

Instructor Training 10

Towing an optimist back to shore Patrol Boat Practice

This is an important skill to learn, as we operate from an ever changing beach, we have to be prepared for all conditions, especially waves and wind.



Spotting an opti needing help.



Patrol boat to come alongside on the windward side of the opti, skipper to keep opti in this position, sail flapping out of the way, whilst crew and sailor follow your instructions.

Crew to hold on to the opti, so the Sailor can undo the Fisherman's Bend and pull the mainsheet into the hull, safely out of the way. This totally de-powers the sail, will flap down wind regardless of where the opti is pointing.



Sailor to take out the centreboard, and lay it safely in opti, out of way. In preparation for going ashore.

* if you are towing an empty opti, with the centreboard left in, it will make the opti "snake" when towing, you must remove the rudder as well.



Sailor to now hold on to the PB, whilst the crew grabs the end of the opti painter, wraps once round the mast, checks for knots, (there must be no knots in the painter) and threads it through the eyelet at the stern of the PB, on opposite side to the skipper, (this keeps the painter well away from the skipper). Then wrap the painter once round the centre seat in PB and sits down at the bow and holds the end of painter tail firmly.

Skipper to put motor into first shallow water position, in preparation for going close to shore.

Instructions for sailor, "keep your head down, sit in middle, keep the tiller straight, unless turning, then follow patrol PB."



All ready to go, skipper to slowly start moving forwards until the painter/towline is taught, *The skill is to keep it that way*. Now you can turn wide, to head for shore if you have to, maintaining a constant speed, keeping the towline taught.



The painter is long enough to allow the sail to safely swing 360 degrees, and not reach the PB.

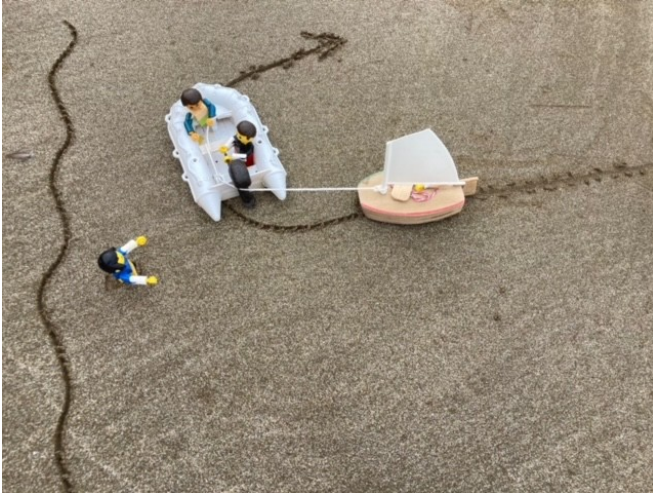
Remember, you are probably inside the 200 m buoy, so no faster than 5 knots.

Approaching the shore

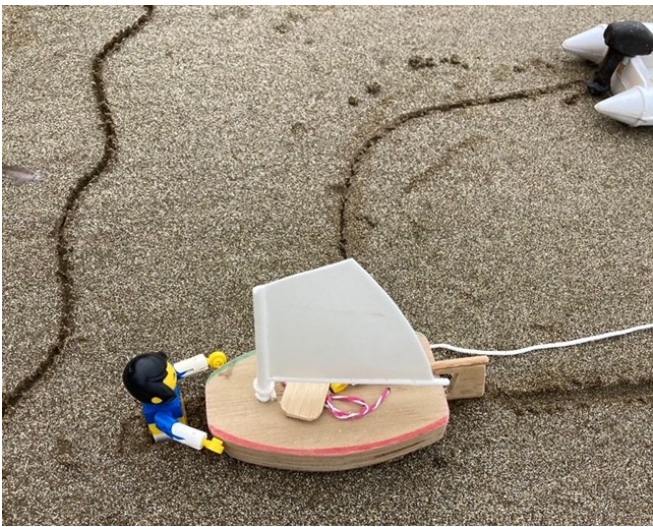
Motor is already in shallow water position. (Which is lucky, because you can't stop now)



Brief your sailor before approaching beach to "keep the tiller straight to shore, for someone to catch you." As PB will do a u turn to get back to the course.



PB maintaining a taught line, pick the moment to start a wide U turn, as you start turning, crew to let go of the tow line, if there are no knots, it will slide right off the PB and as it is "floating rope" will not get caught in the motor and will just follow the opti.



Shore person to catch opti, sailor hops out, turns it round, into waves and takes out of the water backwards.



The same procedure applies for on shore waves, just means more waves and boom will be in front of opti. Beach catcher to take care turning opti into waves before bringing ashore.

PB to head back to deeper water, and can put the motor back into deep water position.