

Boat Handling

Notes

- This lesson will require more than one session to complete.
- Make sure tacking and gybing are solid before teaching penalty turns.

Discussion Points

- See the performance reminders for a list of skills and techniques for this topic.
- When teaching each skill, demonstrate the technique or ask students if they know how to do it.
- Watch videos of techniques for:
 - Rudderless sailing
 - Sailing backwards
 - Penalty turns

Learning Activities

- Hiking on land. Put two sailors of roughly equal weight on opposite sides of an Opti, either in the water or on land. Have them hike against each other and see who can hike the longest.
- Demonstrate and practice hand-over-hand sheeting in a boat on a dolly. See which sailor can sheet in the fastest.
- Rudderless sailing (Optis). Refer to SDME, page 47.
- Fixed rudder sailing (X boat and 420): Same as Opti drill, but with rudder in the crutch.
- Backward race; sail to the upwind finish line and back up to the start.
- Stop and Go: Get boats lined up on the same ladder rung. Start sailing upwind on a whistle. Come to a complete stop on next whistle. Accelerate on next whistle. Repeat until fleet spreads out.
- 720 Race: Practice penalty turns in a race setting. Refer to SDME, page 46.

Performance Reminders

- Hiking - straight leg hiking is more effective and easier on knees.
- Hand-over-hand sheeting - use long pulls with free hand and shorter pulls with tiller hand.
- Using weight and sail trim to steer the boat
 - Leeward heel and sheet in to turn up
 - Flatten or heel to windward and ease sail to turn down.
 - X, 420: sheet in jib to turn down, luff jib to turn up
- Sailing backwards
 - Boat must build speed going backwards before steering is effective.
 - The boat's stern will follow the aft end of the rudder.
- Slowing down
 - Upwind: use rudder movement; ease sail or backwind it; sit far back to increase drag.
 - Downwind: overtrim the mainsheet; scull if there is space around.
- Accelerating - X and 420 use the jib to turn down.
- Penalty turns
 - Tack first if sailing upwind, gybe first if reaching or sailing downwind. In a 720, the 1st turn will be a circle. The 2nd turn will require an oval shape to allow boat to gain speed for the gybe and tack.

References

- USS L1, Chapter 10