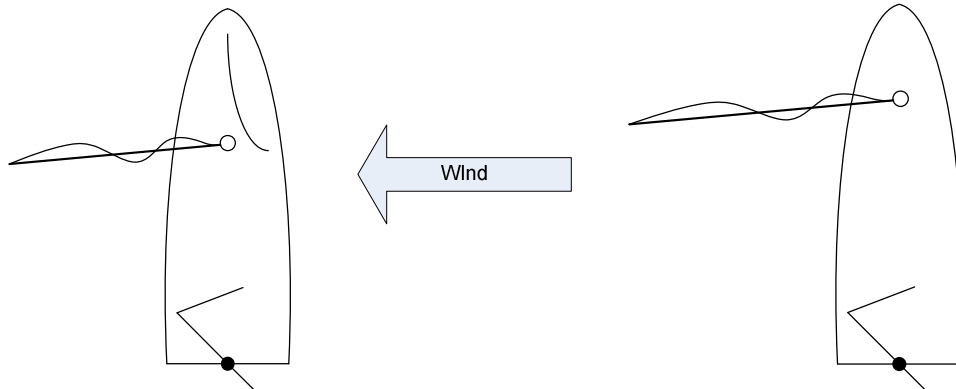


Getting out of Irons, Stopping and Sailing Backwards

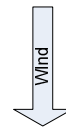
Stopping

A boat can be stopped by just letting the sail out, it will slowly come to a near halt. To stay in this position, when the boat has stopped push the tiller away and hold it there. In a boat with a jib you will need to back the jib to remain still.

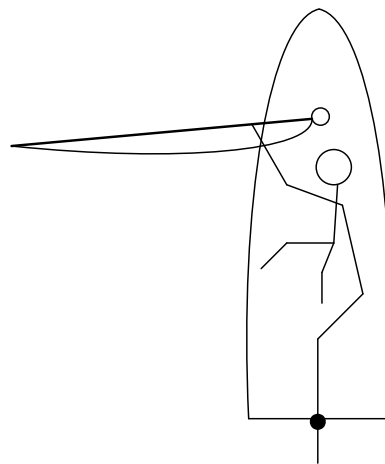


This can be used when not racing to have a rest, get a drink or to wait for help if you are in trouble. If the wind blows up and you really can't sail use this position to wait either for help or for the wind to ease.

If you need to stop more quickly turn the boat into the wind – this will stop the boat faster – remember not to turn past head to wind or you will tack

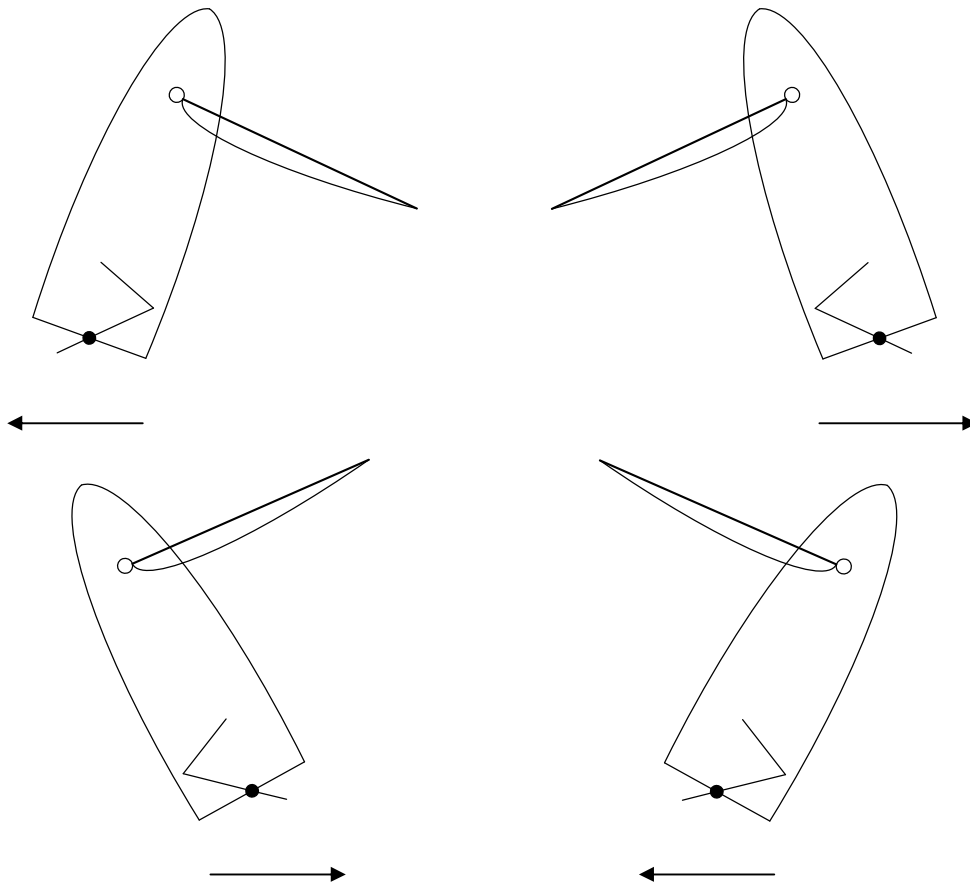


An even quicker way is to sail up to head to wind and then push the boom out so the sail acts like a brake. You will stop very quickly and even start sailing backwards.



Sailing Backwards

The pictures show which way the rudder works in reverse – basically point the blade in the direction you want the stern of the boat to go.



You can use this technique at the start to get positioned on the start line.

Beware – when sailing backwards you have no rights – if another boat has to alter course to avoid a collision you are in the wrong regardless of tack or whether you are windward or leeward boat.

Stuck in Irons

At some point all of you will have got your boat 'stuck in irons'.

This is where the boat is head to wind and every time you try to sail off on a tack the boat goes straight back into the wind.

It is likely to happen when you are tacking or when trying to stop the boat.

When Tacking:

You put the tiller down to tack, the boat goes head to wind but does not carry around onto the new tack. This is most likely to happen in waves but will also happen at other times when manoeuvring slowly.

Solution

- A rudder only works when the boat is moving – make sure you have good speed before trying to tack.
- If there are waves try, just before tacking, sailing a little bit free of the wind to get up speed, make sure the sail is not too flat (outhaul) or sheeted in too tight.
- Don't tack into a big wave, watch for the gaps and if the waves are regular wait until you have gone over the top of one.
- Don't centre the tiller too soon, wait until the boat is just past head to wind.
- In a boat with a jib it is possible to help by holding the jib in until the boat is past head to wind, this will ensure the jib pulls the boat onto the new tack – remember this does slow the boat so don't use this unless conditions make it essential.

When stopping:

As mentioned before you luff up to slow the boat and end up steering past head to wind. By this time the boat is not moving forward so the rudder has no effect. The boat 'sticks' head to wind.

Solution

- Push the mainsail out to stop the boat – push the tiller away from you if you start moving backwards, this stops the boat going onto the new tack

If you are stuck

Every time the wind comes around onto one side you pull the tiller towards you, sheet in and the boat **doesn't head off on the new tack?** Why is this?

The reason is that the boat is probably moving backwards so the rudder is working the opposite way. In addition (especially in single hander) pulling the main in causes the boat to luff up. (remember rudderless sailing?)

So, to get out of the situation:

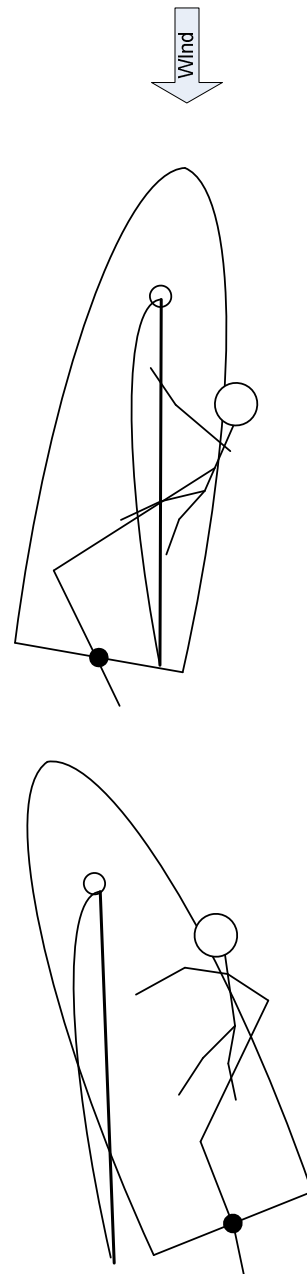
If you can, pull the boom up onto the new tack – to starboard if you want to be on starboard tack, to port if you want to be on port tack and push the tiller away from you. It also helps to lift the centreboard/daggerboard a bit as well.

When the boat has turned far enough to be on the new tack:

- let the boom go,
- straighten the tiller
- sheet in slowly with the mainsheet.

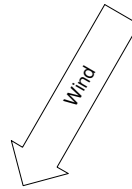
Remember to heel the boat to windward to help steering and do not use rudder to bear off until you are sure you are moving forward – pulling the tiller towards you too soon will just mean you end up head to wind again.

In a boat with a jib the jib can be used to pull the bow around



Questions:

1. Which end of the start line is the best to start at (or the favoured end)?

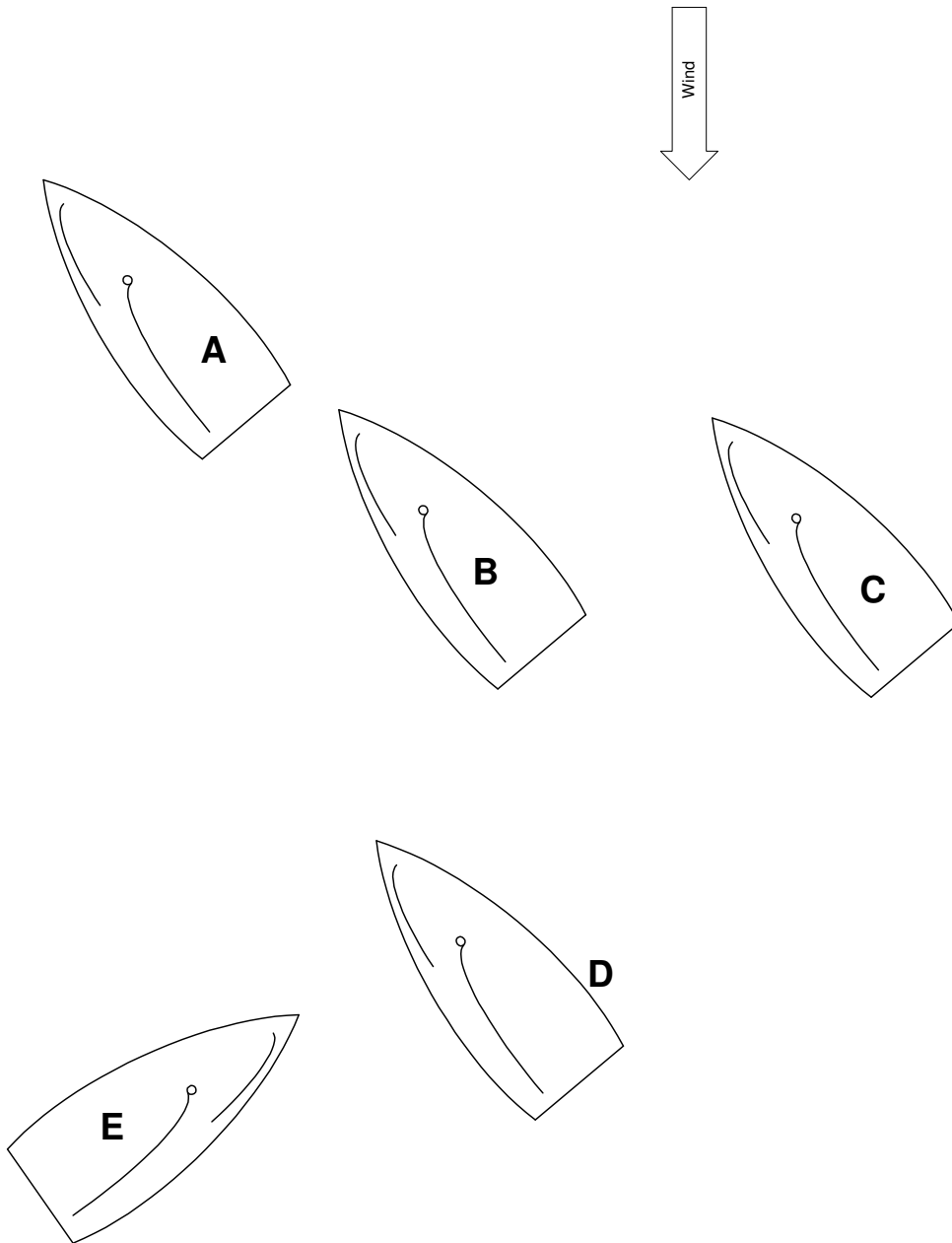


A

B

-
2. How can you tell which is the favoured end when you are on the water?

3. Which boat is in the best position and why?



4. E and D are going to collide – who should do what?

5. Is A allowed to tack?