

Instructor Training

Helpful information about the sea and wind and how it affects Narrow Neck Beach

1. The tides go up and down and the currents flow left or right.

The tides are governed by the moon's pull. Making the sea go up and down, which causes the tidal current close to the shoreline, to go left or right.

At Narrow Neck, when the tide is coming in, the current will be going to the right, as it goes round North Head. When the tide is going out, the current goes to the left.

The current will be at its strongest in the channel and in the 2 hours between the high and low tides.

The current gets less as it gets close to the shore and almost unnoticeable in the shallow waters close to the beach, where most WW sessions are held.

Tides and currents need to be considered when setting your course, as it will affect how boats drift when not sailing a course correctly.
2. The WIND brings the waves, the stronger the wind, the bigger the waves.

On shore wind, N - E, will bring waves, the size depending on the wind's strength.

Off shore wind comes from the South, (Mount Victoria) and will bring cooler wind, than NW. Off shore wind will leave a "wind shadow", (calm, flat, glassy water) along the shore line, gradually getting rougher and the waves getting bigger as it moves out of the wind shadow, and further from shore. This can give a false impression that the beach is perfectly safe for kayaking and sailing, even in high winds.
3. If the tidal current and the wind are running in the same direction, the drift will be much stronger.

If the wind and tidal current are running in opposite directions, the sea will be much choppier. Hence the marine forecast expression "choppy when the wind opposes the tide".

This also has little effect on sessions close to the shore, but can have some noticeable effect on Instructor Training operating closer to the 200m buoys.

The yellow 200m buoys are marking NN Beach as a swimming area, restricting boats operating inside the area to keep their speed under 5 Knots.

The beach and sea bed at NN Beach are predominantly sand, with some rocks at the North and South sides of our sailing area, that uncover at low tide.

Council Bylaw dictates that our sailing area is between the 2 boat ramps, at NN Beach and that no trailers are to be left on the beach while sessions are running.

High tide to high tide is 12 hours and 25 minutes, so the high tide time will be different every day. The high and low depths also change slightly every day.

Safe swim website must be checked before going on the water. The following websites/apps can be used for the weather/tide forecast, Met Service, Metvuw, Coast Guard nowcasting and forecast, Wind Guru, Predict Wind or Windy. Wakatere also have a web cam showing conditions at NN and wind strength at Rangitoto.

9 times out of ten the weather/wind will change when the tide changes

You need to be aware of what the tide and the wind will be doing for the duration of your Waterwise Session.

Fun Fact, Seagulls will always face into the wind if it's over 8-10 knots, they don't like their feathers being ruffled. They can be seen on the clubhouse roof if under 20 knots, on lamp posts and on the beach, and anywhere there are chips. If they are crouched on Woodall Park grass, it will probably mean that a storm is coming. And as they have webbed feet they cannot sit in trees.