

Skill

Performance Standard

Performance Notes

Upwind technique

Opti Beginner

70% of the time: sail trimmed to corner of boat; sail filled; luff telltales flowing.

Minimize over-steering. Make adjustments with medium-large wind shifts. Ease sail in big puffs.

Opti Intermediate

80% of the time: Sail with boat powered up, proper/constant angle of heel, sail trim, puff/lull response, and smooth steering. Use sail controls to power up/depower based on conditions.

Angle of heel: Flat except slight leeward heel in very light air. Constant angle. **Sail trim:** Trim to corner of boat, then adjust so that telltale on leech streaming 50% of time. **Steering:** Steer to keep leeward luff telltales always streaming and windward luff telltales streaming or partly lifting, depending on conditions. **Puffs:** Gain speed in puffs by easing for just the right amount of time and then trimming in. Feather the boat up slightly as needed in the puff to assist in keeping the boat flat, but also head up when speed is gained. **Sail controls:** Use vang, outhaul, and sprit to power up and depower.

Opti Advanced

95% of the time: sail boat powered up with proper angle of heel, sail trim, puff/lull response, and smooth steering. Use sail controls to power up/depower based on conditions. Sail in different modes (pinch, point, VMG, speed).

Same basic techniques as intermediate, but more consistent. Add the following elements. **Mainsail trim:** Constant adjustments to keep leech telltales active. **Lulls:** Get weight in. Ease main slightly if needed to keep leech telltales streaming. Let the boat coast without bearing off at first, but then bear off as needed if lull persists. **Sail controls:** Maximize use of controls. Put vang on hard in big breeze. **Modes:** 1) speed mode - both windward and leeward sail telltales streaming; 2) VMG mode - leeward tales streaming, windward tales lifting 10-15 degrees up from horizontal; 3) point mode - leeward tales streaming, windward tales lifting 40-45 degrees; 4) pinch mode - leeward tales streaming, windward tales lifting 60-70 degrees.

Optimist Learning Activities

Skill	Activity Type		
Name of Activity	Brief Description	Link	Priority Activity

Upwind technique

Beginner Activities

Upwind sailing basics	Use the activities and tips in USS L1, Chapter 12 and LSR to teach upwind sailing basics.		<input checked="" type="checkbox"/>
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Classroom Activities

Skill discussion	Show and explain the performance standards and performance notes for upwind technique. Check the "References - More info" section of the Skill Kit for material to support the discussion.		<input checked="" type="checkbox"/>
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Land Demonstrations and Drills

Sail controls demo	Use a boat on land to demonstrate the effect of each sail control. For details, refer to USS L2.		<input checked="" type="checkbox"/>
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Mark controls	Help students mark their controls for various wind conditions.		<input checked="" type="checkbox"/>
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On-Water Drills

Straight line	Duplicates side-by-side racing. Refer to U.S. Sailing's "Sailing Drills Made Easy." You can turn this drill into a game - Survival of the Fittest. See who can hold their lane the longest.		<input checked="" type="checkbox"/>
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Rabbit start	Creates an even start for the entire fleet. Good setup for other drills. Refer to U.S. Sailing's "Sailing Drills Made Easy."		<input checked="" type="checkbox"/>
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Tuning lineup	Helps refine upwind technique and trim. Refer to U.S. Sailing's "Sailing Drills Made Easy."		<input checked="" type="checkbox"/>
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No hike drill	<p>On a gusty day (not too strong!), have students sail upwind with minimal hiking. They must use their tiller and mainsheet hands to keep the boat on its lines. Several steps:</p> <ol style="list-style-type: none"> 1) When a puff hits ease the main sheet and trim in at the same rate, no matter how long the puff lasts. Judge the effect on boat speed by feeling the boat and watching the wake. 2) When a puff hits, ease the main and leave it out. If the boat flattens, bear off. When you have gained speed, trim in and head up. Judge the effect on boat speed and compare the results of techniques 1 and 2. You should find that technique 2 builds more speed without loss of pointing. 		<input checked="" type="checkbox"/>
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	<p>Now repeat the drill, this time cleating the mainsheet or holding it steady. In this part of the drill the sailors try to keep the boat on its lines by steering only. To be successful they must anticipate the puff and learn to steer up quickly without oversteering.</p> <p>This drill develops the "hand skills" sailors need to accelerate in puffs.</p>		
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Adjustments Drill	The sailor begins sailing upwind with all the sail adjustments totally loose. After having done this for a while and gained awareness for the feel of the boat, the sailor begins by pulling on one of the tuning mechanisms - i.e. outhaul. Take note of the effect and then release it. The sailor moves to the next mechanism and repeats the process. Once this has been done with all individually, the sailor is allowed to work with combinations to find the best feel.		<input type="checkbox"/>
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Optimist Learning Activities

Skill	Activity Type		
Name of Activity	Brief Description	Link	Priority Activity

Upwind technique

Gusty windward shore	Have the sailors sail near a windward shore on a gusty day. Have them work hard to keep the angle of heel constant.		<input checked="" type="checkbox"/>
Windward heel	Boats must sail to windward with 10 degrees of windward heel.		<input type="checkbox"/>
Watch boat waves	Have students sail upwind and watch their bow and stern waves. Notice how the waves change at different angles of heel and with weather helm. Try to keep the stern wave as straight as possible. Try to keep the bow wave as far forward as possible.		<input type="checkbox"/>

References - More Info

Optimist Sailing Tips: Tighten the Vang While Sailing	Video how to tighten vang hard when on the water.	https://rebrand.ly/cm1qn8	<input checked="" type="checkbox"/>
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