



RYA Logbook Theory Notes

Start Racing

Using These Theory Notes

These notes are not intended to totally cover the theory in each stage but instead to provide a guide for students of the RYA Youth Sailing Scheme to supplement their learning from courses and activities.



Produced by the Irish National Sailing & Powerboat School. No unauthorised use is permitted. Use is limited to self-study by students of the Irish National Sailing & Powerboat School and others. This may not be used by other training organisations or sailing clubs without expressed permission of the Irish National Sailing & Powerboat School. Content of these theory notes may not be produced in any format without permission of the Irish National Sailing & Powerboat School. For permission, please contact sailing@inss.ie.

Start Racing – Practical Skills Explanation

Once you've reached this level there's a limit to what our theory notes can impart. We've focused on explaining what will be covered, rather than providing fine detail on each. Instead, your instructor will cover the various concepts outlined here on the course in much more detail.

Sailing Techniques, Manoeuvres & Theory

Physical Preparation

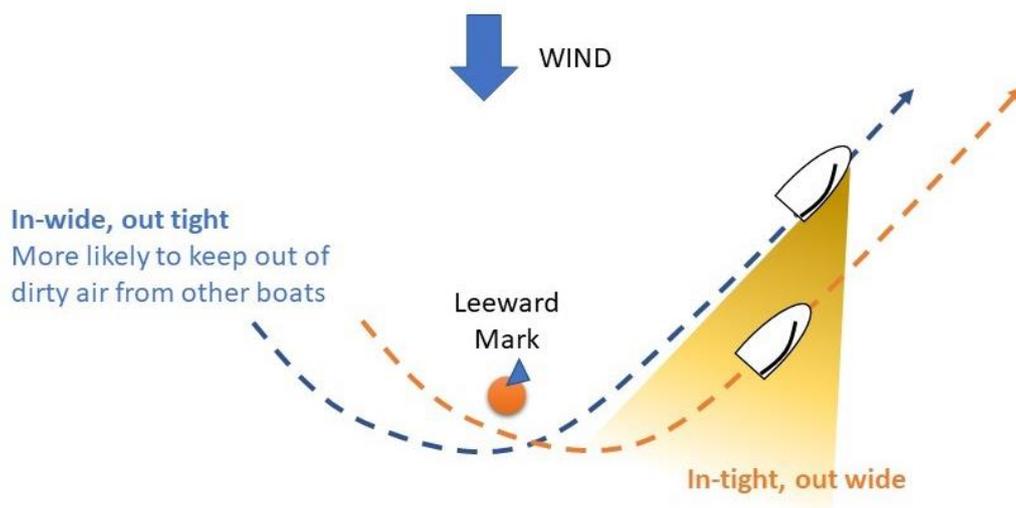
1. Food before any physical activity is important. It is the fuel that we run on, so it is important that before a 1-hour race or a morning of a regatta that you take in enough and proper food
2. Keeping hydrated is just as important as food and water is the best for it! If it is a long day on the water or a very warm sunny day a mineral drink can be a good energy boost towards the end of the day.

Boat Preparation

You should have knowledge of the correct way to rig a racing dinghy and understand the rigging guidelines for the class of boat and how to set up for that day

Boat Handling

1. Understands the importance of the 5 essentials and how to use them together as both crew and helm.
2. The correct way to round a mark is not a handbrake turn! You want to keep as much speed and momentum in the boat as possible. The way you approach the mark is dependent what point of sail you're going from and moving to.
 - At a windward mark you are generally going from close hauled to a downwind leg this means your approach to the mark can be much tighter and as you bear way around the mark you will build up speed.
 - At the leeward mark you are trying to hold as much of your downwind speed as possible as you round the mark. This means rounding the mark more gradually starting out wide and gradually turning around the mark the goal as close as possible not losing any ground leeward of the mark. "starting out wide, in tight".



When rounding marks it's important to be looking around and know your rules or the road as there generally busy places.

Boat Speed

Understands how and the importance of adjusting sail controls around the different parts of a race course and in changing wind conditions.

Teamwork

Understands the importance of a good partnership and teamwork in the boat. This will make you sail faster and make it even more enjoyable!

Strategy & Meteorology

1. Can get a reliable weather forecast and understands how it will affect your day.
2. Understands clear air, gusts and lulls

Racing Rules

An introduction to racing rules such as windward boat, overtaking boat, room around the mark, starboard and keep proper course.

Tactics

1. Understands basic boat to boat interactions on the water and how to deal with them in a competitive way.
2. Race starts. Where to set yourself up on the line, clear air, what to do when you get rolled off a start, when to tack out.
3. Banging a side of the course vs tacking up the middle, lifts and headers, fleet separation

Starts

1. Has knowledge of transits and how to use them
2. Can demonstrate the basics of starts;
 - Bias on the line
 - Clear air
 - Speed build up
 - Crew/helm communication