

## Sailing the Sausage Course from Shore

The Sausage course is set and ready to go.

Patrol boats are ready and waiting.

Children ratios decided, who's in the water doing push offs and catching?

The children have just finished doing a 'go about' recap, and a gybe demonstration and practice on the turntable, until they are all comfortable.

**On the beach** an instructor has drawn out, and explained, the course to the children.

A demonstration is always reassuring for the children if you think they need it.

A nice gentle breeze today for their first gybe.

Otherwise send some confident children off first, just to start with, and let the others watch.

\* It is always better to have a mix of abilities on the water at the same time, you don't want the last nervous 6 children out together.



This is how the Sausage course works, the course involves 2 gybes and 1 go about.

Instructor holds opti on the beam reach, beside the starter buoy, wind on their back.



Sailor hops in, centreboard in, rudder down, holding mainsheet correctly, with the patrol boat close and ready.



Instructor gives the opti a little push, patrol boat follows.



Opti sails past first buoy on the windward side, sailing straight to the windward side of the second buoy, and gybes round it.



Opti sails straight back to the first buoy, and goes about.



Straight back to the windward side of the last buoy, and gybes again. Last turn.



Last leg, straight back, to waiting instructor. Let go of mainsheet to slow down, the instructor catches the opti and the child hops out. The Instructor turns opti round by walking their hands around the bow, until it's on a beam reach on the other side and the next child hops in.

If this course seems too complicated for the kids to start with, you could let them start with going to the furthest away buoy, doing the gybe and straight back to be caught. The confident children may like to sail some more laps?