



## **Start Racing**

### **Physical Preparation**

Has knowledge of food as a fuel

Has knowledge of keeping hydrated

### **Boat Preparation**

Has knowledge of how to rig a racing dinghy

Has knowledge of availability of class tuning guides

### **Boat Handling**

How to make best use of 5 essentials as crew and helm

How to round marks

### **Boat speed**

Understands how to alter sail controls both round the course and for differing conditions

### **Teamwork**

Understands the requirements to develop a good partnership

### **Strategy and Meteorology**

Obtain and understand a simple weather forecast

Has knowledge of clear air, gusts and lulls

### **Racing Rules**

An introduction to the racing rules of sailing and an understanding of the basic right of way rules

### **Tactics**

Has knowledge of basic boat on boat situations

### **Starts**

Has knowledge of transits

Can demonstrate the basics of starting