



Ideas for increasing & developing adult participation

Yacht spinnaker day - Timetable

- 09.00 Meet on board
- 09.15 Safety and general briefing
Intro to using spinnaker
Rigging
- 10.30 Sailing - basic triangles and rotating roles
- 11.30 Explain crew positions for spinnaker
(Bow, Mast, Pit, Guy, Sheet, Main, Helm)
- 12.00 Hoists and drops using training kite
- 13.00 Lunch
- 14.00 Hoists and drops using full kite
Look at playing kite for different angles
Look at VMG sailing
- 15.30 Gybes
Explain crew positions for gybe
- 17.00 Home & tidy boat