

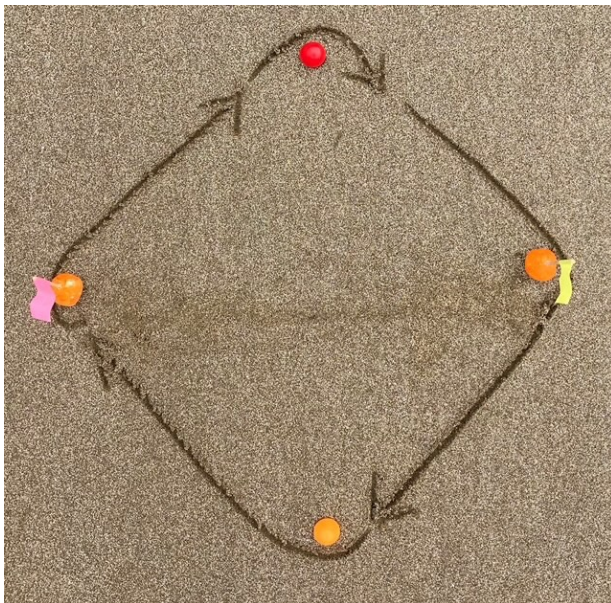
Instructor Training 9

Triangle Course

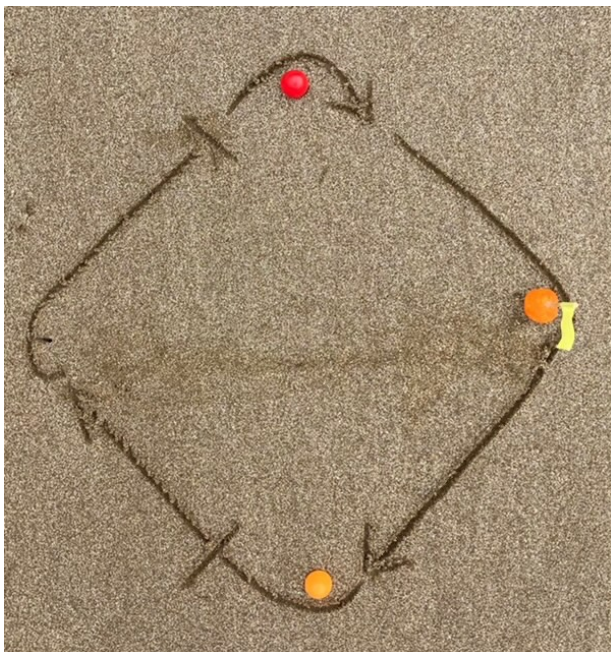
First, have the required number of optis, rigged on the beach, ready to go on the water, same with the patrol boats. Course is set. Trailers up on the grass, training room locked, who has the key?

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

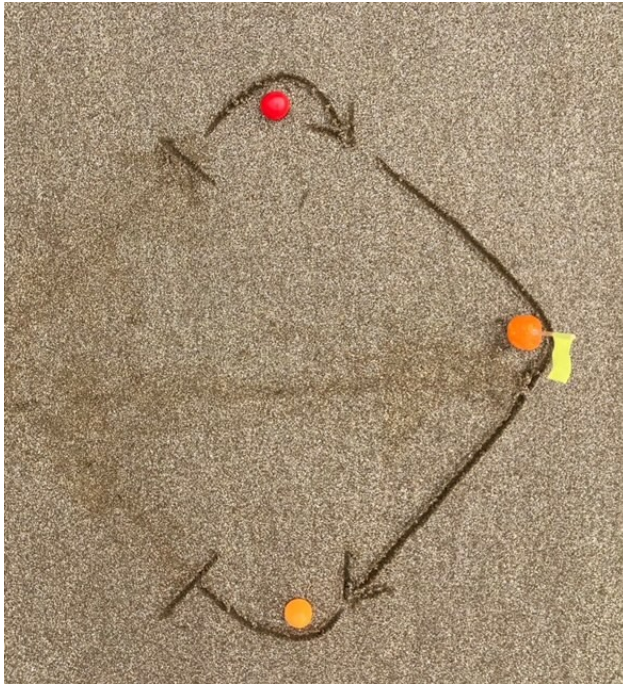
Start with the Diamond Course recap, using a real flag, put in the sand, now everyone can see where the wind is coming from.



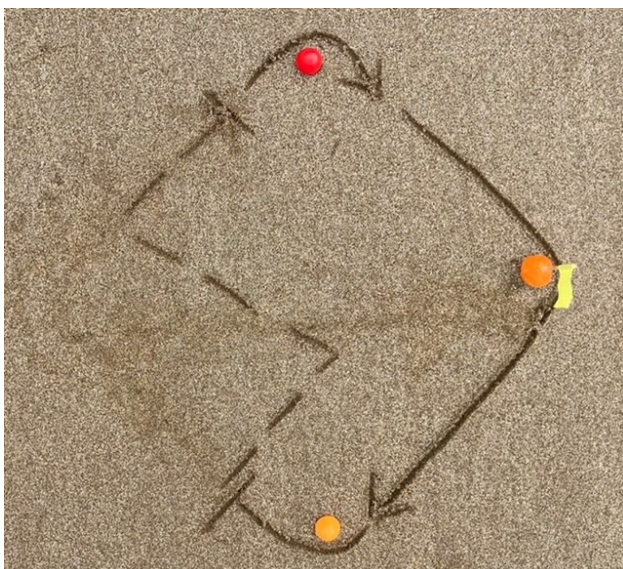
Draw the Diamond Course clearly on the sand, using the 2 flags and the 2 buoys. Flags showing where wind coming from. Briefly remind everyone how this was sailed, close hauled and broad reach, 1 gybe, and 1 go about.



Now put 2 small lines on windward course as shown, and remove the windward buoy.



Rub out the course line between these small lines, whilst they are watching. We now have a Triangle Course



Explain how this course is to be sailed, the same way as the Diamond Course, but this time to find your own way from rounding the bottom mark, sail all the way in, CB all the way down, "tacking to windward" going about at will, until you are lined up with being able to round the top mark.

Remember that an opti slows down and makes no progress forward, when it goes about, so less tacks the better.

This is what sailing is all about, getting this right, can make or break your race, and can take a lot of practice to get it right. The wind is your only power, so a sail full of wind all the time, is the goal.

Explain their path to the course, which way round, and how to get back etc. Port or Starboard course today? All happy? any questions?

Remember to use the centre board, which will be all the way down for tacking to windward, and all the way out, when going away from the wind, 1 gybe, 2 legs of broad reach.

Students will need sail round in both directions, this is a starboard course, before moving on, you will need to move the wing mark, gybe buoy, to the other side of the course to sail on a port course.

Now the students just need to improve these skill and their sailing is done. They could finish off with a little expedition to Cheltenham Beach, to experience the fun of our wonderful Hauraki Gulf, and maybe even practice some Right of Way Rules. Just be aware that the tide can be quite strong, if you are sailing against it at the turn into Cheltenham Beach, so pick your tides.

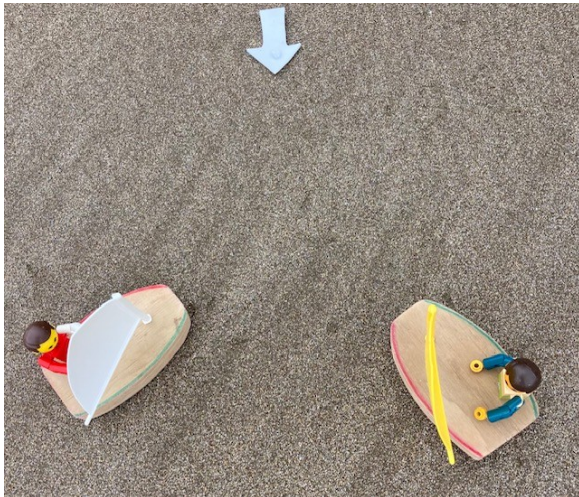
Introducing the first Right of Way Rule...for sailing only.

Up to now you have been sailing on a set course, with no collision possibilities. Now, for the first time, you will keep crossing each other's paths on your way to the top mark, with potential for collisions all the way.

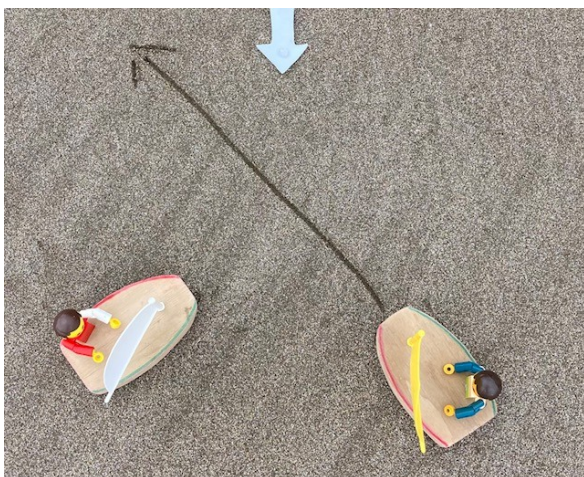
Time to practice The first Rule

Before you go afloat it would be helpful if instructor could, with permanent markers, put a GREEN STAR on the back of your right, Starboard hand, and a RED 'P' on the back of your left, Port hand.

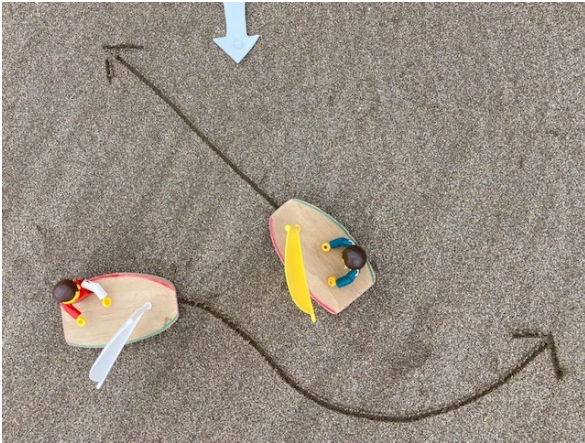
Starboard has right of way ..Port gives way to Starboard



If you are holding the mainsheet in your right hand, with your right shoulder forward, are on a Starboard Course.



You have right of way, and you hold your course, even shouting 'Starboard' if you think the port boat hasn't seen you.

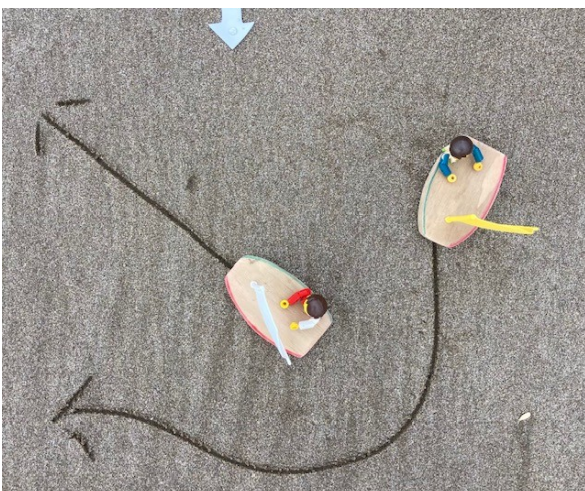


If you are holding the mainsheet in your left hand with your left shoulder forward, you are on a Port course, and you have to give way, you can do that by letting mainsheet out to slow down a bit, and change course a bit to sail behind the oncoming opti. Don't leave to the last minute to take action, it is much safer to anticipate in advance, and be ready.

Second Right of way Rule Windward gives way to Leeward



If both boats are on the same tack and on a collision course, then the windward boat has to give way. The reason for that is that the Windward Boat has all the wind, and could be taking it from the leeward boat, so manoeuvring could be tricky.

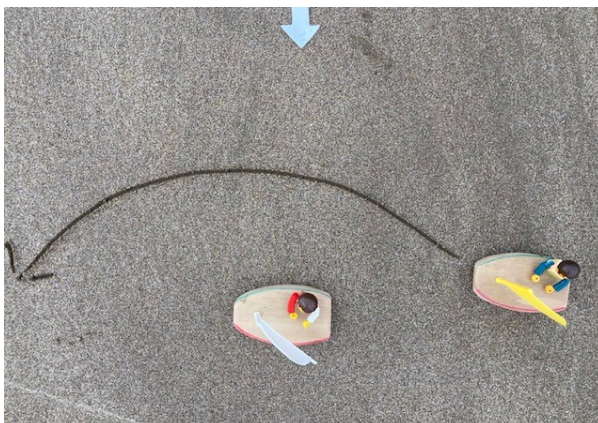


The leeward boat holds its course, and the windward boat sails round it to continue its course

Third Right of way Rule Overtaking Boat keeps clear.



If you wish to overtake, do so on the windward side, and just like being on the road, overtake when safe to do so, keep clear of overtaken boat, and complete without interrupting the boats course.



Golden Rule Always keep a lookout and avoid a collision at all costs.

Patrol Boats

Apart from the Golden Rule, Patrol Boats have different rules, but as we operate inside the 200m buoys, speed is restricted to 5 knots regardless.