

## Turntable Demonstration Gybing

**The children will be ready for this after a good session of Going About.**

Set a sausage course that is achievable from the shore.

Opti's ready to rig on the beach. Opti's rigged on turntables ready go, on the road, in front of Clubhouse with enough wind to make this demonstration clear.

Back to the turntable, as always, start with the wind, what's it doing today, how strong is it, where is it coming from, where is the Beam Reach? Let kids work it out and put opti on a Beam Reach.

**Recap first,** Remember how to go about? Instructor or confident child to demonstrate this first. Reminding them of the sequence of events (you can check out the Going About turntable brief.)

Next, sailor to hop out. Put a knot into the mainsheet at the bottom pulley block, to keep sail on a close haul, so that it will not crash over so far, when it gybes. This exercise is to focus on the sail without being distracted by the sailor. You will need 1 or 2 Instructors to turn the opti being careful of the boom hitting their heads.



Put opti on a beam reach so sail is full. Explain you are going to make the opti go about, and for them to watch the sail. Push the front/bow of opti into the wind.

***Tiller towards the sail.***



Point out how the sail flaps as it goes through the eye of the wind, keep pushing the tiller.



Sail will continue to flap until it catches it on the other side, and then you can straighten the tiller. Do this a couple of times, so they all understand what is happening.



## Gybing

With all standing back watching the sail, starting on a beam reach.



Take the opti through a gybe, the stern/back of the boat going through the eye of the wind.



Then the sail goes through the “eye of the wind”



The sail will flip/crash to other side of opti, when the wind gets round the other side of the sail.

This could be a shock for some kids, so don't pick a too windy day for this first demo. They may need a bit of warning.

Also we have discovered that a leaf blower can be very helpful, with an adult holding it at a distance on to the sail, on a light wind day.

Do this a couple more times, watching how the sail goes slack just before it flicks over, explain the importance of straightening the tiller the instant the boom crosses the centre line, otherwise the opti will keep turning.

## Gybing Turntable Demonstration

**Prepare to gybe first.**

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



Start with sitting in correct position on a beam reach. Mainsheet pulled in at 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 tiller hand off the tiller and pick up the mainsheet in front of you, the other hand can let go of the mainsheet, so that it is just holding the tiller. Still looking where you are going, straight tiller behind you, rest your free hand on the buoyancy tank.





Ready to gybe, duck your head, push tiller as far as possible away from the sail. And wait.  
The opti will start to turn.



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

When the sail goes through the eye of the wind, the sail will instantly crash across to the other side.



The instant the sail flicks across your head, straighten the tiller, and sit down.

All done, you may need to adjust your mainsheet for the new tack.

Lots of Praise

Let the children all have a go or two, until they are happy. Before heading to the beach.

