



IDEAS FOR SUNDAY 14.00 TFC EVENT

Suggestions by Nigel Knowles.

The first event after lunch on normal Sunday sailing is usually for Training, Fun or Cruising (FTC) and should not be a standard race. Some suggestions are below depending on conditions and participants interests.

- Conditions OK to sail
 1. Short race, boats paired, sail with a “mentor” (who has to finish behind).
 2. Series of practice starts, back to back (short course 1 mark and back to the line)
 3. Lay a “slalom” down wind. Practise gybing, sailing by the lee etc.
 4. “Duck” race
 5. Everybody in Lasers/Picos, draw lots for position, “follow my leader” round the course, boats keeping station.
 6. Short course, 1 downstream leeward mark, practise rounding (combine with 2?).
 7. Capsize drill. (solo & with crew)
 8. Round the island race (in Picos, laser radial or canoes. Lasers if confident to heel)

- Light / No wind Conditions
 1. Tow upstream, race, sail, drift back. Rules suspended as appropriate. Combine with treasure hunt or duck race
 2. Capsize drill (1 person, 2 person)
 3. Paddling relay round marks in midstream and back (combine with 2?)
 4. Lash tiller midships, steer boat without it.

- Canoes
 1. Lay a slalom, paddle (race?) round it
 2. Paddle backwards round slalom
 3. “Duck” race/ treasure hunt
 4. Relay round a mark from slip (practise getting in/ out quickly)

- Patrol boat Exercises
 1. Lay 4 marks in line 2 boat lengths apart, steer round it
 2. Ditto backwards
 3. Come alongside and hold station at a mark (fixed)
 4. Ditto floating free
 5. Ferry glide into a berth