

## **Amendment to Sailing Instructions no 1**

17.1 Crew numbers: the special restriction (max 6) is removed. Numbers will be governed in accordance with the principal Notice of Race. Individual skippers should use their own discretion and abide by the National Guidelines and RYA advice, as appropriate. JOG recommends the use of lateral flow testing available free from:

<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>