

Turntable Demonstration Going About

So far the children have completed the controlled capsize and a swim in a buoyancy aid, they are now ready to learn to sail.

First have optis ready to rig on the beach with extra mainsheets for painter sailing, which will follow the turntable demonstration.

If you have time this session, have a patrol boat/s setting a gates course from the beach, with a small buoy on the beach to mark the starting point for the beam reach.

Introduction to Sailing

All standing around the rigged opti, on a turntable, in front of the Clubhouse, in a place that has enough wind to do these demonstrations.

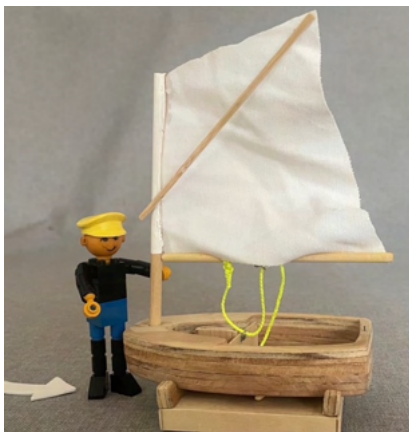
Point out that the opti does not have a motor, ask how do they think it can move over the water?

Let the children answer. Yes, the WIND in the sail.

WIND

The trouble with wind is that you cannot see it, but you can feel it, especially on your face. You can see what it does to the trees, smoke, the surface of the water, flags, seagulls, (did you know that they always face into the wind if it is strong enough to ruffle their feathers, about 8 knots?) and what other things? Where is it coming from now?

This is an easy way to find out where it is coming from, spread out, close your eyes, **slowly** turn in a circle until you can feel the wind fully on your face, equally on both ears, making your hair part in the middle, stop, and open your eyes. You are facing into the wind. Is everyone facing the same direction?



Now, let the children turn the opti so that it is pointing into the wind too (you/children could draw a chalk arrow on the road to remind everyone where the wind is coming from). Point out that the sail is flapping, with the boom swinging across the centre of the boat. This is the safest way for the opti to be when not being used, so it cannot hit anyone. We always rig and de rig like this too. But, as you can see you cannot sail into the wind, you need to remember that.



But, you can sail across the wind. Face into the wind again, lift both arms to eye level and point with a finger on both hands, turn your head and see where one hand is pointing, eg, a sign, and other hand the basketball hoop. This is across the wind and is called a Beam Reach

When the wind blows on the whole side of the boat) That is the direction we will sail today.

Turn the opti onto a beam reach, sail will swing away from the wind.



With everyone watching, pull the mainsheet in, until the sail looks like an aeroplane wing. This is what sailing looks like.

Now is a good time to talk briefly about wind strength. Onshore brings waves onto the beach, and wind in your face, off shore wind creates a wind shadow on the beach and glassy water meaning no wind, but the wind is further out. Which way is it blowing today? WW has a maximum wind speed of 15 knots.

Turntable Demonstration

We are going to show you how to sail across the wind.

A full Demonstration is needed by an instructor, or a confident child you know will get this right first time.



The Instructor holds the opti on the windward side, with the wind on your back, (Explain that when we are in the shallow water , you will be sliding in to the hull like a seal), child to step in on the windward side, away from the boom, and settle down inside the hull, in the correct WW sailing position



Back against the windward side of the opti, knees together towards the front, on the bottom. Feet at the back.
In this case, tiller in right hand with 'magic' thumb on the end.
Pick up the mainsheet with your left hand, like an ice cream cone (never wrap the mainsheet around your hand, you must always be able to release it instantly if you need to).
Elbow on the buoyancy tank,
From this position you can easily see the sail and where you are going,
Look forwards
Smile.



Before you can start sailing you will need to **"Pull your mainsheet in,"** (to get the wind in the sail, this will help you go faster).
Without letting go of either the mainsheet or the tiller and keeping the tiller straight, with your mainsheet hand, pull the mainsheet through the pully block so you can take your hand to above your tiller thumb, then your thumb easily hold the mainsheet against the tiller, the sail is already a bit closer.



Let go with your mainsheet hand and move it to the pully block so you can grab hold of the mainsheet again, pull the mainsheet so hand is above thumb again, thumb can now let go of the mainsheet, and grab the next section of the mainsheet.



You can repeat this until the sail is tight enough. Mainsheet hand to grab firmly again and put elbow back on the buoyancy tank, continue sailing. You will be going faster now.

When you are sailing, the instructor in Patrol boat may give you some more instructions. Practice these now.

“Let your mainsheet out”

Keep sailing your course, just slightly relax how tight you are holding the mainsheet in your hand, the wind will push the sail out slowly, and mainsheet will slide through your hand. Be ready to hold tight to stop it sliding, when the sail is out far enough. You will now be going slower.



To demonstrate these positions, the instructor at stern of opti, can move the rudder slightly to let the child feel the difference.

“Tiller Straight,

Keeping your tiller straight, you will go in a straight line.



"Tiller towards you."

Sailor to keep sailing, looking forward and feeling tiller move towards you.



"Tiller away from you"

Feel the tiller move away from you.

Emphasize that these 2 movements must be tiny. Just like riding your bike along the footpath, you always need to do slight adjustments to stay on a straight line.

"Let go of the mainsheet"

Drop the mainsheet into bottom of boat, sail will swing out and flap, you will slow down quickly and stop. Only when you have stopped can you let go of the tiller.

Going About



Time to turn around and go back the way you came, you will be doing a U turn.

Starting from the sailing position.

Push the tiller as far away from you as far as you can, you may have to roll on your knees to push the tiller all the way. Keep your head down, and keep the mainsheet hand on the buoyancy tank, so you can easily see where you are going. The opti will instantly start to turn into the wind.

Instructor/s to start pushing the opti bow into the wind.



Hold this position until the sail has passed over your head, as you go through the eye of the wind.
Instructors keep turning bow until opti has completed U turn, and back on a Beam Reach.



You have completed your go about when the sail has passed to the other side.
 Straighten your tiller instantly, to stop turning any further, and get up on your knees, in the middle. So long as the tiller is straight the boom will stay where it is.
 With both of your hands behind your back. Let the mainsheet hand hold the tiller as well.



This frees up the new mainsheet hand, let go of the tiller and put hand on buoyancy tank on the new side, and sit down.



Grab the mainsheet, and the tiller hand can let it go
Keeping tiller straight, with mainsheet elbow on buoyancy
tank in your new sailing position. You have completed
your turn.

The children need to practice all of this until they are comfortable and they can
achieve turning both ways.

Lots of praise.

Some children may need a bit more practice, have a couple of instructors standing
by to help them, whilst rest of class starts to get ready for painter sailing on the
beach.