



Intermediate Racing

Mental Preparation

Has basic understanding of how stress affects sailing

Physical Preparation

Has knowledge of stretching exercises to be used after sailing

Understands importance of hydration and nutrition during racing

Boat Preparation

Has knowledge of how to use a tuning guide and set a boat up for specific conditions

Understands how to prepare a boat for club racing to include; hull, spars, sails, foils, fittings, rigging and control lines

Boat Handling

Has knowledge of how to steer the boat without a rudder

Understands principles involved in slow speed handling including stopping, accelerating and sailing backwards

Boat speed

Has knowledge of basic aerodynamics – how a sail works, how to power up or depower the rig, weather and lee helm

Understands how to set up the boat for a range of conditions

Teamwork

Understands how to divide up the roles around the course

Understands how to divide up the jobs in the boat

Strategy and Meteorology

Understands clean air, gusts and lulls

Understands how to interpret a weather forecast in relation to the sailing venue

Racing Rules

Has good knowledge of Part 2 and definitions of the racing rules

Understands how to sail by racing rules.

Tactics

Understands boat on boat tactics, lee bow situation, how to cover and break cover, importance of clear air.

Starts

Understands bias and how to assess it.

Has knowledge of how to protect a gap to leeward, hold boat on line (hovering), accelerate off the line