

SESSION 3

Gates... Go About..... Beam Reaching

Need: 1 rigged opti on turntable on cement
2-3 rigged optis on beach for each patrol boat being used
[too soon to go to 4:1 ratio]
patrol boats on beach ready to go, with the 2 WW buoys in one.
One instructor and one adult in each patrol boat **and** one instructor or experienced person standing in water pushing off and catching for each patrol boat. This job is important as the kids need encouragement, praise, and clear, simple instructions.

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.

All equipment will have to be ready and waiting before you start, kids can help once they are changed into WW gear.

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

Quick recap on everything you said last time, get a volunteer to get in opti and do a quick refresher demo go about etc. As below.

Start with questions like:

Where is the wind coming from today? So we cant sail into the wind? Is that on shore or offshore? Which way will we drift if we don't sail? Anyone looked at the wind speed? When is high/low tide? Anyone listen to a weather forecast for today? Is today a good day for sailing?

"Here is a quick reminder of what you did last time"

Back to head to wind, sail luffing, cant 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.

Check they've all remembered, does anyone want a go on turntable? Time to move to the beach, either take opti on turntable or have more ready on beach. Locked up?

Gates

2 buoys need to already be set on a beam reach FROM WHERE YOU ARE PUSHING THEM OFF.

A quick brief of whats expected of them afloat, point out buoys etc, draw on beach? [You might think about making yourself a little model opti for next session, when the course gets more precise]

Demonstrate again 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 positions. Can the kids be shown how help each other with the change overs when more boats make it too busy for 1 or 2 adults?

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.

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. You can now put another buoy further away on same beam reach for more experienced kids to go further. [I will hand draw you a diagram of simple go about options, as my computer skills don't stretch that far]

'Lemons' to be aware of:

For some reason to start with, kids wont sail in a straight line to buoy, but sail in a 'smiley face' line, then point the boat to the buoy which is now directly head to wind, they are now 'in irons' and drifting down wind, where are the rocks? A patrol boat needs to be ready to talk them out of it.

That's why gates seem to help this as they don't have to get round a buoy, just go in that direction and just concentrate on going about. Another reason is that they are less likely to **gybe** in their attempt to round the buoy if they **are** too high. They need to be told when being pushed off to 'aim for buoy now'.

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.

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, 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