

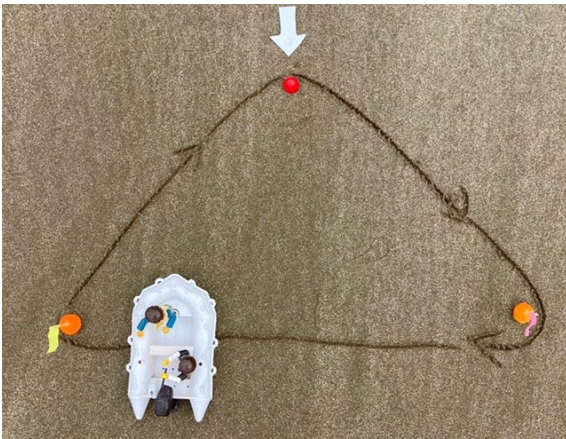
Instructor Training 7

Incorporating Getting Out of Irons into the Coat Hanger Course

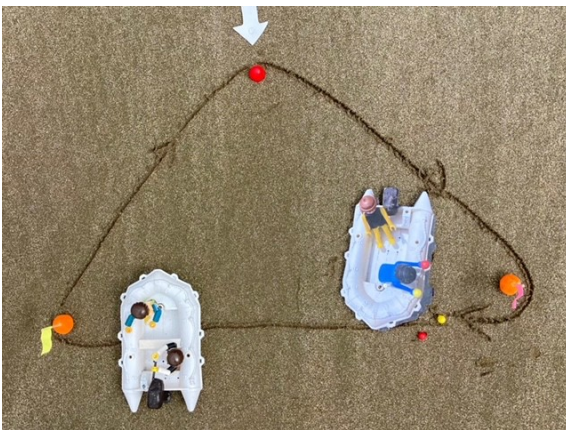
Class is ready for this when they can confidently sail a Starboard Coat Hanger Course, and have watched the shallow water demonstration. This is a fun exercise that is confidence building.

Have the Coat Hanger course already set, and everything ready to go afloat, decide who's in patrol boats, will need at least 3, who's in optis, who has keys?

Start with drawing a coat Hanger course on the beach, exactly how the students have just sailed. This needs to be a starboard course.



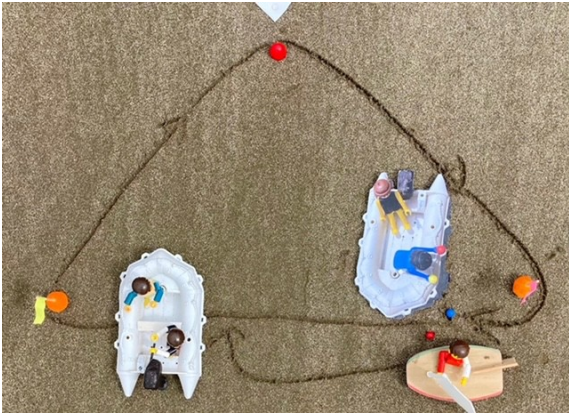
One patrol boat to anchor 2/3 of the way along the beam reach line, turn off motor and have a bag of lollies on board.



Second Patrol boat to stay at the other end of the Beam Reach line with a bag of bath toys, or little floating balls.



As the sailors come round the gybe and start on the beam reach, the PB can throw out a few toys, upwind of the sailors, (these toys will drift quickly down wind, so throw only a few at time, and keep picking them up, so sailors don't sail off course) sailors to slow down by easing mainsheet, and putting in tiller hand, freeing up right hand to pick up a toy, put into opti.



Using two hands again, Opti now sails along beam reach aiming for the stern of patrol boat, turning sharply when close enough to come alongside the anchored patrol boat.



Instructor in PB grabs the opti, sailor swaps toy for lolly, instructor holds mast to make sure the opti is in irons then let's go, instructor is close enough to sailor to talk them through the process, if needed.





Once the sailor has completed the exercise they are to continue sailing course and swap to a patrol boat so all the students have a go.



* If there are lots of sailors waiting to come alongside the anchored PB, they can speed things up by going both sides of the PB, both instructors on PB must be experienced at doing this, its easy after you've seen it a few times

* It must be noted that when the opti, sailing backwards, turns onto a beam reach, so can sail, it will not necessarily be on the starboard course, so will have to go about, once they have the wind speed.

The 3rd Patrol Boat, is just keeping an eye on the rest of the sailors, swapping as needed. Pack up when all had a go.