

# 5 Essentials



**Overview:** Recap of the 5 Essentials



## Brief to cover:

- The 5 Essentials
  - Sail Setting, Balance, Trim, Centreboard, Course Made Good
- Maybe cover one at a time (bite size chunks) or as 3 sessions
  - Sail Setting and Centreboard
  - Trim and Balance
  - Course Made Good
- Discuss and use diagrams how each varies on all points of sailing
- Shallow water demo is good for Trim and Balance and also Centreboard (try and push boat sideways through water with centreboard in different positions)



## Practical Session:

- A good exercise is "Follow my Leader" (see G100) or a box or triangle course but vary the exercise
- Feedback afloat (alongside and stopped, make good eye contact)
- Useful one to use video so that they can see themselves afterwards



## Debrief:

- Use edited video if available
- Questions on how the 5 Essentials were used to best effect on different points of sailing
- Summary, use matrix (example below) with students to check experience and understanding

5 Essentials	Light Wind	Medium Wind	Strong Wind
Sail Setting			
Balance			
Trim			
Centreboard			
Course Made Good			



## Instructor Notes:

- Understanding the 5 Essentials is key to every sailors' understanding of sailing
- This session can be as basic or advanced as required and can be very individual
- Use plenty of diagrams and the boat ashore for demonstrations
- Use games and mini races to get people to focus externally

**National Sailing Scheme:** This session is designed to be adapted to the needs of your group and their current ability. Once students have a 'basic practical understanding' of the elements covered they will have achieved the practical standard required for the '5 essentials' within Level 2, Sailing Techniques and Manoeuvres.

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# Anchoring



**Overview:** To improve the sailor's confidence and understanding of anchoring



## Brief to cover:

- Why anchor?
- Where can we anchor?
- Factors that affect anchoring – wind, depth, sea bed, type of boat, current, state of tide
- Diagram of anchoring and walk through ashore
- How to lay and recover an anchor under sail
- Knots used – Round Turn & 2 Half Hitches, Fisherman's Bend
- Types of anchor and their use
- Swinging area



## Practical Session:

- Demonstration if possible by instructor
- Practice by sailors with Instructor close by and feeding back after each attempt
- Increase complexity of session by:
  - Having to be on a transit when anchored
  - Use it for reefing afloat



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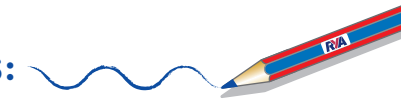


## Debrief:

- Discussion on the main points of anchoring
- Key areas
  - Attach to secure point in boat
  - Boat to be stopped and head to wind before anchor is lowered over the bow
  - As soon as anchored – ease sheets, kicker off, centreboard and rudder up



## Instructor Notes:



- This is a skill that isn't practised a lot so make sure you are up to speed before you teach it
- Make sure all anchors are tied to the boat before the session
- The correct knots are critical with this session – Round turn and 2 half hitches, Fisherman's bend and Rolling hitch all may be used so learn them!
- Useful tips in G12 and G14

**National Sailing Scheme:** Once students 'can' do the elements covered they will have achieved the practical standard required for 'anchoring' within the Seamanship and Day Sailing modules.

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# Asymmetric Spinnaker



**Overview:** Introduction to flying an asymmetric spinnaker



## Brief to cover:

- Best done round a boat
- Clear demonstrations on how to hoist, gybe and drop
- All sailors to practise ashore before going afloat
- Communication a key point
- Clearly explain a simple exercise that keeps boats apart – skewed windward/leeward is good as the downwind boats are separate from the upwind boats
- Hoist/Drop and Power zones need explaining. Hoist & drop done on broad reach with little power in the spinnaker
- Explain “apparent wind”
- Sheeting – luff just curling



## Practical Session:

- Practise hoist, fly, drop before putting any gybes in. Use a skewed windward/leeward course
- Allow plenty of time to practise
- Video is a good option but film short specific segments, not the whole run!
- Instructor may have to get in a boat and demonstrate



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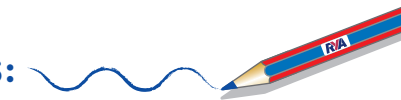
## Debrief:

- Discussion on the issues that have arisen
- Don't be afraid of going back to a demo ashore and show the best way to achieve the manoeuvre
- Be specific and clearly identify the difference between classes



## Instructor Notes:

- Clear demonstrations and practice ashore is the key to this one
- Remember they will be very internally boat focussed and may not be aware of other boats or the shore etc so keep the boats separated if at all possible
- Feel free to jump in a boat and demonstrate again on the water at any time during the exercise
- Also most first time spinnaker fliers will forget the other sails so a quick reminder is often necessary
- Useful tips in G12 and G14



**National Sailing Scheme:** Once students have 'knowledge of' the elements covered they will have achieved the practical standard required for Level 3. With further refinement, and once students 'can' perform the elements covered, they will have achieved the practical standard required for the relevant part of Sailing Techniques and Manoeuvres, within Sailing with Spinnakers.

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# Capsize & Recovery



**Overview:** To improve the speed of recovering a capsize and the sailor's confidence when a capsize occurs



## Brief to cover:

- Basic capsize recovery technique – Scoop Method, see G14
- Correct personal equipment, wetsuit or dry suit, Buoyancy Aids fit correctly
- How can we do it faster?
  - Use diagrams
  - Boats on their side
  - Demonstration in shallow water
- Method – climb over the topside as the boat goes over
- Other issues
  - Capsize with the spinnaker up – drop it before righting
  - Mast pointing to windward – swim it round or use Scoop Method and ease kicker
  - Boat goes completely turtle – just need to hang on the centreboard
- How to keep the boat the right way up!



## Practical Session:

- Be aware of safety issues if you have a number of boats capsizing together, normally only 1 over at a time
- Do a variety of different capsizes, instructor close to boat to talk to sailors



## Debrief:

- Discuss various situations and methods, what works when?
- Emphasise good communication in double handers
- Different techniques for different boats



## Instructor Notes:

- Make sure this session is safe
  - Correct personal equipment
  - Dinghies in good repair
  - Suitable depth of water
  - Adequate safety cover
  - Any medical issue?
  - Run on a warm day!
- Be positive and constructive – aim is to improve people's confidence
- Key points:-
  - Make sure no one is trapped under the boat
  - Good communication between helm and crew

**National Sailing Scheme:** Once students 'can' perform the elements covered they will have reached the practical standard required for 'capsize and recovery' within Level 2, Sailing Techniques and Manoeuvres. Skill technique and ability can then be developed for Level 3. For Sailing with Spinnakers and Performance Sailing more advanced techniques must be taught, such as total inversion and capsize recovery including a spinnaker.

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# Coming Alongside



**Overview:** To be able to control boat speed effectively so as to come alongside either boats or jetties safely



## Brief to cover:

- How to control boat speed – sails, sail controls, angle to wind etc
- Communication
- Angle of approach
- Awareness of hazards
- Plan, Approach, Manoeuvre, Escape



## Practical Session:

- Choose a rib (or even a mooring buoy) for initial practice (nice and soft). Think about mooring it fore and aft or have it on the side of a jetty
- Demonstration alongside a jetty is good as sailors can see what you are doing
- Give feedback between attempts (positive and constructive)



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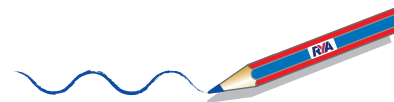


## Debrief:

- Questions to sailors on best method
- What issues did they have to take into account? Wind direction, physical aspects, position of the jetty etc
- Agree best practice



## Instructor Notes:



- Yet another slow speed boat control session so use any previous sessions as examples on how to control boat speed
- Good idea to get them to practise in open water initially to see how far the boat carries its way as each class will be different
- Easy session to run from the jetty as you can feed back after each attempt
- Talk about how to “back the main” to slow or stop the boat
- Useful tips in G12

**National Sailing Scheme:** Once students have a 'practical understanding' of the elements covered they will have achieved the standard required for Level 2 'coming alongside'. For Level 3 equivalent further skill refinement will be necessary, and Seamanship Skills students should be able to perform the skill competently.

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# Downwind Speed



**Overview:** To improve the sailor's knowledge of how to sail faster downwind



## Brief to cover:

- 5 Essentials
  - Sail setting, centreboard, trim, balance and Course Made Good
- Wind awareness
- Communication between helm and crew
- Discuss main areas of focus and varying wind conditions
- Use diagrams, magnetic boats on white board etc



## Practical Session:

- Set up windward/leeward course
- Follow individual boats downwind
- Video is good for this exercise
- Feedback afloat at leeward mark

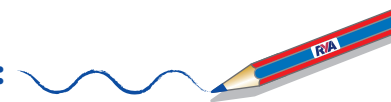


## Debrief:

- Revisit aims and discuss what was most important focus
- What were main issues? Sail setting, balance, course?
- Get sailors to rate themselves against others



## Instructor Notes:



- Main areas to focus on:
  - Sail set up – sheet tension. All sails set up same
  - Sail controls, kicker, downhaul & outhaul
  - Trim and balance – discuss reasons why we sit where we sit
- Use photos – these show the boat set up at a glance and are useful for comments in the debrief

**National Sailing Scheme:** Once students have a 'basic practical understanding' of the elements covered they will have achieved the standard required for Level 2.  
For Level 3 equivalent students should practise and be able to apply the skills taught, whereas Performance Sailing requires students to show advanced ability in performance boats.

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# Get Back Into Sailing



## Overview:

- To provide an opportunity for inactive club members or lapsed sailors to get back into sailing. This is the catalyst to them attending more Go Sailing sessions.
- To rediscover their passion for sailing
- High ratio of instructors to students required given the probable mixed ability level
- This session needs to be tailored to the needs and aims of the student



## Brief to cover:

- Welcome to club for non-members
- Find out students' experience level, reasons for not sailing and their aims – this should be done in a sensitive manner as some may have had a negative experience as a barrier to their sailing participation
- Split into small groups depending on experience and aims



## Practical Session:

- Depends on students' level of experience
- Instructor helps to a suitable sailing area or a beam reach course laid off the launch area for single handers
- Beam reach course to practise tacking
- Progress onto a triangular course to practise 5 essentials
- Introduce suitable exercises as the sailors' confidence grows



## Debrief:

- Questions to sailors
  - What skills have they been reminded of ?
  - Where could they use these skills?
  - What support do they need to continue sailing regularly ?
- Discuss the issues and solve any problems
- Summarise and agree what has been learnt/remembered and the opportunities available to continue sailing regularly



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# Improving Gybing



**Overview:** To improve the efficiency of gybing



## Brief to cover:

- What do we know about gybing already? Build on this knowledge
- Key aspects of performing a good gybe
  - Start position – training run/broad reach
  - Good communication
  - Smooth steering and balance
  - Correct sail setting
  - Look ahead
- Different techniques for different boats, e.g. tiller extension forwards or backwards



## Practical Session:

- Exercises for this session could be
  - Windward/leeward course
  - Gybing on whistle
  - Downwind Riverbank (G100)
- Only focus on gybing and feedback at regular intervals afloat
- Video is useful
- Tend to go downwind quite quickly so focus on getting a number of gybes in on each session

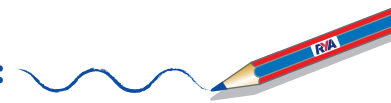


## Debrief:

- What did we know and what do we know now?
- Key points that have been discovered during the exercise
- Agree and summarise key points
- Any class specific issues (tiller extension forwards or backwards, crew facing forwards or backwards)
- Symmetric Kite – when to move pole over, who holds guy and sheet,
- Asymmetric Kite – old sheet/new sheet swap, course coming out of gybe



## Instructor Notes:



- Lots of points to improve on, relate it to 5 Essentials
- Be specific and individual
- Focus on the big points first, e.g. smooth steering, balance, communication
- Ensure a suitable sailing area/course is assigned for the students to achieve task

**National Sailing Scheme:** Once students have a 'practical understanding' of gybing their skills can be developed using these elements. Once achieved students will be of the practical standard required for 'gybing' within Level 2. Develop these core skills slightly for Level 3, and for Performance Sailing equivalent, students need to show an advanced ability in performance boats.

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# Improving Tacking



**Overview:** To improve the efficiency of tacking



## Brief to cover:

- What do we know about tacking already?  
Build on this knowledge
- Key aspects of performing a good tack
  - Start from close hauled
  - Good communication
  - Smooth steering and balance
  - Correct sail setting
  - Timing



## Practical Session:

- Exercises for this session could be
  - Windward/leeward course
  - Tacking on whistle
  - Riverbank
- Only focus on tacking and feedback at regular intervals afloat
- Video is useful



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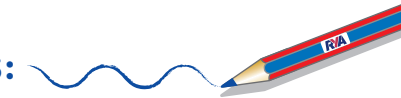


## Debrief:

- What have we learnt?
- Key points that have been discovered during the exercise
- Agree and summarise key points
- Any class specific issues (tiller extension forwards or backwards, crew facing forwards or backwards)



## Instructor Notes:



- Lots of points to improve on, relate it to 5 Essentials
- Be specific and individual
- Focus on the big points first, e.g. correct technique - foot and handwork, smooth steering, balance, communication & timing
- Useful tips in G12 and G100
- Ensure a suitable sailing area/course is assigned for the students to achieve task

**National Sailing Scheme:** Once students have a 'basic practical understanding' of the elements covered they will have achieved the practical standard required for 'tacking' within Level 2. Refine these slightly for Level 3 and for Performance Sailing students should show an advanced ability in performance boats.

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# Landing your Dinghy



**Overview:** To improve the safety and knowledge of landing your dinghy on the shore



## Brief to cover:

- Wind direction and sea conditions
- Decision making process on approach
- Class/type of boat and specific issues
- Roles of helm and crew (double handed)
- Single hander issues – teamwork
- Safety – boom swinging, being caught on leeward side of boat, breaking waves
- Issues that affect landing
- Pontoons/jetties, Shallow areas, Width of slipway, Tide or currents, Moored boats
- Demonstration by instructor
- Plan B – Escape route consideration if all else fails or issues arise



## Practical Session:

- Instructor in water talking and guiding boats in
- Control of speed, use of sail controls
- Lifting rudder and centreboard – how this affects the boat's balance and sailing ability
- Jump out of boat on the windward side (opposite to the mainsail) and hold boat near bow
- Lee shore landing – lower main before approaching shore



## Debrief:

- Questions on:
  - What worked best?
  - How to control speed?
  - Best angle of approach?
  - Who did what? (double hander)
- Discuss various methods for varying wind direction
- Summarise and clearly describe safest method



## Instructor Notes:

- Safety is paramount, follow the basics:
  - Hold boat by bow
  - Climb out on windward side
- Useful tips in G12

**National Sailing Scheme:** Once students have a 'basic practical understanding' of the elements covered they will have achieved the practical standard required for the 'recovery' section within Level 1. Refined slightly to a 'practical understanding' and they will achieve Level 2, Launch and recovery. Once these skills have been advanced students should be able to competently perform the elements covered to achieve Level 3, or potentially Seamanship Skill equivalent.

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# Launching



**Overview:** To launch safely and efficiently in a variety of conditions and wind directions



## Brief to cover:

- Wind direction and sea conditions
- Decision making process on how to launch
- Class/type of boat and specific issues
- Roles of helm and crew (double handed)
- Single hander issues – teamwork
- Lee shore/windward shore and difficulties they cause
- Issues that affect the launching
- Pontoons/jetties, Shallow areas, Width of slipway, Tide or currents, Moored boats
- Demonstration by instructor



## Practical Session:

- One instructor afloat and one in water ashore
- Instructor assists and advises each boat
- Short sailing session afloat (mark and back)
- Feedback ashore between each launch/recovery
- Hold boat by bow and climb in on windward side



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## Debrief:

- Questions to sailors – How, What, Where, Who, When and Why to get discussion going
- Discuss the issues encountered and solve any problems
- Summarise and agree best practice for launching at that venue in those conditions
- Agree how those skills can be used elsewhere and in different conditions
- Useful tips in G12

**National Sailing Scheme:** Once students have a 'basic practical understanding' of the elements covered they will have achieved the practical standard required for 'launching' within Level 1. Further refinement would then be necessary to reach a 'practical understanding' for Level 2. If advancing these skills for Level 3, or Seamanship Skills, students should develop these skills until they 'can' perform the elements covered.

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# Man Over Board (MOB)



**Overview:** To improve people's knowledge of and procedures for picking up a MOB



## Brief to cover:

- How to prevent MOB
- Diagram on the correct process. See G12
- The importance of the boat being at a standstill alongside the MOB
- Talk through ashore actively plus using white board
- Demonstration by Instructor
- How to get the person back in the boat? Discuss various methods



## Practical Session:

- Practise with weighted containers to simulate a real person
- Instructor can be close at hand to offer advice but not to interfere
- Feedback afloat between each attempt

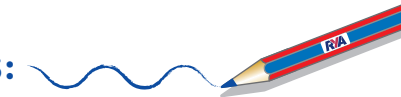


## Debrief:

- Discuss the issues they find with this manoeuvre
- Identify areas to improve on and what is best practice



## Instructor Notes:



- Stress that this could be a life saver in some circumstances
- Good to practise this skill on a regular basis
- Key points are:-
- Communication
- Use of sails (leaving the jib flying/furled)
- Speed control
- Angle of approach
- Wind awareness
- Being stopped next to the MOB
- Tiller action to prevent tacking
- How to get a person back aboard
- Useful tips in G12

**National Sailing Scheme:** Once students have a 'basic practical understanding' of the elements covered they will have achieved the practical standard required for the 'MOB' within Level 2, Sailing Techniques and Manoeuvres. For Level 3 and beyond students should refine these skills further until they 'can' perform the elements covered in a range of boats and conditions.

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# Picking up a mooring



**Overview:** To improve sailors' skills at picking up moorings



## Brief to cover:

- Why we might pick a mooring up
- Issues involved – wind, tide, waves, other boats, geographical features
- Approach angle and speed
- Crew communication
- Attachment to the buoy, knots etc
- What to do when attached, centreboard up, kicker off, sheets eased & sails down asap



## Practical Session:

- Select sensible mooring area
- Instructor to be close in a rib to advise and feed back
- Allow time to practise

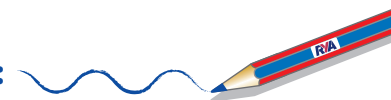


## Debrief:

- Discuss issues involved – approach, boat speed, communication, what happens when attached, leaving the mooring
- Produce definitive list of procedure with sailors
- How to attach and detach from the buoy
- Correct knots, Round turn and 2 half hitches



## Instructor Notes:



- This is another skill that is not generally used a lot so practise first
- Although it is another slow speed boat skill so the same principles apply
- Be aware of different characteristics between dinghies
- Useful tips in G12

**National Sailing Scheme:** Once students have a 'practical understanding' of the elements covered they will have achieved the practical standard required for the 'picking up a mooring' within Level 2, Sailing Techniques and Manoeuvres. For Level 3 equivalent, and further, students should refine these skills until they 'can' perform the elements covered in a variety of boats and conditions.

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# Reefing Afloat



**Overview:** To improve the confidence of sailors to reef afloat



## Brief to cover:

- When do we reef?
- How do we reef? Discuss difference with different classes
- Demo ashore and practice ashore by sailors
- Discussion on issues that may only appear when afloat
  - Boat balance
  - Right of way
  - Waves and sea conditions
  - Where to reef



## Practical Session:

- Set parameters, where, when, how initially
- Focus needs to be on the actual reefing
- Build up to sailors deciding where and when
- Allow time for practice
- Good communication between helm and crew as to who is doing what



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## Debrief:

- Discussion on any issues
- Agree and summarise best practice for reefing afloat



## Instructor Notes:

- Many boats may be different
- Some boats you cannot reef!
- Very practical session and allow plenty of time to practise
- Have a go yourself before the session as it is something that we don't practise that often
- Useful tips in G12



**National Sailing Scheme:** Once students have a 'practical understanding' and are able to perform the elements covered they will have achieved the standard required for 'reefing afloat' within Level 2. For Seamanship Skills equivalent students should refine these skills until they 'can' perform the skill competently.

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# Rigging



**Overview:** Improve knowledge of rigging and how to adjust the basic controls



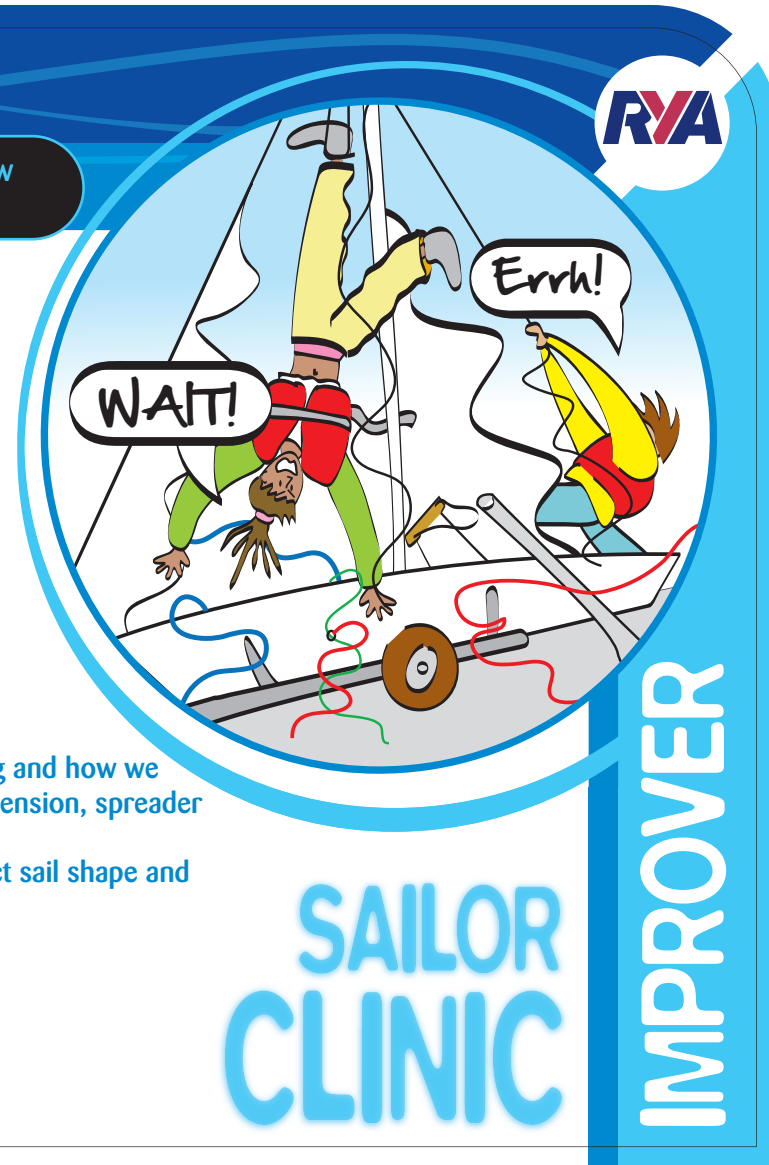
## Brief to cover:

- How rigging affects our sailing
- Introduction to the static controls (shroud tension, spreader settings, mast foot position)
- Introduction to the dynamic controls (kicker, downhaul, outhaul, sheets, halyard tension, mast ram, fairlead positions) and how they affect the sails
- Use the boat as a visual and kinesthetic tool
- How to use a Rig Tension Gauge (if available)



## Practical Session:

- Discussion around a boat on how the static settings affect the rig and how we might set a boat up for different conditions. (Mast rake, shroud tension, spreader length and deflection)
- Demonstration around a boat on how the dynamic controls affect sail shape and how we might use them in varying wind strengths
- Have a go at
  - Basic rig set up
  - Try settings for different conditions
  - Change the dynamic controls and look at the changes



## Debrief:

- Discussion on what controls produce what changes
- How would we set the boat up for light, medium and strong winds
- Produce basic set up sheet that each sailor can use and understand



## Instructor Notes:

- This session may not have a separate Brief, Practical Session and Debrief; it may be just a shore based session that covers an introduction, discussion, demonstration, practice and summary
- It can be as simple or complex as you like depending on the students' ability
- Have a short hand out that explains what each of the controls does
- This is a good session for a non-sailing day

**National Sailing Scheme:** Once students 'can' perform the elements covered they will have achieved the practical standard required for 'rigging' more advanced boats for Performance Sailing.

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# Stopping & Slowing



**Overview:** To improve the sailors' knowledge of slow speed boat control



## Brief to cover:

- How do we slow down? (sails, trim, rudder)
- Which boat or sail controls do we use?
- Which point of sail is most effective?
- Discuss Hove To and Lying To – when would we use these skills?



## Practical Session:

- Set up exercise on close reach initially
- Start with basic controls, i.e. sail along and ease sails
- Build on skill as sailors improve
- Follow my Leader is good exercise either behind rib or in pairs one behind the other

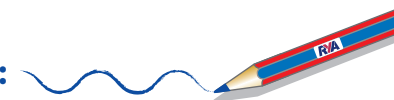


## Debrief:

- Discussion on what works best
- Problems with a slow or stopped boat? (little or no steering)



## Instructor Notes:



- The most useful skill as it is used on all the stopping manoeuvres
- Focus is on
  - wind and wave awareness
  - communication
  - balance
  - sheet control and easing kicker
  - start basic (sails) and build on skill as the sailors gain better boat control (kicker, trim, rudder etc)
- also practise backwards sailing so they understand the opposite rudder

**National Sailing Scheme:** Once students have a 'practical understanding' of the elements covered they will have achieved the standard required for Level 1. Skills can then be advanced with students developing more effective and skilful techniques for Level 3, and onwards to Performance Sailing.

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# Symmetric Spinnaker



**Overview:** Introduction to flying a symmetric spinnaker



## Brief to cover:

- Best done round a boat
- Clear demonstrations on how to hoist, gybe and drop
- How and where the poles work
- All sailors to practise ashore before going afloat
- Communication between helm and crew a key point
- Clearly explain a simple exercise that keeps boats apart



## Practical Session:

- Allow plenty of time to practise
- Video a good option but film short specific segments, not the whole run!
- Skewed windward/leeward course is a good idea



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## Debrief:

- Discussion on the issues that have arisen
- Don't be afraid of going back to a demo ashore and show the best way to achieve the manoeuvre



## Instructor Notes:

- Clear demonstrations and practice ashore is the key to this one
- Remember they will be very internally boat focussed and may not be aware of other boats, the shore etc so keep the boats separated if at all possible
- Feel free to jump in a boat and demonstrate again on the water at any time during the exercise
- Don't forget you can just practise using the pole; you don't need to fly the kite at all times, especially if it's windy.
- Useful tips in G12

**National Sailing Scheme:** Once students have 'knowledge of' the elements covered they will have achieved a practical standard required for Level 3 equivalent. If refined further and once students 'can' perform the element they will have achieved the practical standard required for Sailing with Spinnakers.

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# Try Other Boats



**Overview:** To gain experience in different styles and classes of dinghies



## Brief to cover:

- Remember the basics, they will be the same
- What might be different?
- Class specific difference – run through them or better still get someone knowledgeable on that boat to run through it
- Differences between single hander to double hander and vice versa



## Practical Session:

- Have a sailing area or simple course
- Be aware of “head in the boat” situations
- Give them specific aspects of any new boat to find out about



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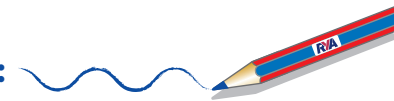


## Debrief:

- Discussion on how the boats differ
- How your sailing style changes
- Positives and negatives of each boat



## Instructor Notes:



- This is an opportunity to try new boats
- Try and keep the session focussed by giving the sailors specific aspects to feed back on, e.g. upwind performance, how easy was the spinnaker to fly etc
- Feedback and chat afloat
- Be aware of any problems afloat due to familiarisation

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# Upwind Speed



**Overview:** To improve the sailors' understanding of sailing upwind more efficiently



## Brief to cover:

- 5 Essentials
  - Sail setting, centreboard, trim, balance and Course Made Good
- Wind awareness
- Communication between helm and crew
- Discuss main areas of focus and varying wind conditions
- Demo on boat ashore, getting the sails balanced and the slot correct
- Use of tell-tales, need the windward tell-tale just lifting when sailing close hauled



## Practical Session:

- Set up windward/leeward course
- Follow individual boats upwind
- Video is good for this exercise
- Feedback afloat at windward mark
- Use diagrams, magnetic boats on white board etc
- Helm to focus on the jib luff, crew keeps a look out for other boats and gusts etc



## Debrief:

- Revisit aims and discuss what was most important focus
- What were main issues
- Get sailors to rate themselves against others



## Instructor Notes:

### • Main areas to focus on:

- Sail set up – sheet tension. Both sails set up same. Can use a matrix
- Sail controls, kicker, downhaul & outhaul
- The slot – have sails balanced
- Communication – helm and crew talking to each other
- Trim and balance – discuss reasons why we sit where we sit
- Use photos – these show the boat set up at a glance and are useful for comments in the debrief

**National Sailing Scheme:** Once students have a 'basic practical understanding and knowledge' of the elements covered they will have achieved the standard required for Level 2. For Level 3 equivalent students should practise and be able to apply their skills, whereas Performance Sailing requires students to be able to competently perform the elements.

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