

Instructor Training 2

So far on this course you have covered, correct clothing, correctly fitting vests, deep water capsize, swim wearing vest, rigging, turntable, painter sailing, going through gates and sausage course from the shore. This has all been taught the same way the children are taught.

Moving on now, to more advanced sailing, the children very rarely get to do.

All Afloat for the Sausage Course

First, have the required number of rigged optis ready to go on the beach, same with the patrol boats, trailers up on the grass, Sausage course set, (See Instruction on that) training room locked, who has the keys?

Recap the Sausage Course, before moving on

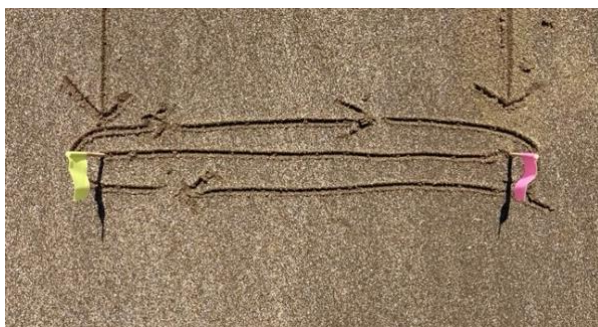
Time for the 'before afloat Beach Brief.' everybody to watch so all on the same page.



Instructor to draw on the beach, first thing is to put small real flag in the sand, instantly everyone can see where the wind is coming from, and going to, (this is the first thing you do for every sailing brief) talk about this.



With a stick draw the wind line to the flag.. But, today we are sailing across the wind, called a Beam Reach. Now draw a short line at right angles from the flag, and put the second flag somewhere along that line. Draw the wind line.



Draw in the sausage sailing course.



Rub out the beam reach line, and, If you have a small boat you can demonstrate this.

A Beam Reach is the easiest point of sail, most forgiving if you go a bit crooked, let the sail out and you slow down pull it in and you go faster. There is a gybe at one end and go about at the other, and a good chance to practice sailing a straight line, tidy and close to buoy turns.

Brief them, that once they are sailing comfortably in one direction you will blow a whistle and they can turn round and sail the course in the opposite direction.

Sailing clockwise is a Starboard course, taking the buoys on the starboard side of the opti.
Sailing anti clockwise is taking the buoys on the Port side of the opti, is a Port course.
Everyone needs to be comfortable sailing in both directions before they move on.

Also demonstrate how they are going to get to the course, and return to shore from the course.
Everyone happy, all afloat, swapping on the water, sailing and patrol boat handling.

Also see instructions for “swapping sailor and boat handler afloat,” and “Shunting” which can be practiced on this session.