



Ideas for increasing & developing adult participation

Crew roles for racing yachts using spinnakers

These notes are based on a yacht running sheets and guys and using a dip pole system.

Rigging

Running lines - generally done on the dock or while motoring out.

Bow [1] Checks halyards, sheets and guys aren't twisted and are run clear of everything else.

Tip If using twin sheets and guys - the sheet is attached to the spinnaker and the guy is attached to sheet.

Cockpit [4/5/6] Run sheets outside everything to blocks at the back of boat and run the guys to blocks at the middle, ensuring that nothing is twisted.

Attaching the spinnaker

Attach the spinnaker bag just before hoisting.

Bow [1] Attach the bag to the leeward rail near the bow. Then attach halyard, sheet and guy, making certain that nothing is twisted.

Cockpit/Float [4/5/6 & 10] Makes certain that lines are loose so that kite can be attached.

Top tip - if racing only one person (**Float [10]**) should do this and everybody else should remain on the rail.



The Hoist

Pre hoist, pole up

- Bow [1] & Pit [3]** Organise pole up. Inboard end goes up first then outboard end.
On a larger boat **Mast [2]** might be used to help hoist pole.
- Cockpit/Float [4/5/6 & 10]** Ensure sheets and guys are loose enough to hoist pole.
Tighten guy to pull the spinnaker tack out to the end of the pole.
- Bow [1]** Feed the tack of the spinnaker underneath the hoisted jib and out to pole.
- Pit [3]** Ensure pole downhaul is free to let pole come back.
- Cockpit [4]** Grind the guy back to the pole and bring pole back half a metre off the forestay.
- Tip* Ensure there are sufficient turns on the guy winch as this carries lots of load when the spinnaker is up.

Hoist Spinnaker

- Helm [8]** Steer boat on to a broad reach/run and calls the hoist when ready.
- Bow [1]** Feed kite out underneath jib.
- Mast [2]** Bounce halyard to help get spinnaker up.
- Pit [3]** Tail the halyard.
- Cockpit [4]** Grind the pole back to correct position (at right-angles to the wind).
- Cockpit [5&6]** Sheet the spinnaker in, so it fills.
- Tip* Do not sheet the spinnaker until it is fully hoisted. Once it fills it is very hard to hoist.
Once the kite is hoisted, drop the jib.



Gybe

Preparation

A gybe should be attempted from one run to another run.

- Bow [1]** Make sure the lazy (unused) sheet is sitting on top of pole. Collect the new guy loose in hand.
- Mast [2]** Raise the inboard end of pole up high enough so the outboard end can pass underneath forestay.
- Pit [3]** Ensure pole uphaul is ready to drop.
- Cockpit [5]** Load new sheet on to spare winch and take up slack so that when guy is released spinnaker will continue to fly.
- Cockpit [4]** Ensure new guy is loose so **Bow [1]** has enough slack to put it in pole. Also need to ensure new guy winch is clear.

Gybe 1st Half

- Helm [8]** Call the gybe and steer to follow spinnaker.
- Mast [2]** Trip the outboard end of pole so the spinnaker is unattached from the pole.
- Pit [3]** Ease the pole uphaul to allow the pole to pass under forestay.
- Bow [1]** Swings the pole into the boat and under the forestay.
- Cockpit [4]** Remove the old guy from the winch.
- Cockpit [5/6]** Play the spinnaker on both sheets and try to keep it flying.
- Main [7]** Gybe the mainsail. (Alternatively, this could be done before or after gybing the spinnaker. Centering the main whilst gybing the spinnaker encourages a reluctant spinnaker to remain filled.

Gybe 2nd Half

- Bow [1]** Attach the new guy and push the pole out.
- Mast [2]** Help **Pit [3]** to rehoist pole.
- Pit [3]** Re-hoist the pole.
- Cockpit [4]** Take up on new guy as pole goes up, so that the new spinnaker tack comes back to the pole.
- Tip** Ensure you have sufficient turns on the guy winch.
- Cockpit [5]** Release the old sheet once the pole has reached the spinnaker.



Drop

Preparation - Rehoist Jib

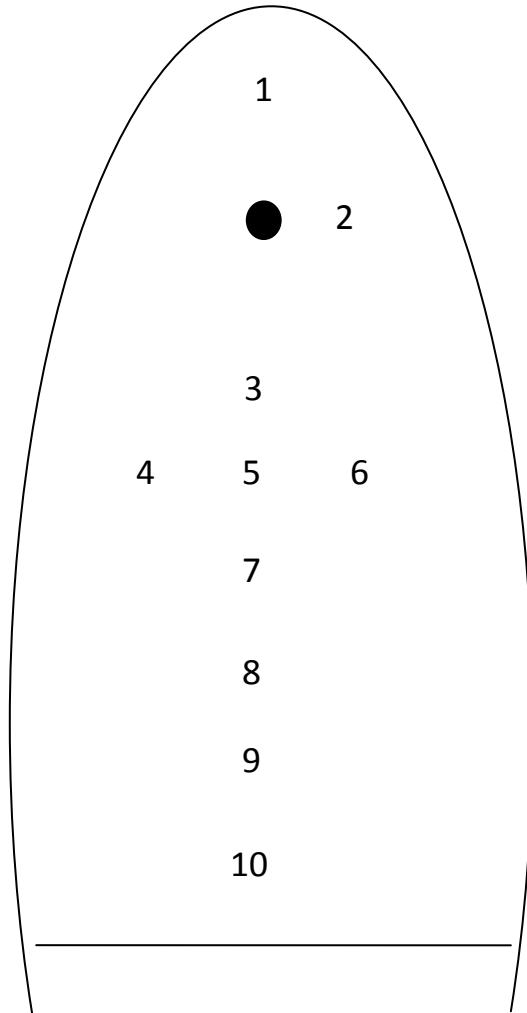
- Bow [1]** Ensures the jib is the correct side, and nothing is twisted. This is particularly important if there have been any gybes or other manoeuvres since hoisting.
- Pit [3]** Ensure the spinnaker halyard is ready to run so the sail can come all the way down without snagging.
- Float [10]** Go down below ready to receive sail.

Drop (basic leeward drop)

- Helm [8]** Steer on a broad reach/run.
- Bow [1] & Mast [2]** Pull spinnaker down under jib on leeward side using spare guy and feed the sail down the forehatch.
or
Pull spinnaker down under the boom on leeward side using spare guy and feed the sail down the companionway.
- Pit [3]** Lower the halyard half way very fast to take the pressure out of the spinnaker, then drop the rest at the speed at which the spinnaker is being gathered in.
- Cockpit [4]** Ease the pole to the forestay to take pressure out of the spinnaker, then ease rest of the guy at the speed the **Bow [1]** is gathering. (If the pole is eased to the forestay at the start of the drop it depowers the sail, easing the drop)
- Cockpit [5]** Ease sheet to **Bow [1]**.
- Float [10]** Gather spinnaker from below, then repacks it.
- Pit [3] & Bow [1]** Drop pole to foredeck.
- Tip** After dropping, if the spinnaker was dropped down the forehatch it can be rehoisted from the forehatch. If you do this, make certain the hatch is well taped and that there is nothing sharp that could tear it.



Crew positions



| <u>Positions run by the Bow</u> | <u>Positions run by the Skipper/Crew Boss</u> |
|---------------------------------|--|
| 1. Bow 2. Mast 3. Pit | 4. 5. & 6. Cockpit Upwind: Jib trim, Sheeting & Release Downwind: Kite trim, Guy & Grinder 7. Mainsheet 8. Helm 9. Tactician 10. Float & Sewer |
| Other jobs: Course / Radio | |



DEFINITIONS OF RACING CREW POSITIONS

1. **BOW** - At the bow of the boat, and organises the front sails (jib & spinnaker) to go up and come down. Must keep foredeck organised and check that halyards and sheets are led properly and not twisted. Also does the outboard end of the spinnaker pole on gybes.
2. **MAST** – Backs up the **Bow**, helps with organising sails forward, acts as engine ('bounces') to get sails up and does the inboard end of the spinnaker pole on gybes.
3. **PIT** – Boat end of all the halyards, up & down hauls, etc, and is in control when sails hoist/drop and of spinnaker pole height. Needs to keep his/her area tidy.
4. 5. & 6. **COCKPIT TEAM** – Controls sail setting, sheets and guys, both upwind and downwind.

Upwind roles

Jib trim – plays jib sheet for correct position.

Jib tail - pulls sheet in fast on tacks.

Release – releases old sheet during tacks.

Downwind roles

5. Kite trim – plays kite sheet for correct position.

4. Guy trim – adjusts pole position (in conjunction with Pit).

6. Grinder – winches for the kite trimmer.

7. **MAINSHEET** – In charge of trimming the main.
8. **HELM** – Steers the boat.
9. **TACTICIAN** – Must know the course. Makes the decisions about where to go, when to tack or gybe based on the tide, wind, other boats, etc. Must let rest of crew know what's happening.
10. **FLOAT/SEWER** – Helps everywhere when there is a problem, helps get the kite down from below, packs the sails.

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