



## Sail Trim Course

### Introduction

Ever wondered how to get more out of your sails and how to gain that elusive extra knot? By understanding how sails are set and controlled you will develop a greater awareness of how to get the best from your sails both when beating to windward and sailing downwind.

This 3-day Sail Trim Course is designed for anyone with some sailing experience who would like to learn more about setting the sails correctly and sail trim. It aims to unlock the dark arts of optimising boat performance by fine-tuning the many and varied controls. The course covers a range of activities; and each of the 3 or 4 students gets the chance to work on aspects of sailing that they would like to improve. It can also include other aspects of boat handling as agreed between the students and instructor.

There are hands-on opportunities to gain experience and learn new skills and techniques. You will also gain a better understanding of the characteristics of boats (particularly our 40 footer) and the effects of tide and wind. Each course is tailored to the ability levels and needs of students, taking account of the time available. The skipper and crew will share their experience, needs and plans at the beginning of the course.

Content is selected from a syllabus based on:

- RYA requirements for Day Skipper, Coastal Skipper etc
- CSD requirements for safe use of the boat for the crew's safety
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**Please note:** course content is governed ultimately by tide, weather and sea conditions.

### Course outcomes

**By the end of the course you will have improved your sail setting and sail trim competence and confidence by:**

- experiencing sail setting and sail trim in the Solent and adjacent areas known for their strong tides, huge tidal range and popularity; a challenging environment
- practising straightforward and complex manoeuvres in a safe training environment
- focusing on at least one activity that is a personal challenge for you
- being more aware of the effects of tide and wind on performance
- identifying aspects of sail setting and sail trim that you would like to develop further
- contributing to the communications, team work and problem solving needed to sail a boat safely and efficiently



## **Possible topics include:**

### **Pre-departure**

1. Safety, use of equipment in rough weather and emergencies
2. Introduction to the whole boat from stem to stern, its equipment and general rules
3. Need to communicate on a large yacht until everyone is familiar and proficient

### **Sailing**

1. Sail selection
2. Points of sailing and no-go zones
3. Reefing, furling, sail changing
4. Trimming controls and methods including car positions, halyard tension, clew outhaul, mainsheet traveller, backstay tension, tell tales
5. Tacking, gybing, when to reduce/increase sail, lee-helm, heaving-to
6. Man overboard drill under sail
7. Sailing, tacking, gybing under just mainsail or just foresail only
8. Sailing up to a mooring buoy, various combinations of wind/tide strength/direction
9. Rigging and setting up sail controls to prepare the boat according to different weather conditions and sea states
10. Heavy weather preparation and techniques including preventers
11. Anchoring under sail. Use of check transits/bearings
12. The cruising chute, only covered if time, crew experience, wind conditions etc permit
13. Running aground and getting off