

Controlled Gybe (more advanced technique used for Instructor Training)

Turntable Demonstration

Using an instructor or child you know will get this right first time



Start by sitting in correct position on a beam reach, mainsheet pulled in to close haul.



Prepare to gybe. Whilst sailing your course, start preparing about 2-3 boat lengths before you need to gybe. Hold the tiller straight. Keeping the mainsheet hand resting on the buoyancy tank, get up on your knees, in the centre, so the tiller is behind you, and you are looking forwards. The sail will stay where it is if you keep the tiller straight.,



Staying on your knees, keeping the tiller straight, whilst watching where you are going, take mainsheet hand to join other hand, on the tiller.



Take the old tiller hand off the tiller, pick up the mainsheet in front of you, then grab all the mainsheet ropes hanging down from the boom in front of you. You can feel the pressure of the wind in the sail, just hold until ready to gybe. This is the best way to control the boom.



Ready to gybe, head down, push the tiller as far away as possible away from the sail, wait for opti to start turning, still holding firmly to the mainsheets.

The stern of opti goes through the eye of the wind.



Just before the sail goes through the eye of the wind, you will feel the pressure on the mainsheets go slack, this means the wind is about to go to the other side of the sail. Now is the time to easily flick the sail across to the other side, by pulling on the mainsheets, and let go, no crashing.



Straighten the tiller and sit down.

All done.

You can teach this technique to the children, if they have already mastered the basic gybe.

NOTE

When you plan to gybe, pull your sail in to close haul first. If the sail is out further, like for a broad reach, you will have to keep turning a lot further for the wind to get round the sail, and when it does gybe, it has a lot further to crash over, enough to rock the opti.