



Masters Sailor's Edge



Dennis Foy &
Ron Schute



Britannia Yacht Club – May 16, 2011



Agenda

- Introductions
- Goals tonight
- Top 10 tips for sailing safely
- Top 10 tips for sailing faster
- Homework Assignment



Introductions

- Dennis Foy
- Ron Schute



Goals Tonight

To walk away with ideas leading to:

1. More fun on the water
2. Safer experience for skipper & crew
3. Getting around the course quicker



Top 10 - Tips for Sailing Safely

1. Check rigging at the beginning of year
2. Be familiar with minimum required safety equipment and rules of the road
 - Highlights from Safe Boating Guide
3. Proper & comfortable personal gear



Tips for Sailing Safely (Cont'd)

4. Check weather – respect mother nature!
5. Inform your crew where safety equipment is located
6. Safety equipment should be accessible
7. Look both ways before backing up



Tips for Sailing Safely (Cont'd)

8. Brakes not included – keep your distance
9. Know where local hazards exist
10. Keep a lookout at all times
11. Be ready on the genoa and main sheets on windy days



Tips for Sailing Safely (Cont'd)

12. Slow and steady when docking vessel



Top 10 - Tips for Sailing Faster

1. Nothing replaces time on the water
2. Best to have a regular consistent crew
3. Give thought to strategically rigging your boat
4. Race has started before you leave dock



Tips for Sailing Faster (Cont'd)

5. Warm up before you start the race
6. Act like a team – talk to each other!
7. Reduce sail - flat is fast
8. Be aware of what the wind is doing



Tips for Sailing Faster (Cont'd)

9. Keep an eye out for pressure
10. Should I go, tack or duct?
11. Keep your head outside the boat
12. Pick your lane wisely!



Tips for Sailing Faster (Cont'd)

13. What goes up must come down

14. Become familiar with racing rules



Homework Assignment

- Get copy of Safe Boating Guide and read it
<http://www.tc.gc.ca/publications/en/tp511/pdf/hr/tp511e.pdf>
- Download racing rules from web at www.sailing.org/documents/racing-rules.php and review Parts I to IV
- Go out and have fun with your crew!