

## Race Communication



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- | The way a team should communicate depends on the personalities and abilities in the boat.
- | It also heavily depends on the class of boat you sail and the requirements of the helm and crew.



## Things to consider

- | Sailing has a huge number of variables, if teams are overlapping on the same variables, are some going to be overlooked?
- | With the length of races becoming shorter and courses more congested is there time to discuss every decision?
- | These questions lead me to believe teams are best to have defined separate roles and communicate the information between each other.

## The Key Variables

- | Some variables are almost closed skills that require constant attention. (think of snooker).
- | Steering
- | Boat balance
- | To a lesser degree sail settings.



## The Key Variables

- | Other variables are more open skills and mean you need to react to the surrounding environment and make decisions on the strategy. (Think of Dodgeball).
- | Imagine someone trying to play snooker and dodgeball at the same time.



## Upwind Communication

- | There is a large amount of information coming from outside the boat.
- | In most classes the wind speed dictates who controls boat balance.
- | A steady wind requires more communication on the boat speed, whilst an unstable wind needs more on the wind and strategy.



## Downwind Communication

- | Both sailors will need to spend most of their time concentrating on the 'boat speed' variables.
- | Each sailor needs to communicate what they 'feel' to the other.
- | Out of the boat information can be split by the direction the sailor is looking.



## How to sort out your roles

- | Write down your strengths and weaknesses.
- | Create a job list for every leg of the course.
- | Divide the roles trying to leave the sailor with the most closed skills as free as possible from looking around.
- | Finally for real perfection, change your roles for different conditions and have key words to indicate the condition you are in.

You will either both be winners  
or neither of you, so help each  
other along the way.