

**RYA SAILING SCHEME
MOOR CRAG**

SAILING WITH SPINNAKERS

Friday evening:

Meet and greet
Explain format of the w/e
Theory:
Understand concept of apparent wind

Saturday

09:00 Briefing
09:15 Rigging - Sport 16 and/or Thompson Holme,
spinnaker hoist/drop - land drill - trapeze on Sport 16
11:00 Coffee break
11:15 Launching and recovery - briefing
11:30 Sailing round triangular course - 5 essentials, not necessarily with spinnaker

12:30 Lunch

13:15 Briefing
13:30 Practice sessions - hoist and drop - best course downwind
16:00 Recover boats and pack away
16:30 Debrief

Evening:

Theory:
Capsize recovery with spinnaker
Effect of hull shape on performance
Rig set up for different conditions - choppy sea, light wind, strong wind etc

Sunday

09:00 Briefing
09:15 Rigging with spinnakers
09:30 Gybing with spinnaker - land drill for symmetrical
10:15 Practise session - hoist/gybe/drop
11:00 Coffee break
11:15 Practise session around marked course

12:30 Lunch

13:15 Briefing
13:30 Free session
14:30 Capsize - total inversion
15:30 Recover and pack away boats/kit
16:15 Debrief