

Instructor Training 6

Getting Out of Irons

Once the students start to sail to windward, getting into Irons is to be expected, this is part of their learning experience. The easiest way to carry out this lesson is on a Beam Reach, so the Coat Hanger Course is ideal.

They first need to watch this shallow water demonstration, but not with onshore waves, have the class standing in the water watching.



'In Irons' is when the opti is stopped, facing head to wind, can't go in any direction, except backwards.



For this demonstration have someone holding the opti head to wind by the mast with sailor sitting inside.

When the boom is dead centre the holder can let go, opti is now in irons.



Sailor on knees, drops mainsheet, with one hand holds and pushes boom as far as can reach, with other hand push the tiller as far as possible, both in the same direction, "push , push".



Opti will start to move backwards, turning as it goes.



When on a beam reach the sail will be flapping, sailor sits down, pulls tiller straight and pulls in mainsheet, "pull, pull"
Sailor now ready to continue sailing.