

Rigging the Optimist

Remember to work together as a Team

- 1) Attach rudder.
- 2) Insert Mast & attach boom.
- 3) Attach the sprit, holding onto the sail while you push it up into the air.
- 4) Attach the sprit restrain.
- 5) Attach the kicker (this rope runs from the boom to the mast).
- 6) Attach mast restraint.
- 7) Wrap the painter (tow rope) around the mast 2 times & then tuck it into the mast restraint
- 8) Attach mainsheet. Rope hangs length from boom to mast. Wrap around boom twice. Take end over rope & under the ropes on the mast, bring it back over the rope & through the hole. Tie a figure 8 in the end.
- 9) Pull back centreboard restrain.
- 10) Once in the water, insert the centreboard & put the rudder down.

Sailing

- 1) Relax.
- 2) Sit in the corner of the boat. One hand on the tiller, one hand holding the mainsheet on top of the buoyancy tank. Feet pointing to the back of the boat.
- 3) Use your tiller to steer the boat. Make little movements back & forth to take you in the direction you want to go.
- 4) Always look ahead not behind (even when someone is talking to you).
- 5) Use your magic thumb at the end of your tiller to pull in your mainsheet.
- 6) When turning around to return to the beach we complete a tack. Push your tiller right into the far corner of the boat & get up on your knees.
- 7) Keep your head down so you don't get hit but the boom.
- 8) When the boat is facing back towards the beach, move the tiller into the middle behind your back.
- 9) Behind your back exchange hands with the tiller & mainsheet.
- 10) Sit down on the new side looking to when you are going. Making small movements with the tiller to point you in the right direction.

Have fun 😊