**TBYC Cadet Training and Races – 1st May 2020**

**Briefing 13.00 Leave beach 13.30**

**Objective:** To consider the Five Essentials

**RYA’s FIVE ESSENTIALS**

1. **Balance – side to side balance, keep flat**
2. **Boat Trim – fore and aft boat pitch**
3. **Sail Setting – setting of sails relative to the wind**
4. **Centreboard – the position of the centreboard**
5. **Course made good – choosing the most appropriate course**

**Rules: Rule 10: Port Starboard Rule 18: Mark Room**

|  |
| --- |
| **Briefing: 10.30**– an explanation of today’s exercises on the beach SOCIAL DISTANCING essential |
| **11.00 – on the water** **Warm up**‘Start line’ reach - sail in a ‘Figure of Eight’.Repeated until everyone has arrived and warm.Tacking then GybingRules: Port/Starboard and Mark room |
| **Windward / Leeward**Tacking / Gybing on the whistle |
| **Starts**Stop / start on whistle |
| **Starts** 1-minute warning2 starts only until whistle (20 metres)3rd Start to Windward buoy |
| **Three Races**Triangle course – two laps Leave marks to port, finish through line to windward.3 minute warning from Displacement ‘Polly’ boat. Watch the flags.Rules: Port/Starboard and Mark room. |

De-briefing 40 minutes after last boat to arrive back at the beach. Meet in the Dinghy Park by small rib hut.