance during L'ÉTAPE by La Solitaire: Ranking and crew composition
- 2025 season: Sporting programme and budget
- The skipper must be a rookie in the Solitaire du Figaro Paprec 2025 and/or the Transat Paprec 2025.

18. DISCLAIMER OF LIABILITY

18.1. PARTICIPANTS' LIABILITY

18.1.1. This Notice of Race reminds competitors that every Skipper shall give all possible help to any person or vessel in danger (RRS 1.1: *Helping those in danger*) when they are in a position to do so, in accordance with the international measures in force.

18.1.2. Skippers participate in the race at their own risk and fully accept that choosing to do so is their own responsibility (RRS 3: *Decision to race*). It is the responsibility of each Skipper to decide whether or not to take the start of the event or continue with it according to his or her competence, the equipment at their disposal, the wind strength, the weather forecasts, etc.

18.1.3. Any information that any member of the Organising Committee is in a position to provide before or during the event, for example a gale warning, will constitute one detail among others, upon which the Skipper may base his or her decision without the Organising Committee or its partners being accountable.

18.1.4. Skippers will be held personally responsible for any material or physical damage to themselves, their vessel, to other vessels, or which they may cause to any third party or the property of a third party.

18.1.5. As an essential condition of their participation, Skippers shall provide the Organising Committee with the signed and dated form stating that they waive their right to take legal action against the organiser, its partners, service providers and insurers, which is attached to the final consent form.

18.2. ORGANISING COMMITTEE'S LIABILITY

The Organising Committee and its partners are solely liable for ensuring the smooth running of the competition.

Any other liability the Organising Committee may agree to will be clear and contractual, in particular:

- A watch, and especially a radio watch, as well as tracking of the fleet performed by the Organising Committee shall be considered by the Skippers to be optional and random, and in no way a supplementary safety measure which can be relied upon.

- No request made to a member of the Organising Committee shall be binding, unless the Organising Committee has agreed for it to be so, either itself or through one of its representatives officially accredited for this purpose. This will particularly relate to requests for various help or even assistance at sea.

19. INSURANCE

An insurance certificate for the boat will be required from all Skippers, together with a copy which must appear in the Class' database. All boats must be covered by an insurance policy on their arrival in Rouen to participate in the race.

Skippers are liable to the OA for taking out all the necessary insurance policies to cover civil liability and any damages during the competition.

The OA and its partners will not be held liable for the absence of third-party insurance.

20. ADDITIONNAL INFORMATION

For any information, please contact:

OC SPORT Pen Duick

Registration L'ÉTAPE by La Solitaire 2024

6 rue du sous-marin vénus - 56100 Lorient - France

General organisation:

Joseph Bizard – CEO:

joseph.bizard@ocsport.com

Malo Le Peru – Project Manager:

malo.leperu@ocsport.com

FFVoile accredited Race Manager:

Yann Chateau:

yann.chateau@ocsport.com

All the information about the competition, as well as the various official documents are accessible in the Skipper space: www.lasolitaire.com

Personal data: All the terms relating to the processing of your personal data are indicated in the following document: RGPD notice - L'ÉTAPE by La Solitaire 2024 registration form

https://drive.google.com/drive/folders/1VI7t8GsRnp9-L_niuLeQ2oGn23I4ueOw

● **APPENDIX 1 – FEDERATION PRESCRIPTIONS**

Prescriptions of the Fédération Française de Voile/Racing Rules of Sailing 2021-2024

(*) FFVoile **Prescription to RRS 64.4** (Decisions on protests concerning class rules):

The jury may ask the parties to the protest, prior to checking procedures, a deposit covering the cost of checking arising from a protest concerning class rules.

(*) FFVoile **Prescription to RRS 67** (Damages):

Any question or request related to damages arising from an incident occurred while a boat was bound by the Racing Rules of Sailing depends on the appropriate courts and cannot be examined and dealt by a jury.

A boat that retires from a race or accepts a penalty does not, by that such action, admit liability for damages.

(*) FFVoile **Prescription to RRS 70.5** (Appeals and requests to a national authority):

The denial of the right of appeal is subject to the written authorization of the Fédération Française de Voile, received before publishing the notice of race. This authorization shall be posted on the official notice board during the event.

(*) FFVoile **Prescription to RRS 76** (Exclusion of boats or competitors)

An organizing authority or race committee shall not reject or cancel the entry of a boat or exclude a competitor eligible under the notice of race and sailing instructions for an arbitrary reason.

(*) FFVoile **Prescription to RRS 78.1** (Compliance with class rules; certificates):

The boat's owner or other person in charge shall, under his sole responsibility, make sure moreover that his boat complies with the equipment and security rules required by the laws, by-laws and regulations of the Administration.

(*) FFVoile **Prescription to RRS 86.3** (Changes to the racing rules):

An organizing authority wishing to change a rule listed in RRS 86.1(a) in order to develop or test new rules shall first submit the changes to the FFVoile, in order to obtain its written approval and shall report the results to FFVoile after the event. Such authorization shall be mentioned in the notice of race and in the sailing instructions and shall be posted on the official notice board during the event.

(*) FFVoile **Prescription to RRS 88** (National prescriptions):

Prescriptions of the FFVoile shall neither be changed or deleted in the notice of race and sailing instructions, except for events for which an international jury has been appointed.

In such case, the prescriptions marked with an asterisk (*) shall neither be changed nor deleted in the notice of race and sailing instructions. (The official translation of the prescriptions, downloadable on the FFVoile website www.ffvoile.fr, shall be the only translation used to comply with RRS 90.2(b)).

(*) FFVoile **Prescription to RRS 91(b)** (Protest committee):

The appointment of an international jury meeting the requirements of Appendix N is subject to prior written approval of the Fédération Française de Voile. Such authorization shall be posted on the official notice board during the event.

FFVOILE Prescriptions - Apply when no international jury is designated at the event

FFVoile **Prescription to RRS 25** (Notice of race, sailing instructions and signals):

For events graded 4 and 5, standard notices of race and sailing instructions including the specificities of the event shall be used. Events graded 4 may have dispensation for such requirement, after receipt of FFVoile approval, received before the notice of race has been published.

For events graded 5, posting of sailing instructions will be considered as meeting the requirements of RRS 25.1 application.

FFVoile **Prescription to APPENDIX R** (Procedures for appeals and requests):

Appeals shall be sent to the head-office of Fédération Française de Voile, 17 rue Henri Bocquillon, 75015 Paris – email: jury.appel@ffvoile.fr, using preferably the appeal form downloadable on the website of Fédération Française de Voile: <http://espaces.ffvoile.fr/media/127235/formulaire-dappel.pdf>

● APPENDIX 2 – OFFICIAL PROGRAMME

** Compulsory presence of the skippers and co-skippers

* Compulsory presence for the skippers and co-skippers concerned

ROUEN

Saturday 17 August	
04:30 hrs	Convening of the boats at the entrance to Rouen channel (at the port lateral mark Amfard SW)**
10:00 hrs	Opening of the village in Rouen
13:00 hrs	Arrival of the boats in Rouen**
17:00-18:00 hrs	Presentation of the Skippers on stage**
19:00 hrs	Meet and greet with the Skippers
Sunday 18 August	
09:00-18:00 hrs	Inspection of the boats*
11:00 hrs	Figaro Beneteau 3 tour*
Monday 19 August	
09:00-18:00 hrs	Inspection of the boats*
11:00 hrs	Figaro Beneteau 3 tour*
Tuesday 20 August	
09:00-18:00 hrs	Inspection of the boats*
11:00 hrs	Figaro Beneteau 3 tour*
Wednesday 21 August	
09:00-18:00 hrs	Inspection of the boats*
11:00 hrs	Figaro Beneteau 3 tour*
14:00-17:00 hrs	SI / Safety briefing **
Thursday 22 August	
09:00-18:00 hrs	Inspection of the boats*
11:00 hrs	Figaro Beneteau 3 tour*
15:30-17:00 hrs	Skippers' briefing L'ÉTAPE by La Solitaire**
17:00-18:00 hrs	Presentation of L'ÉTAPE by La Solitaire Skippers**
17:00-18:00 hrs	Autograph signing session for L'ÉTAPE by La Solitaire Skippers**

19:30 hrs	Official soirée**
Friday 23 August	
09:00-09:45 hrs	Screening of the boats' departure on stage**
09:15-10:00 hrs	Boats depart Rouen
12:00 hrs	Closure of the village in Rouen
21:00 hrs	Arrival of the boats in the marina in Le Havre
Saturday 24 August	
16:00-17:00 hrs	Weather briefing **
Sunday 25 August	
15:00 hrs	Start of the race

GIJÓN

Thursday 29 August	
Day	Scheduled finish of the race
Friday 30 August	
19:30 hrs	Prize-giving leg one and L'ÉTAPE by La Solitaire, plus official evening**
Saturday 31 August	
08:00 hrs	End of the obligation of presence for Skippers

● APPENDIX 3 - COURSE

A bay course may be proposed for each leg.

L'ÉTAPE by La Solitaire 2024			
Etape 1A : Rouen --> Gijon (615 NM)			
Ordre	Waypoint	Côté requis	Position
	Emplacement approximatif du départ		49°30.200' N & 000°03.200' E
1	Phare de "Wolf Rock	Bâbord	49°56.725' N & 005°48.555' W
2	Marque spéciale Gijon	Tribord	43°37.180' N & 005°39.555' W
3	Cardinale Est Las Amosucas	Tribord	43°34.825' N & 005°39.525' W
A	Bateau Comité de Course	Tribord	43°33.500' N & 005°39.500' W
A	Bouée Arrivée	Bâbord	43°33.500' N & 005°39.360' W

L'ÉTAPE by La Solitaire 2024			
Etape 1B : Rouen --> Gijon			
Ordre	Waypoint	Côté requis	Position
	Emplacement approximatif du départ		49°30.200' N & 000°03.200' E
1	Marque d'eaux saines Needles Fairway	Bâbord	50°38.220' N & 001°39.000' W
2	Cardinale Ouest Le Videcoq	Tribord	48°49.640' N & 001°42.155' W
3	Cardinale Nord La Jument des Héaux	Bâbord	48°55.415' N & 003°08.040' W
4	Marque spéciale Gijon	Tribord	43°37.180' N & 005°39.555' W
5	Cardinale Est Las Amosucas	Tribord	43°34.825' N & 005°39.525' W
A	Bateau Comité de Course	Tribord	43°33.500' N & 005°39.500' W
A	Bouée Arrivée	Bâbord	43°33.500' N & 005°39.360' W

● APPENDIX 4 – MEDICAL RECORD

FICHE MÉDICALE CONFIDENTIELLE

NOM / Name		Date naissance / Birthdate	
Prénom / Firstname	Date naissance / Birthdate	e-mail	
N° tel / Phone n°	N° licence / Licence n°		
Nom du bateau / Name of the boat		Assurance-Assistance / Insurance-Assistance/Ces	
Qui contacter ? / Persons to contact		Lien relationship /	
N° tel / Phone n°	e-mail		
Autre ? other to contact		Lien relationship /	
N° tel / Phone n°	e-mail		
Médecin traitant / General Practitioner		Spécialité /	
N° tel / Phone n°	e-mail		
Autre référent méd. / Other medic relevant			
N° tel / Phone n°	e-mail		
Stage WS, WS training courses / Where ?		Stage Medical (PSI/MR ou équivalent, ou ? / Medical qualif. / Where ?	
Taille / height	Poids / weight	Groupe Sanguin / Blood group	
Bilans médicaux / Medical Checks : (ajouter tout document complémentaire utile - Add any useful complementary document)			
Cardio-vasculaire / ECG / ECG	Date =	Echocardiographie / Echocardiography	Date =
Cardio-vasculaire / Cardio-vascular	Date (< 4ans / < 4 years) =	Jointure résultat /	Jointure résultat /
Epreuve d'effort / Cardio-resistance test	Date (< 2ans / < 2 years) =	Jointure résultat /	
BIOLOGIQUE / Biological	Date (< 2ans / < 2 years) =	Jointure résultat /	
<i>Avec : NFS, ionogramme, créatinine, bilan hépatique, glycémie à jeun, cholestérol et triglycérides. / With: blood cells counts, ionogram, creatinine level, liver function tests, fasting blood glucose, cholesterol & parts</i>			
Dentaire, dent / Dental, dental	Date =	Comment =	
Visuel, visuel / Visual, visual	CEJ/Right eye: /O	Lunettes / Glasses ?	<input type="checkbox"/>
Date =	CEJ/Left eye: /O	Lenilles / Lenses ?	<input type="checkbox"/>
O.R.L. / O.R.L.	Date =	Comment =	
Physique, Physical / Autres / Others	Date =	Comment =	
Antécédents médicaux / Medical history (ajouter tout document complémentaire utile - Add any useful complementary document)			
Allergies / Allergies			
Neurologie / Neurological Illnesses			
Autres maladies / Other Illnesses			
Mal. Tropicales / Tropical Illnesses			
Gynéco / Gynecology			
Antécédents chirurgicaux, Surgical history: (ajouter tout document complémentaire utile - Add any useful complementary document)			
Suite à accident / After an accident	Date =	Comment =	
Suite à maladie / After an illness	Date =	Comment =	
Autres / Others	Date =	Comment =	
Appareils enlevés / Apparatus removed	Date =	Comment =	

Note : En cas de doute de la relation médecin/patient ou si le médecin ne peut pas participer à l'épreuve, le médecin pourra déléguer une expertise médicale selon la procédure décrite en annexe 2 du règlement Médical Règles. In case of doubt of the relation physician/patient or if the physician cannot participate in the competition, the physician may delegate the possibility of requiring a medical expertise as defined in annex 2 of the medical regulations.

(confidentialité médicale form)

Vaccinations, vaccinations : (ajouter tout document complémentaire utile - Add any useful complementary document)

Vaccins/vaccines :

Valeé/vaccines :

Gestion du CORONA VIRUS / Corona virus Management :

Avez-vous été infecté par le Corona Virus / Have you been infected with the Corona Virus? oui non

Si séquences, description : / If after-effects, description:

Avez-vous été vacciné ? / Have you been vaccinated? oui non

Date dernier PCR / Date of your last PCR : Résultat :

Traitement en cours ou possible selon pathologies / Current or possible treatment according to the pathologies :

Medic = Posologie =

Medic = Posologie =

Engagement du médecin / Doctor obligation :

« Je certifie la non contre-indication à la pratique des activités physiques et sportives en compétition »

« I confirm that there is no known medical reason to prevent the person concerned taking part in competitive physical and sporting activities »

« Je certifie la non contre-indication à participer aux compétitions à la voile en haute-mer en solitaire »

« I confirm that there is no known medical reason to prevent the person concerned taking part in single handed offshore sailing races »

Date et signature / Date and sign

Cachet Stamp

Engagement du coureur / Skipper obligation :

Je reconnais avoir pris connaissance : (1) des questions ci-dessus et y avoir répondu sans rien omettre et avec exactitude (2) du contenu de la liste pharmaco recommandée pour constituer la pharmacie de bord. / I confirm having taken knowledge (1) questions above, / certify that my answers are complete and right (2) contents of the pharmacy list recommended for the medical kit on board.

Date et signature / Date and sign

Etat: Règlement Médical Règles utile <http://www.frcs.fr/telechargement/medical-regulations-5>

Article 8 (remarque): L'obtention du certificat médical de non contre-indication à la pratique de la voile et notamment de la voile en compétition est la conclusion d'un examen médical qui peut être réalisé par tout médecin titulaire du Doctorat d'Etat, et inscrit à l'ordre des médecins.

La Commission Médicale Nationale de la FFVoile rappelle que l'examen médical permettant de délivrer ce certificat engage la responsabilité du médecin signataire de ce certificat, sans que ce dernier soit responsable de l'obligation de moyens (...). - Préciser que le contenu de l'examen doit être adapté à la situation de la personne concernée et que l'examen doit être réalisé par un médecin généraliste ou un médecin spécialiste de la voile, de préférence un médecin de la voile.

Le certificat de non contre-indication à la pratique de la voile est valable pour une durée de 2 ans à compter de la date de la délivrance du certificat. En cas de doute, de santé, de séjour ou de déplacement, le médecin doit contacter la Commission Médicale Nationale de la FFVoile pour obtenir des conseils et/ou des recommandations. En cas de doute, contacter la Commission Médicale - préciser une mise à jour des vaccinations, un bilan dentaire annuel, une épreuve cardio-vasculaire d'effort, une surveillance biologique élémentaire à partir de 40 ans, un examen ORL, un visuel (...).

Le certificat de non contre-indication à la pratique des activités physiques et sportives en compétition est valable 4 ans à compter de la date de la délivrance du certificat. En cas de doute, de santé, de séjour ou de déplacement, le médecin doit contacter la Commission Médicale Nationale de la FFVoile pour obtenir des conseils et/ou des recommandations. En cas de doute, contacter la Commission Médicale - préciser une mise à jour des vaccinations, un bilan dentaire annuel, une épreuve cardio-vasculaire d'effort, une surveillance biologique élémentaire à partir de 40 ans, un examen ORL, un visuel (...).

Le certificat de non contre-indication à la pratique des activités physiques et sportives en compétition est valable 4 ans à compter de la date de la délivrance du certificat. En cas de doute, de santé, de séjour ou de déplacement, le médecin doit contacter la Commission Médicale Nationale de la FFVoile pour obtenir des conseils et/ou des recommandations. En cas de doute, contacter la Commission Médicale - préciser une mise à jour des vaccinations, un bilan dentaire annuel, une épreuve cardio-vasculaire d'effort, une surveillance biologique élémentaire à partir de 40 ans, un examen ORL, un visuel (...).

Le certificat de non contre-indication à la pratique des activités physiques et sportives en compétition est valable 4 ans à compter de la date de la délivrance du certificat. En cas de doute, de santé, de séjour ou de déplacement, le médecin doit contacter la Commission Médicale Nationale de la FFVoile pour obtenir des conseils et/ou des recommandations. En cas de doute, contacter la Commission Médicale - préciser une mise à jour des vaccinations, un bilan dentaire annuel, une épreuve cardio-vasculaire d'effort, une surveillance biologique élémentaire à partir de 40 ans, un examen ORL, un visuel (...).



FINAL CONSENT FORM

To be returned scanned/signed to malo.leperu@ocsport.com by the Skipper and Co-Skipper

Or sent to

**OC SPORT PEN DUICK
Inscription L'ÉTAPE by La Solitaire 2024
6 rue du sous-marin Vénus
56 100 Lorient**

no later than 13 July 2024

THE PARTICIPANT

Surname:

Forename:

Nationality:

FFVoile licence No.:

Race name of the boat:

YOUR ENTRY AGREEMENT:

I the undersigned:

Surname:

Forename:

Date of birth:

Address:

- Confirm my definitive entry in 'L'ÉTAPE by La Solitaire' and declare that I shall participate in the race at my own risk and I shall be responsible for myself.
- This participation implies acceptance on my part of the Notice of Race already brought to my attention and any appendices which may be released at a later date.
- I declare that I hold an FFVoile licence.
- I undertake to provide the race's medical office with an updated certificate testifying to "*The absence of any condition or disability which may compromise health and safety when practising double-handed offshore racing.*" This certificate brings the information contained in the medical record up to date and will be signed by the Skipper in Rouen.
- I inform my sponsors and my press office that use of the race name must include: 'L'ÉTAPE by La Solitaire'.
- I note that the organisers reserve the right to modify the Notice of Race should circumstances so require, particularly in the event of force majeure.
- I state that my registration for the race complies with the requirements of the Notice of Race.

Signed in:

On:

Signature

Precede the signature with 'lu et approuvé' (read and approved) and 'bon pour accord' (agreed).

WAIVER OF ANY RECOURSE

I the undersigned

Surname:

Forename:

Hereby declare that I shall expressly waive any recourse and actions against OC Sport Pen Duick in its capacity as organiser of the 'L'ÉTAPE by La Solitaire' race 2024, its partners, its service providers and its insurers and in particular for any damage suffered by my property, due to the total or partial destruction, or deterioration of any materials or movable objects, whatever their value.

I undertake to inform my insurers of the existence of this clause and to obtain from them the same waiver of recourse that appears in my insurance policies.

Signed in:

On:

Signature:

APPENDIX 6 – ENVIRONMENTAL APPENDIX

1. Rethink Sport

Offshore racing takes place in the toughest and most beautiful environments on the planet. These playgrounds -the oceans- provide amateur and professional athletes with a unique platform.

Resolutely geared towards nature and a respect for our environment, our sport and all its protagonists, sailors, operators, classes, organisers and partners are keener than ever to integrate sustainable development elements in their practices and their actions.

Through dialogue, we have collectively initiated an in-depth approach to gradually elevate our events to a level where we can minimise their carbon footprint and help ensure both participants and fans can enjoy favourable conditions to practice their outdoor activity sustainably.

Considered to be an impactful platform, we utilise the strength of our major events to reach out and influence a very wide audience worldwide.

Reimagining the way we engage and interact with stakeholders about environmental, social and societal issues, must favour our ability to raise awareness more extensively and encourage changes in behaviour to accelerate climate action.

For La Solitaire du Figaro Paprec, we've outlined a sustainable development strategy, which naturally follows on from the elements presented above:



2. Minimising the carbon footprint

In accordance with the recommendations in force, our approach with regards greenhouse gas emissions (GGE) relies on the 'avoid – reduce – compensate' approach: avoiding emissions which can be prevented, reducing those which cannot be avoided and then compensating for any residual emissions. Respecting this approach is essential to remaining physically relevant.

1. Favouring low carbon means of transport

Travel by stakeholders makes up the majority of GGE, which is why there is a focus on this line of work. Here are some effective ways to reduce this footprint, whether it is for the sports team or the partners (especially for public relations):

- Favour the train where possible (a high-speed train emits 90 times fewer greenhouse gas emissions than a car with just the driver)
- Encourage car sharing
- For trips to the stopover ports, use as much soft mobility as possible for travel (cycling, walking and scooter rides) or use public service vehicles

2. Favouring vegetarian alternatives

According to the ADEME (the French Environment and Energy Management Agency), one 'predominantly meat-based meal made with beef' emits on average 7.26 kg CO₂e compared with 0.51 kg CO₂e for a 'vegetarian meal' (a 'predominantly meat-based meal with chicken' emits 1.58 kg CO₂e).

Catering choices are an effective way to reduce GGE. Through your partners' public relations activations, we encourage you to offer vegetarian alternatives.

3. Elements for calculating the carbon footprint

To step up our game to reduce the carbon footprint of our events, we need to establish the true impact of our activities. This vital step will underpin the actions we take together for future editions.

To be relevant then, the carbon audit must be precise and within its scope it must integrate the activities of the organisation, those of its service providers, as well as those of the participating sports teams (scopes 1, 2 and 3).

The teams' involvement and commitment is essential in order for the work to be as precise as possible in the 2024 edition.

Action: to send back to the organiser the data detailing the team's carbon footprint according to the standard file supplied by them. The key topics are transport, accommodation, catering, passenger vessels and RIBs at the race

starts and finishes. The definitive send must be made within 14 days of the official prize-giving concluding.

The organiser will be able to answer any questions you may have during the stopovers and/or via telephone and email if need be.

4. Voluntary carbon credit

In line with recommendations, it is important to avoid and reduce GGE, which we're able to do by incorporating such elements as those presented above. For residual emissions, carbon credit projects -contribution to global and collective carbon neutrality- are offered voluntarily.

For those who wish to take up the offer, completely voluntarily, the organiser will send them information about one or several carbon credit solution(s) deemed relevant.

For information, the organiser creates a voluntary carbon credit -as was the case in 2022 and 2023- regarding local projects.

3. Operations – Ashore and at sea

5. Waste

We are keen to strive towards '0 non-recovered waste', both ashore and at sea, for all event-related activities.

Sports teams and organisers of public relations operations are requested to methodically sort their waste in line with local sorting instructions. Moreover, as set out in the RRS, it is totally prohibited to discard anything in the sea before, during or after the race.

6. Impact on the marine habitat and biodiversity

Vision: to reduce the impact of our activity on marine biodiversity by aiming for a '0 collision' objective during our offshore races.

Objectives: obligation to declare any collision with an unidentified floating object or cetacean to Race Management. This declaration must be made within 24 hours.

7. Loss of equipment at sea

Vision: to achieve a '0 marine pollution' objective during our events.

Objective: obligation to declare any loss of equipment or structural element at sea to Race Management. This declaration must be made within 24 hours