

Yacht Racing – Things to Think About



Preparation

- Do all your lines run smoothly (lines, blocks & winches)? **L1**
- Is the boat maintained well? **L1**
- Do you have tell tales on the genoa and mainsail? **L1**
- Have you removed all unnecessary weight? **L2**
- Are your water tanks empty? **L2**
- Is the hull of your boat smooth and free from all marine growth? **L2**
- Have you measured and set up your standing rigging accurately? **L2**
- Have you read a tuning guide for your class of boat? **L3**
- Have you smoothed the profile of your keel and rudder? **L3**
- Are all your running rigging lines dyneema and do they run smoothly? **L3**
- Have you marked halyard settings for different sails & conditions? **L3**

Manoeuvres

- Can you round an upwind mark efficiently? **L1**
- Can you round a downwind mark efficiently? **L1**
- Can you gybe a boat safely and efficiently in all wind conditions? **L2**
- Can you hoist/gybe/drop a spinnaker ? **L2**
- Can you hoist/drop a spinnaker to windward and leeward? **L3**

Training

- Have you practiced basic manoeuvres with your crew? **L1**
- Do you train/coach your crew? **L2**
- Have your crew all tried different roles on board? **L2**
- Do you review performance in the last race & set improvement targets? **L3**

Speed

- Can you put a reef in and shake one out quickly? **L1**
- Can you furl or change your headsail quickly and easily? **L1**
- Can you trim your sails for light/medium/heavy conditions? **L2**
- Do you know how to use the tell tales? **L2**
- Do you know what the backstay does and how to adjust it? **L2**
- Can you use the genoa track to provide twist in the genoa? **L2**
- Can you use the mainsail track to control the main? **L2**
- Can you sail fast upwind in light/heavy wind conditions? **L2**
- Can you sail fast downwind in light/heavy wind conditions? **L2**
- Do you know where to put your crew weight for light/heavy conditions **L2**
- Can you helm efficiently in heavy/gusty wind conditions? **L3**
- Can you adjust the draft in your sails using halyard tension? **L3**

Tactics

- Do you know the flag/sound sequence for race starts? **L1**
- Do you know where to find the course? **L1**
- Do you know the basic Port/Starboard and Upwind/Downwind rules? **L1**
- Do you understand the rules for rounding an upwind mark? **L2**
- Do you understand the rules for rounding a downwind mark? **L2**
- Do you know when you should take one or two penalty turns? **L2**
- Do you have a variety of start line tactics for all conditions? **L3**
- Have you read and understood all the rules? **L3**

Wind & Weather

- Have you looked at the weather forecast? **L1**
- Do you know how the wind is forecast to change during the race? **L2**
- Do you understand how the shape of the land affects the wind? **L2**
- Do you understand and make use of sea breezes? **L3**
- Can you predict and exploit wind shifts & gusts? **L3**