**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**

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| **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 Gybing  Rules: Port/Starboard and Mark room |
| **Windward / Leeward**  Tacking / Gybing on the whistle |
| **Starts**  Stop / start on whistle |
| **Starts** 1-minute warning  2 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.