



Stress Free Finishing

Charli Hadden



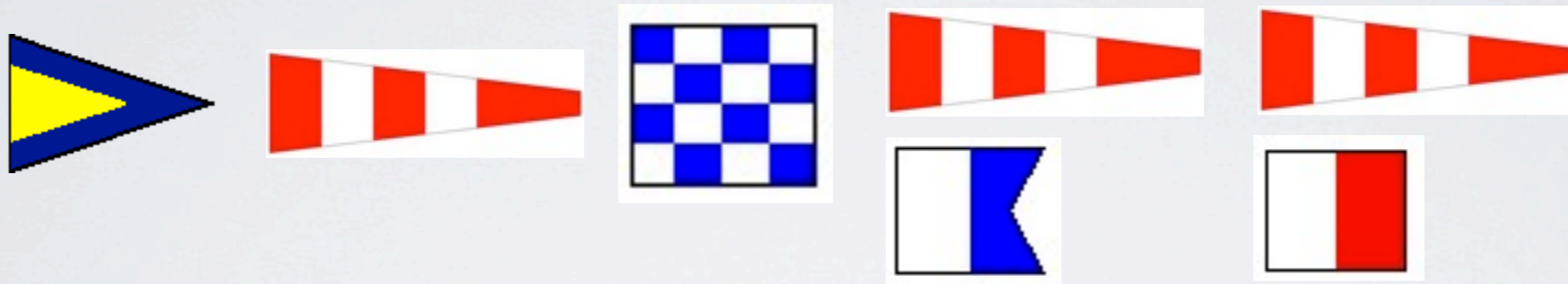
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WHY?

Race Officers can take as many attempts as they want at the start.....



.... but there's only one chance at the finish!



THE AIM

To compare ways in which stress can be reduced for finishing at different levels of sailing events.

Realising these differences in advance can help us to prepare better.

THE GROUPS

Imagine you are the race officer at one of the following events:

- (1) A club racing trophy day
- (2) Laser open meeting at a different club
- (3) Large handicap regatta
- (4) Optimist Nationals
- (5) Olympic Finn course

CHOOSING YOUR TEAM

Diplomacy

Problems of existing teams

What roles would be needed?

Problems with people who might have interests in the racing

Over-involved parents?

Their experience

Too many cooks?

How to manage with small numbers

BOAT PREPARATION

What equipment do you need?

What equipment are you likely to have?

How long in advance are you able to prepare the boat

What is essential?

Is the boat also used for other activities?

BEFORE THE FINISH

- Briefing your team
- Other uses for the boat
- Team members on different boats
- Practice positioning
- Communications with the race team
- Difficult conditions



DURING THE FINISH

Using the equipment

Calling close finishes

A late call for a shorten course

Noting any incidents

When it all goes wrong

Any anecdotes?

AFTER THE FINISH

Checking results

Delivering results to shore

Dealing with redress claims

Unhappy customers

Using your evidence

Providing feedback

SCENARIO ONE

The wind has filled in from behind on the last leg, meaning the fleet is bunched together.

40 boats are separated by just one minute.

Whats your plan?

Consider the equipment and resources you've already discussed.

SCENARIO TWO

The finish boat's anchor chain breaks just after the first boats begin to cross the finish line.

Whats your plan?

Consider the equipment and resources you've already discussed.

SCENARIO THREE

A competitor at the front of the fleet collides with the finish boat, becoming entangled in your anchor chain and injuring their crew

Whats your plan?

Consider the equipment and resources you've already discussed.

THE FINAL MESSAGE

How can you summarise stress-reduction techniques for your group's sailing event type?