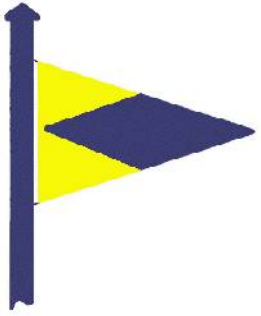


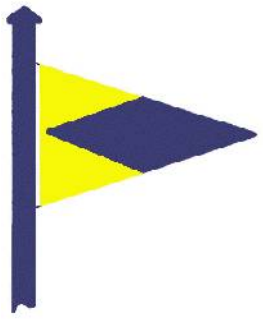
# Lancing Beach

- Before launching
- Launching
- The race
- Landing
- Back on shore

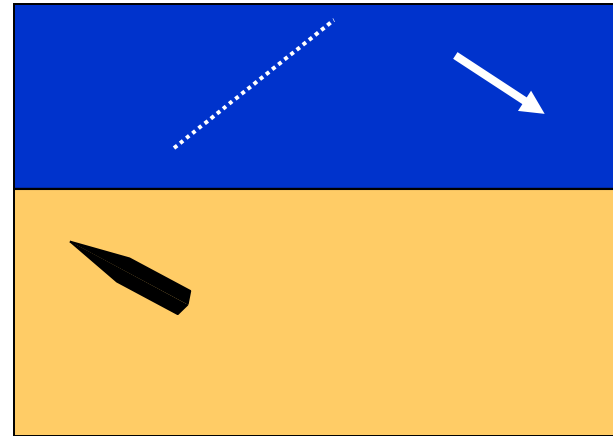
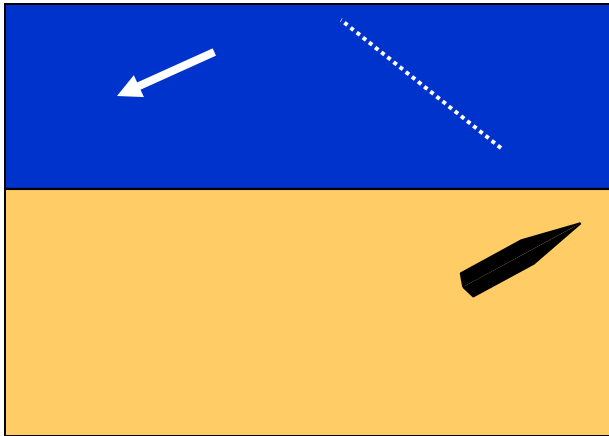


# Before launching

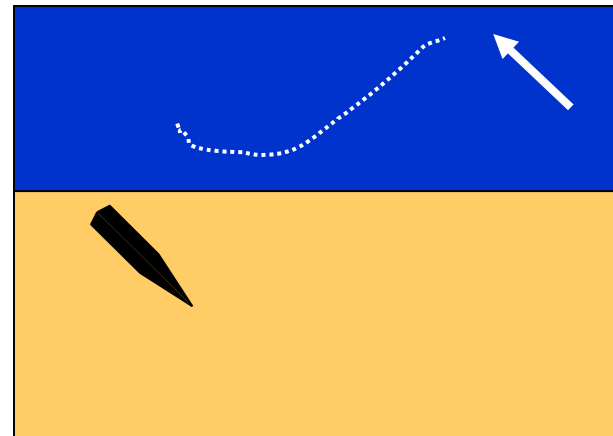
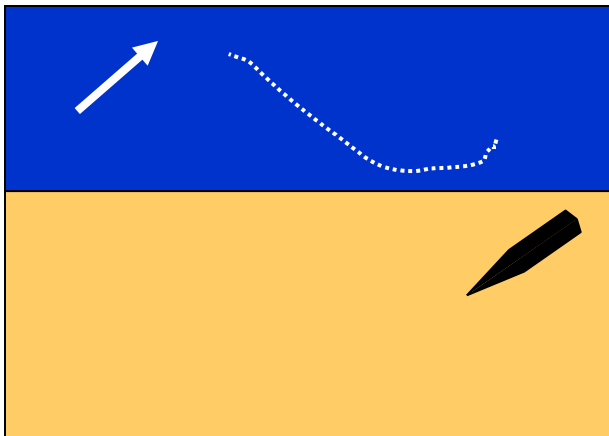
- Sign on
- Check course
- Check tide times
  - Where to put your boat while rigging
  - Where to leave your trolley while out sailing
  - Potential height of waves when landing
- Pull your boat onto the beach

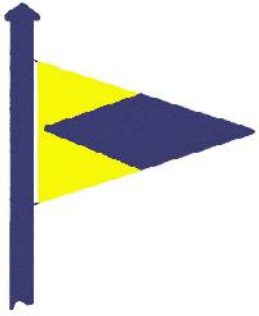


# Where to put your boat for launching



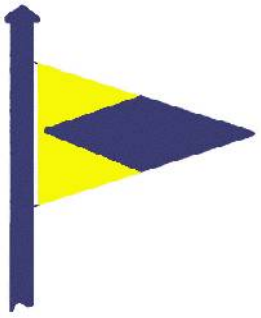
Wind  
direction





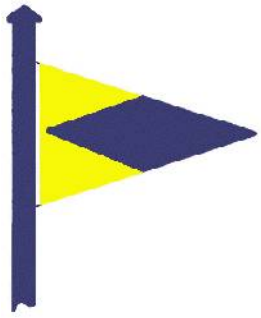
# Launching

- HELP OTHERS !!!!!
  - Single-handers especially need help
  - **WARNING: Never get caught between a boat and the shore**
- Watch the ‘experts’
  - Which techniques work
  - Which don’t !
- Be willing to ask



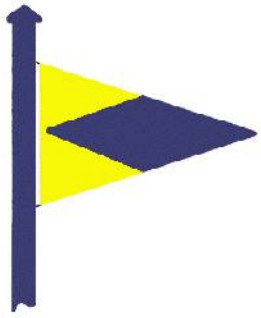
# Launching in waves

- Ask for help
- Wait for a gap in the waves
  - Learn to ‘read’ the sea
  - Be patient
  - Start to launch just before the gap arrives
- Once committed don't stop !!!!!!!



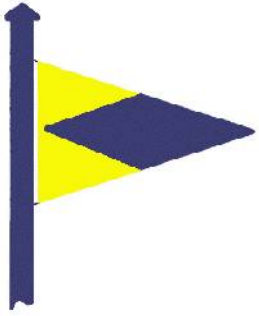
## Launching in waves (2)

- Jump in and go
  - The waves are most powerful when they are breaking
  - The centreboard can wait until later
  - Get a helper to push down the rudder when pushing you out
  - Keep the boat flat
- When out beyond the breaking waves stop the boat
  - Put down centreboard and the rudder



# Launching in onshore winds

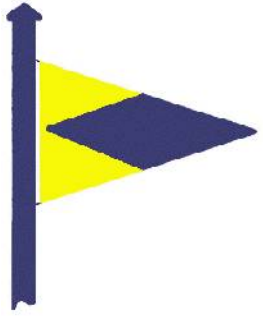
- Crewed boats
  - Crew gets in first and puts centreboard in
- Single-handed boats
  - You need help
  - Get on board, put in centreboard
- A BIG push is needed to give some initial speed
- Steer into the waves and then bear away for speed



# The race

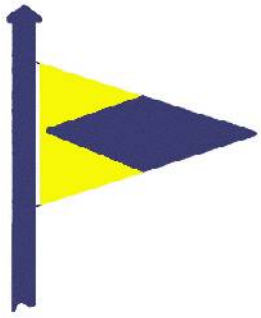
- Be on the line at the start
- Keep to the centre of the course on the beats
  - Keep close to the leaders
- Don't over-stand marks
  - Beware of the tide
- Sail a straight line down the reaches
  - Beware of the tide





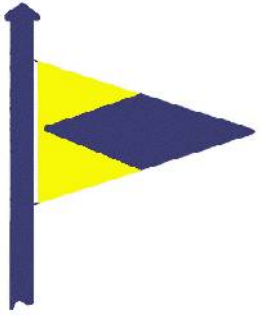
# Landing in waves

- Be prepared
  - Tidy sheets etc. so you don't get tangled
  - Release the rudder hold-down
  - Have a plan
    - Inform your crew of the plan



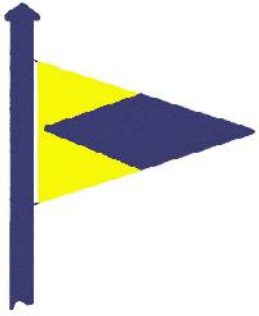
## Landing in waves (2)

- Try to land in the middle of the beach
  - Groynes are hard and limit your choices
- Pick a small wave if possible
  - Approach from slightly down-wind: you are then in control
- Remove the centreboard in good time
  - Not as you are about to hit the beach
  - You will wobble as the last bit is removed
  - Steering will change with no centerboard



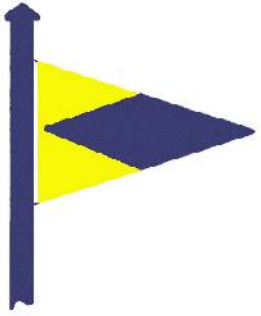
## Landing in waves (3)

- Keep the boat at right-angles to the waves
  - The rudder will be raised and have limited steering control
  - Keep it flat
  - Lean the boat slightly to steer



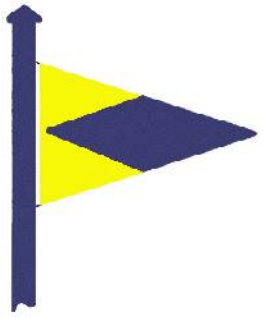
## Landing in waves (4)

- Land on the back of a wave
  - Try not to surf down the front of a wave just as it breaks
  - Keep the bow UP
  - Controlled speed is the key
- Don't stop just where the waves are breaking
- Quickly get the boat clear of the water



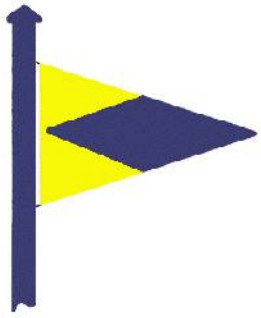
## Landing in waves (5)

- If it all goes wrong
  - Try and capsize with the mast pointing out to sea
  - Bail out
    - the boat will probably do better without you
  - Keep the tip of the mast up in the air



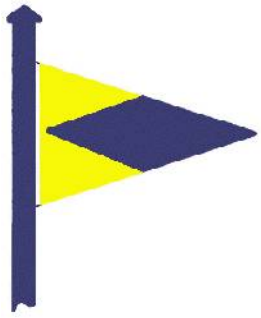
# Landing in waves and strong on-shore winds

- Approach from one side and then just point at the shore at the last minute
  - More control over speed
  - More stable
  - Can pick a wave



## Landing in waves and strong on-shore winds (2)

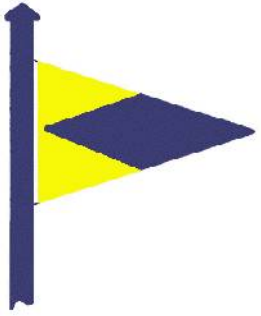
- Consider taking down the mainsail if you have a jib
  - More control BUT less speed
  - Easier to handle once ashore
- Start well upwind
- Practice in lighter winds



# Landing in waves and light winds

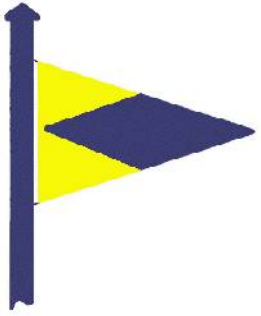
- No speed means no control
  - You are at the mercy of whatever wave comes along
- Consider jumping in the water and holding the transom
  - Reduced weight in the boat
  - Keeps the boat straight





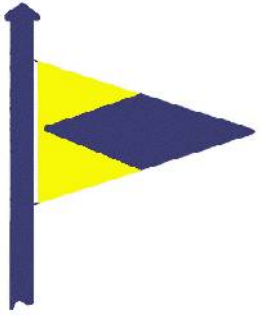
# Landing in off-shore winds

- Reach along the shore and then head up at the last minute
- Keep the centreboard in until as long as possible



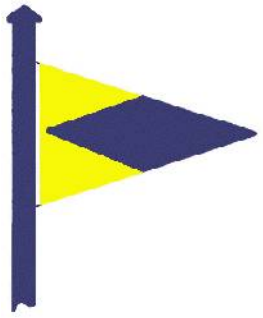
## Once ashore

- Take down your sails
- Move your boat away from the water's edge if it's busy
- **HELP OTHERS !!!!!**
  - Big boats especially need help



# Back on shore

- Help pull other boats up the beach
- Operate the winch - not juniors please
- Help with the safety boats
- Sign off



**That's all folks**