

## SESSION 4

### Turntable... Gybe..... Sausages

**Need:** 1-2 rigged optis on turntables on cement  
2-4 rigged optis on beach for each patrol boat being used  
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.

Start with usual questions like:

Where is the wind coming from today? Is that on shore or offshore? Which way will we drift if we don't sail? [luff] 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"

Turn opti to beam reach, pull in sail and demonstrate wind in the sail, aeroplane wing, **Go about**, have sail ½ in ½ out and tie knot at pulley block on floor to hold sail there. [This is so kids can concentrate on what the sail does, and not be distracted by a sailor]

"Remember, to go about you push the tiller AWAY from you, which is also TOWARDS THE SAIL." Whilst you're talking, take the opti through the eye of the wind, "See how the sail flaps and flaps until its caught the wind on the other side" Do this a couple of times until they get it.

"Now see what happens if the tiller goes AWAY FROM THE SAIL" Take opti stern through eye of wind [make sure kids are clear of boom] You need a reasonable amount of wind to make demo work, but not so much it looks scary. Do this 2-3 times, get them to see sail 'soften' before gybing. Do they understand the difference between going about and gybing?

Now you get in opti and demonstrate how to do it.

Starting from the sailing position, PREPARE TO GYBE, holding tiller STRAIGHT get up on knees facing forward, in middle of opti, both hands behind back on tiller, mainsheet hand holds tiller, and tiller hand now free to pick up mainsheet in front of you, then put hand on new side, waiting to gybe. You can easily sail in this position until ready, tiller AWAY from sail, HEAD DOWN, gybe turntable, when sail flicks across, STRAIGHTEN TILLER INSTANTLY and sit down on new side in sailing position.

Demonstrate a few times, then let all have a go until all happy.

Ready for the beach, all locked up?

### **Sausage Course**

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

A quick brief of what's expected of them afloat, point out buoys etc, draw on beach? Talk about wind, waves, direction. When drawing on sand start with water line, beach, boat ramps, wind direction then 2 buoys, starting from here [shore], Gybe at this buoy, and go about at this one, back to shore. Explain 'think of course as road with dotted line between, one way above line and back other way below line', clockwise or anti-clockwise? No collision course, do they understand? [I will draw you a couple of course examples]

[Your little model opti that you've just made will help at this stage]

Remind them again how to carry the optis to the water, holding optis at bow in water so swings head to wind and easy to control.

When just deep enough, 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 kids, patrol boat follows closely as they sail round the course. They usually find gybing easier, as they will still get stuck in irons on the go about buoy. Remind 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***

Keep doing this course until pack up time, they all need as much time on the water as possible, as they show more control in steering, and keeping to the course. Make the course longer for those that have got it. They need to have mastered this before you can move on. You will notice by now those who, are ready to proceed, and those who need more time.

### **Pack up time** [pm session]

2.15 is always a good time to start, 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**, any questions? What did they enjoy most today? What did they learn?