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| **SAILING BACKWARDS** | 10/05/14 |

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| Key Learning Points | Sailing backwards and getting out of irons are intrinsically linked – to get out of irons you need to effectively start to sail backwards.  Getting out of Irons if often explained as ‘push-push, pull- pull’ e.g. push the sail away from you and push the tiller away from you, when you have turned and started moving backwards with the boat across the wind pull the tiller towards you to stop the bot spinning then pull in the sail to get forward motion, in theory off you go.  To sail backwards you must bring the boat to a dead stop before trying to sail backwards, too often sailing backwards will fail as people try the manoeuvre before they have come to a stop.  It is also very easy to violently spin out of control if the boom is pushed out too far and too quickly s it fills up with power – push the boom out gently and gradually.  **Sail setting**. In the head-to wind position, with the boat stopped, back the sail fully with a good firm push and hold it.  **Balance**. Keep the boat flat, even in medium winds the boat may heel heavily as soon as the sail is backed, causing the boat to spin too early.  **Trim.** Keep helm and crew weight forward to avoid a flat or open transom forcing water into the boat.  **Centreboard**. Raise it by up to three quarters (less in lighter winds) to avoid the rudder snatching and pulling on the tiller.  **Course sailed.** Make tiny movements with the rudder or the boat will swerve around too much, possibly causing the final spin to occur too early. When it comes to the spin, the tiller must be pushed no more than 45° from the centreline. |
| Cross Reference | CSS022 Stopping |