

## SESSION 2

### Turntable-----Painter----- Gates

These 3 activities need to be completed in 1 session

**Need:** 1-2 rigged optis on turntable on cement [depending on how many instructors]  
1-2 more rigged optis on beach with extra long painters  
1-2 patrol boats on beach ready to go, with the 2 WW buoys in one.

**On arrival,** kids sit on steps until all arrived, to await first instructions.

"Change into togs in changing rooms, bring back all gear, put into lecture room, then go to lockers to put on wetsuit and buoyancy aid, sit on steps until all ready," this includes all adults helping with the session.

Delegate parent to put out hose reels, carpets and washing boxes, ready for end of session clean up. Maybe teacher can be responsible for locking up when you all go to the beach, and look after keys.

**Turntable,** have everyone **clearly** able to see you.

Start with opti head to wind, boom points to wind, now is a good time to talk about wind, on shore or offshore, what's the difference?/ weather/ conditions/ tide/ direction/ strength show them wind meter in window, WW max wind ./ how to look for it, seagulls etc,etc, "is today a good day for sailing?"

Back to head to wind, sail luffing, can't sail into wind, but can sail across it, sailing is about catching the wind in the sail, turn opti to beam reach, pull in sail and demonstrate wind in the sail, aeroplane wing, let it out to luff so they can see the difference.

"Which side to sit to sit in?" now they know what makes it capsize [sitting on the same side as the sail with the mainsheet tight], let them decide.

Now demonstrate correct sailing position – back against rollick holder, elbow on buoyancy tank, feet at back [stern], pick up mainsheet on floor with 1 grab, not wrapped around hand or in teeth. Looking forward [mast]

Now run through 6 simple instructions to follow afloat;

*Mainsheet in-* take to thumb on tiller hand, without letting go of either

*Mainsheet out-* will make opti slow down

*Tiller AWAY from you* ]

*Tiller straight* ] small movements to help you on your straight line

*Tiller TOWARDS you* ]

*Go about,* Tiller away from you, push as far as it can go, get on knees, head down, keep tiller over until sail passed to the other side and caught the wind, [take turntable through eye of the wind to beam reach on other side] up on knees facing front, straighten tiller, both hands behind back on tiller, mainsheet hand to tiller, freeing up tiller hand roll over on knees and sit down on new side, pick up mainsheet with new hand, now in sailing position on other side.

Demonstrate 2 or 3 times until they're happy.

Now let them all have a go, if you have more instructors you can use a second or third turntable, [go about ] until each kid gets it. It's worth spending a bit longer here, rather than have them panic on the water 'cos they don't understand.

When everyone is finished, time to move to the beach, either take optis on turntables or have more ready on beach.

## Painter

Demonstrate how to carry opti to water, holding opti at bow in water so swings head to wind and easy to control.

When just deep enough, need short centreboard? Hold opti in a beam reach [wind on back of your head], sail flapping leeward, let kid hop in, still holding on get kid in sailing position and let them demonstrate to you how they are going to go about, 'walk' your hands around bow to simulate it, until on other tack. When they are ok, let out painter a few meters and try again, keep letting out painter when they are confident. Need to hold tiller over until completed U turn and back in front of you. Keeping the wind on the back of your head and the kids sailing in front of you, like flying a kite.

Other instructors could be doing painter work as well, after they've all watched your first demo.

Keep going until they've got it and happy, some kids will get it faster than others, be patient, and *they all need lots of praise.*

Ready to let them go?

## Gates

On the same beam reach, set 2 buoys about 10m apart a short distance from where you're standing, its important that it is a beam reach so that they can easily sail back to you.

With a patrol boat standing by push off first kid towards gate, patrol boat follows closely they go about somewhere between buoys and back to you, meanwhile, you have another opti standing by with next kid in sailing position, push off second kid as first one approaches you, patrol boat then follows second kid, and you can swap first kid with third. Tell them to let out mainsheet as they approach you, to slow down, then they can hop out and watch next kid.

It is important that this first ever sail alone is short and successful.

*Don't forget, lots of praise*

After they've all had their first go on a 1to1 with patrol boat, you'll know who is confident enough to go without being followed, gradually you can add more optis, you'll never get to 4;1 ratio on this session though. You can even put another buoy further away *on same beam* reach for more experienced kids to go further.

If you have more help, you could duplicate this whole process above. [Another patrol boat, another instructor in water and another 2 optis.]

I know this seems painfully slow, but its really important not to put them off at this stage, they pick it up really fast once they've got over this hurdle.

Keep going until pack up time, this might seem boring and repetitive for you, but each kid might only get 2-3 goes, they get more confident each time, and leave the session feeling they've achieved something today, so don't make it any harder. [today]

## Pack up time [pm session]

2.15 is a good time for starters, as everyone doesn't know what they're doing, you should already have the carpets and hoses, out and ready, boxes filled, and instructed the teacher to get all the trailers to the edge of the water by 2.15. de-rig optis on beach and get all equipment off beach first, then start hosing, don't let the kids disappear 'cos they're cold, tell them the wetsuit and buoyancy aid keeps them warm. They can get changed once the equipment is away.

De brief should include LOTS OF PRAISE