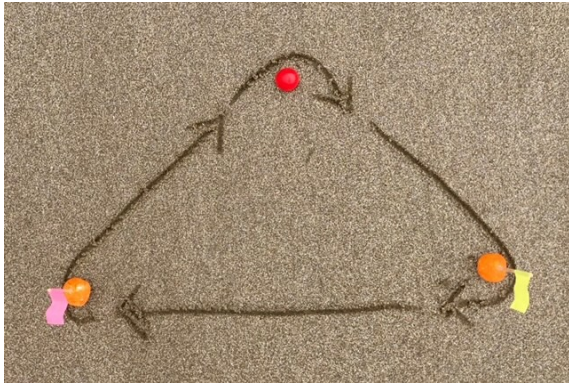


Instructor Training 8

Diamond Course

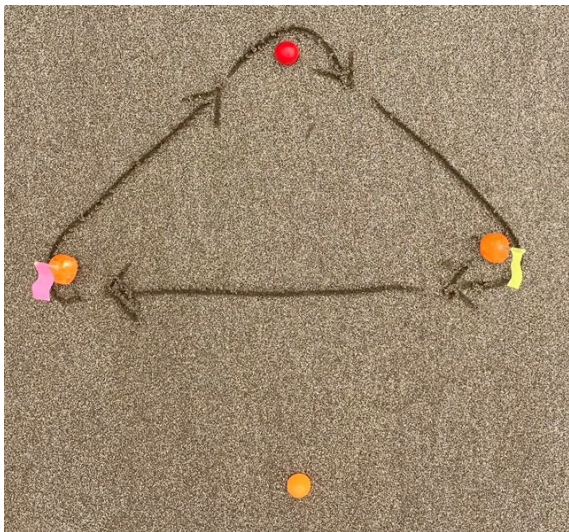
First, have the required number of optis, rigged on the beach, ready to go on the water, same with the patrol boats. Trailers up on the grass, training room locked, who has the key?

Time for the before afloat Diamond Course brief on the beach, everyone to watch, so all on the same page.

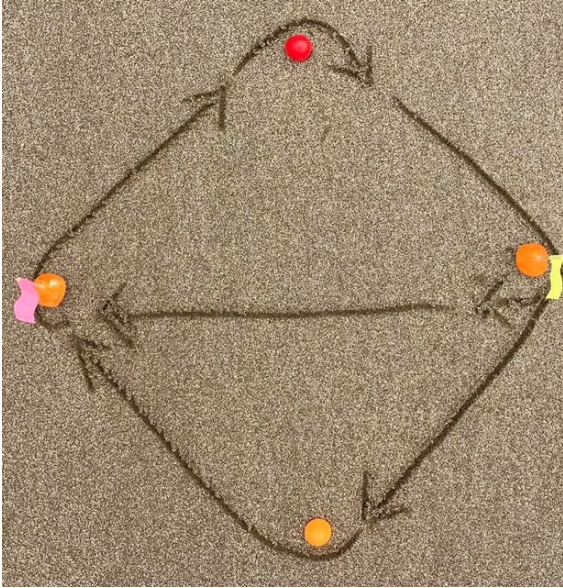


Start with the Coat Hanger Course recap, using a real flag, put in the sand, now everyone can see where the wind is coming from. Now you can draw the beam reach, clearly on the sand, with a second flag at the end, add the 2 angles to form the coat Hanger course.

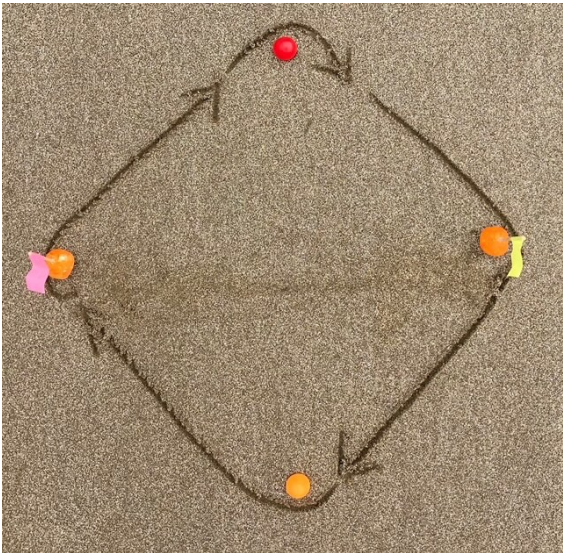
Briefly remind everyone how this was sailed, beam reach, close hauled and broad reach.



Now put a small ball, stone or shell, below the beam reach



Draw the two lines to form the Diamond Course



Rub out the last beam reach line whilst they are watching.
Explain how this course is to be sailed, almost a mirror image of the top triangle. No more beam reaches.

If the course is already set, explain how their path to the course, and which way round, how to get back etc. Port or Starboard course? All happy? Any questions?

Or wait until the course is set before you explain.

Remember to use the centre board, which will be all the way down for the 2 close hauled legs, towards the wind, and all the way out, when going away from the wind, 2 legs of broad reach..

They will need sail round in both directions, before moving on.