



Knowing the parts of a sailing dinghy

<p>Learn the various parts of a dinghy:</p> <ul style="list-style-type: none"> - Bow, stern/transom, daggerboard, toestraps, mast, boom, sprit, sail(s), rudder, tiller, tiller extension, kicking strap, clew outhaul, sprit tension, main sheet. - Safety equipment (buoyancy aid, bailer, boom padding, rudder clip, dagger board elastic etc.). 	<p>Have a rigged boat and explain each part of the boat, what they are for and how they work. Start with the basic parts and then build on this each week.</p> <p>Encourage the students to rig their own boat (as far as they are able), and check for safety (stopper knot in main sheet).</p> <p>Knots: figure of eight, bowline, reef knot</p> <p>Get parents involved to ensure they know about safety issues on preparing boats.</p>	<p>Test at end of year using a rigged boat in groups of 2 or 3.</p>
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Launching

<p>Teach students to be able to launch independently. It is OK for adults to help with the launching, but student should take over once the boat is floating.</p> <p>The student should have some understanding of the impacts of wind and tide on launching.</p>	<p>Teach students to launch in pairs - one holding both boats head to wind, while the other returns the trolleys. and gets the rudders on. Then split the boats and set off separately. Demonstrate how to put the dagger board in from the windward side.</p> <p>Explain:</p> <ul style="list-style-type: none"> - the importance of wind/tide direction when planning how to launch. - how to put the dagger board in from midships while holding the boat. - how to get into the boat and use the sheet to pull away from the shore safely. 	<p>Check that by the end of the year the students can launch correctly.</p>
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Reaching

<p>Students should be able to sail at different wind angles from a broad reach to a close reach - adjusting the sail and where they sit in the boat. At the end of a reach they should be able to do a basic tack from reach-to-reach.</p>	<p>Set boat up on shore and demonstrate:</p> <ul style="list-style-type: none"> - where to sit (bow out, transom not dragging) - sail position (just in from lifting at the luff) - dagger board position - what to do in a gust (slide back and ease sail out - keep boat straight) - tiller extension grip (dagger grip preferred, but frying pan is OK) 	<p>Use safety boat with a group of boats in line. Motor across wind and change direction - students should change sail, dagger board and position appropriately.</p>
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Getting out of irons

<p>Be able to get out of the head to wind position.</p>	<p>Student should be able to use both methods:</p> <ul style="list-style-type: none"> - use tiller paddling to turn the boat; smooth then sharp movements to get the boat turning in one direction. - hold boom out against wind and reverse helm; let boom go; sheet in and sail away. 	<p>Get student head to wind and then recover quickly and sail away.</p>
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Slowing Down – Avoiding Collisions

Explain the importance of avoiding collisions by: <ul style="list-style-type: none">- Being aware of other boats and steering to avoid collisions.- If a collision is likely to occur slow down.	Demonstrate how to slow down by letting the sail out and steering slightly into wind – without going head to wind. – then sail away again. Avoiding collisions: <ul style="list-style-type: none">- Same tack – leeward boat sails away.- Different tack – port tack boat keeps clear.	Student should be able to slow down to a complete stop without going head to wind and restart under control. Demonstrate how to avoid collisions.
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Close Hauled – sailing close to the wind

Be able to make progress to windward by sailing close-hauled. Be able to trim the boat in both directions Get out of head to wind position quickly.	Student should understand that they are no longer steering to a fixed point and adjusting the sail, but fixing the sail position and steering as close as they can into the wind. Point-to-point – sail should be tight in; over the quarter on single-handers. Demonstrate how to keep in tight using cleats or wrapping around hand. Sit forward and keep the boat flat. Use dagger grip. Attempt hiking.	Student should be able to sail close to the wind with the sail in the correct position and the boat trimmed correctly.
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Tacking

Be able to tack from close hauled to close hauled without getting stuck head to wind.	Slow tiller movement – crossing the boat with tiller behind back. Steer with tiller behind back for a few seconds then swap hands. Tack should be 90 degrees – pick exit point before the tack.	Perform basic 90 degree tack from close hauled to close hauled.
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Returning to shore

Be able to return to shore independently	Preparation: remove dagger board elastic, and pull board half way up. Approach: try to approach on reach with sail partially sheeted Recovery: sail towards the shore slowly – at the right depth (look at other people standing in the water), round up into the wind and get out of the boat without letting go of it. Remove the rudder and dagger board and wait for some help.	Can perform recovery with onshore and offshore winds.
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