

Instructor Training 5

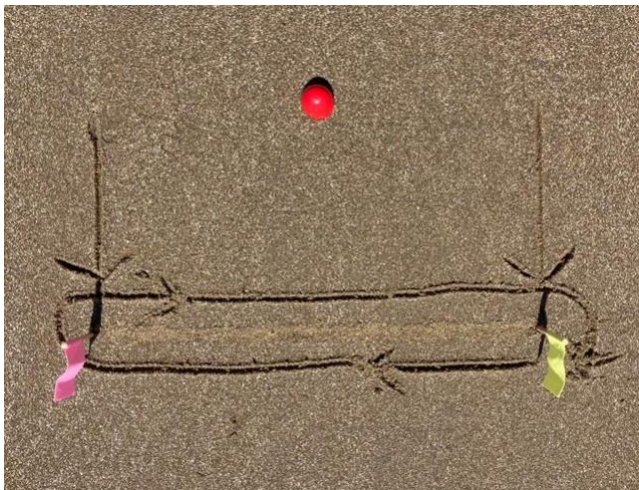
Coat Hanger Course

First, have the required number of rigged optis ready to go, on the beach, same with the Patrol Boats, trailers up on the grass, Coat Hanger Course set, training room locked, who has the key?

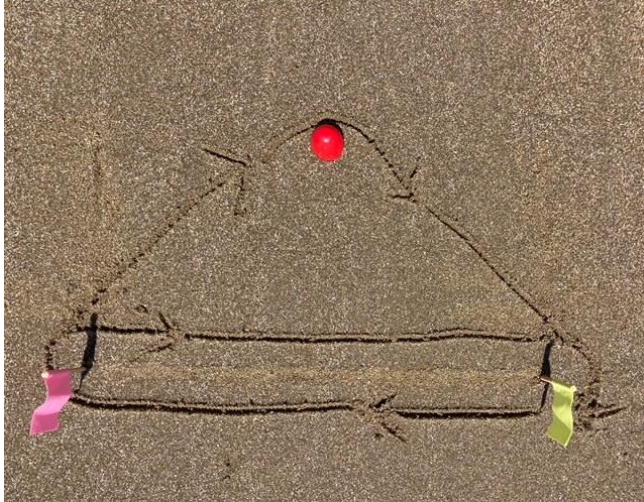
Time for the “before afloat Coat Hanger Brief.” on the beach, everybody to watch so all on the same page.



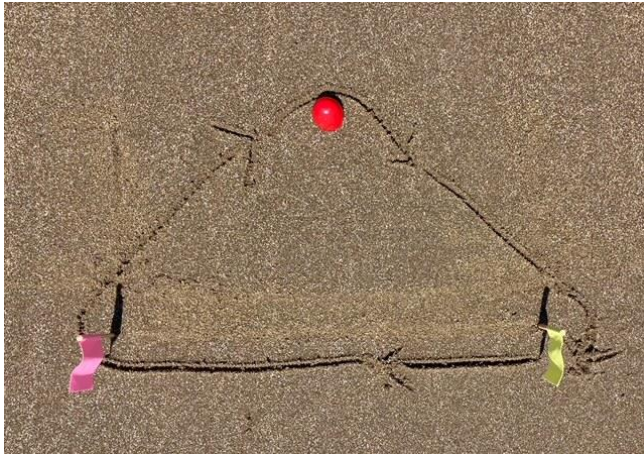
Start with the Sausage course recap, first put a small real flag in the sand.



Draw the wind direction going into it, put the 2nd buoy at right angles, draw the course they have just sailed. Recap the sausage course. 2 beam reaches with gybe at yellow flag, and go about at the pink flag. Now, moving on you can put a small ball to windward as shown.



Draw the 2 new course lines rounding the new windward buoy.



Rub out the middle line whilst they are watching

Now we have a Coat Hanger Course, introducing 2 new points of sail, close haul, (close Reach), and broad reach, these “Points of Sail” are covered in the WW MANUAL.

Explain the new course, gybe, go about and beam reach remain the same.

Introduce the 2 new legs, sail in for the close haul, just rounding the top buoy let out your sail for the broad reach, sailing towards the gybe mark, gybe, beam reach back to the go about buoy, that completes the Coat Hanger Course.

Introducing the use of the Centreboard

The Centreboard prevents the boat from sliding sideways, and to force the hull to progress forwards, into the wind. It is not needed as much when sailing away / with the wind, in fact, slows you down. So for every point of sail, the centreboard is more efficient, if moved accordingly.

Demonstrate going round the sail again, this time emphasise the centreboard/sail positions for each leg.

3 photos the demonstrate this



Starting again from the go about buoy, to the new buoy, sailing towards the wind, close haul, sail in right to the corner of opti, centreboard in, all the way down.



Round the buoy sailing away from the wind now, broad reach, sail right out, centreboard right out, making sure it doesn't obstruct the boom and pulley block, so you can gybe safely.



Before reaching the gybe buoy, pull the sail halfway in, and the centreboard nearly all the way down, ready for the beam reach, prepare to gybe, gybe and sit down, sailing now on a beam reach, back to the go about buoy.

Explain how they are going to get to the course from where they are launching the optis, and how they are going to get back to shore.