



# Beginning Sailboat Racing

BBSA 2-3-21 Zoom Training

Presenter Al Brazzi

# Preamble

- Welcome to our Zoom training soon we will all be able to meet in person and BBSA has always offered a premium Training experience. We will return to in person Training soon.
- Willoughby Racers and Little Creek Sailing is always looking for new Racers, once you are comfortable with these events its easy to move up to any number of events in the Lower Bay and Beyond.
- Myself and many others have been doing this for 20 plus years and always willing to help as needed.

# Safety

- Lets start with Safety General Boat safety;
- Perform MOB Drills an unannounced throw cushion drop has the best effect. Switch out positions to simulate the Helmsman going overboard.
- PFDs are Required under 14 Years of age mandated by USCG standards although wearing by everyone is Suggested at least in cold waters.
- Perform regular Inspections to insure Proper Maintenance of all Equipment Lifelines etc.  
Perform Inspections of all boat equipment including running and standing rigging.
- Keep Life Rings and throwable float cushions available and in good condition.

# Boat Setup

- It is highly recommended to Sail with a Clean Bottom, 3 weeks between cleanings in the summer is a LONG time.
- Keep Sails in good repair, they have a lifespan. Spend as much money as you want on Sails! You have permission now.
- Rigging Inspection, either Professional or self done but look at everything. Go up the Mast.
- Rig Tune, Recommend starting at 15% tension on all stays.
- Folding and Feathering Props, PHRF gives handicap consideration for things that slow the Boat down but fast Boats win races, speed your Boat up don't depend on the Handicap.

# Sailing Rating Systems

- Boats are Rated under two main Rating systems PHRF or CRCA (Randy Goodman covered CRCA) A PHRF certificate is required for all Racing including weekday Little Creek and Willoughby Racers.
- You will sail Spinnaker or Non Spinnaker, typically starting in non spinnaker fleets.
- Beer Can racing on Weeknights offer small course Fun for starting and advanced Racers, there is usually a good mix of experience levels
- Distance Racing in our area is available through BBSA and many others offer all the Racing you could ever want to do.
- Destination Racing \*\* Leo Wardrup Memorial Cape Charles Cup overnight Event is a clear favorite. Anyone can do this race, we have PHRF and Cruising Classes and this year expanding the CRCA fleets.

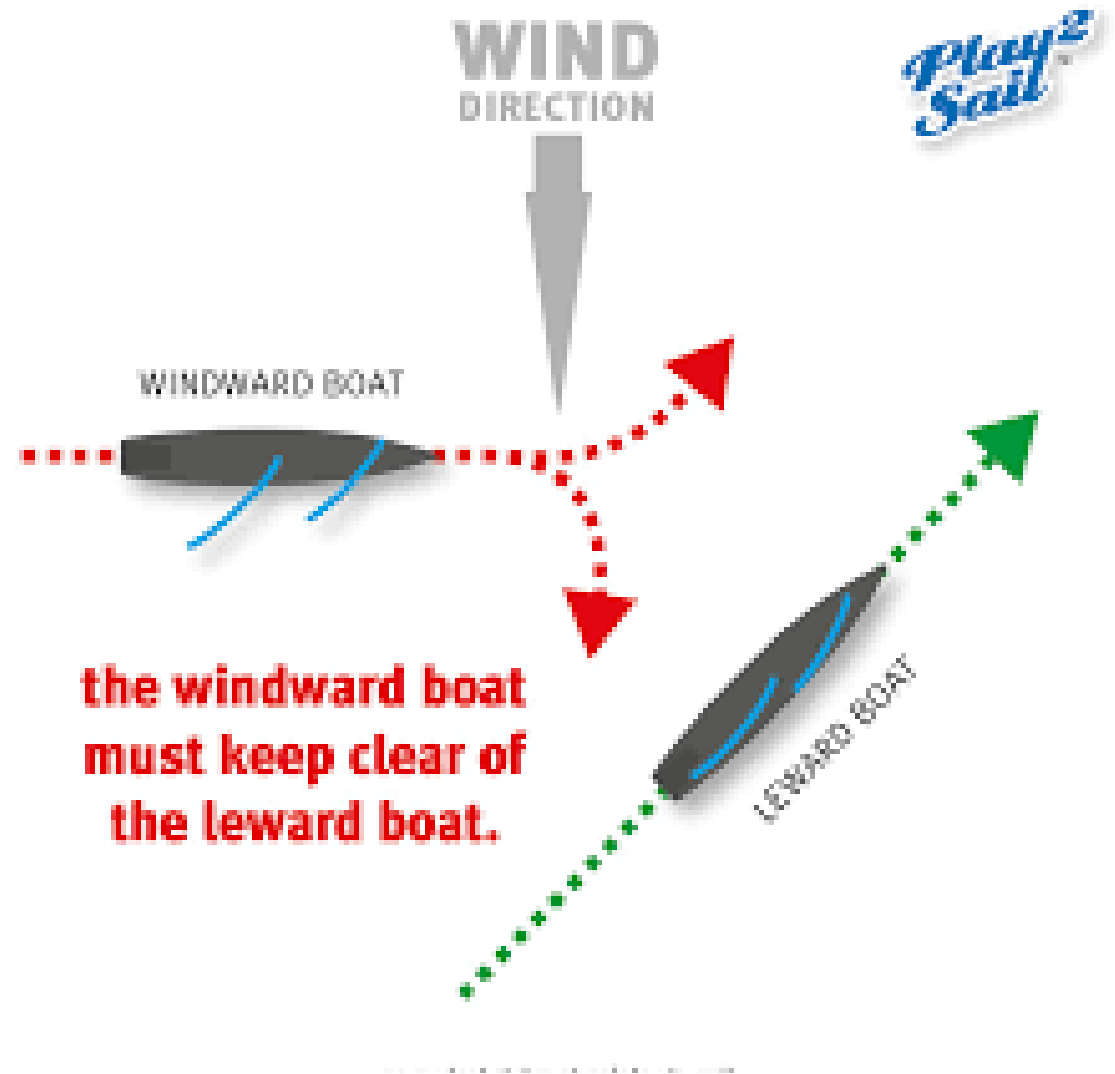
# Safe Starts

- Starboard Tack has right of way as always, there are many starting strategies we won't get into them just keep it safe.
- You Can be headed up at the start by a boat on the same tack this can cause you to luff to stay out of their way.
- DO NOT TACK close to the start, choose your course carefully. This is not a Rule just a recommendation for beginners.
- Hold back, give yourself plenty of space at the start, starting lines can be very crowded. Stay reasonably close to the Starting line you don't want to hold too much distance and start too far back.

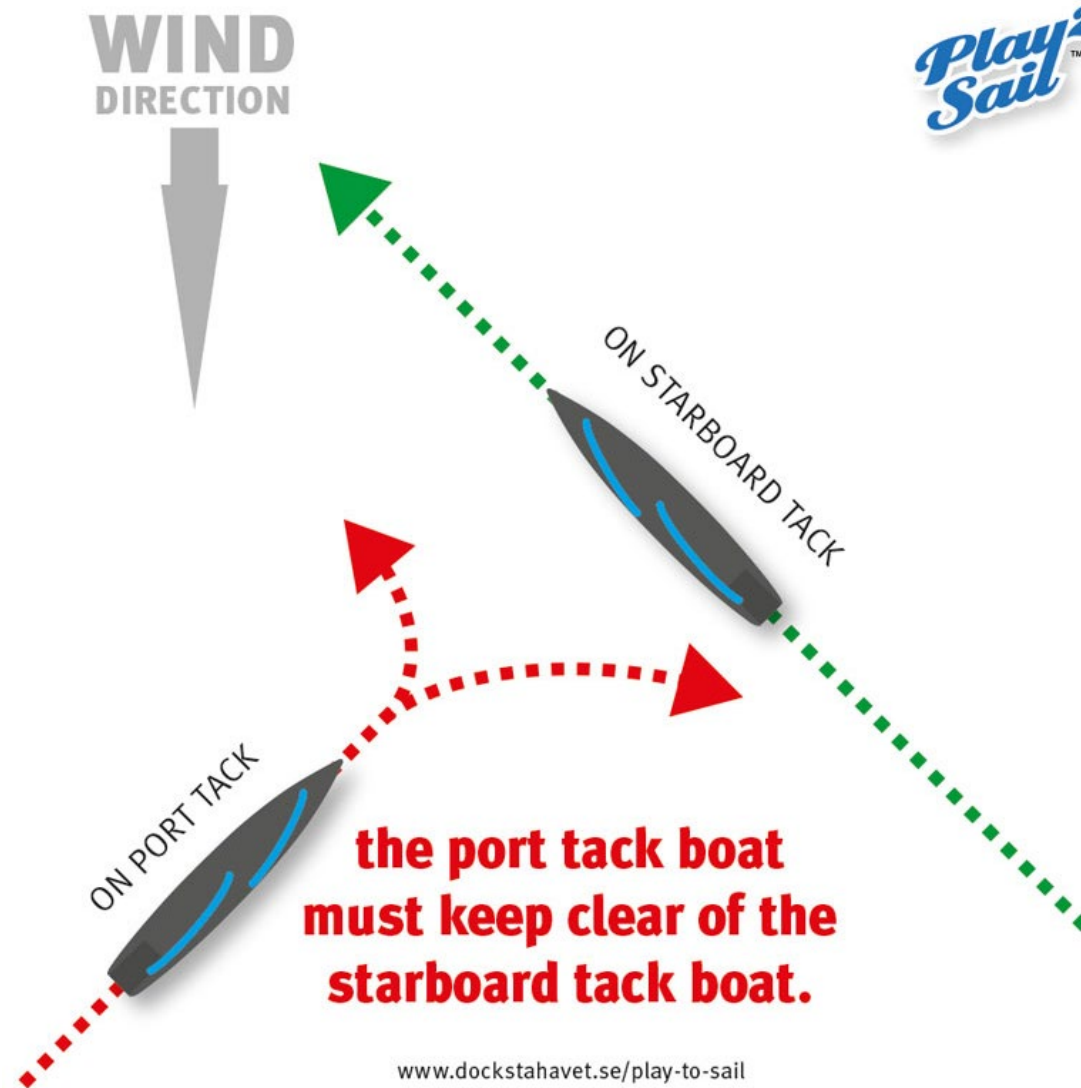
# Sailing Rules

---

- Four Important Basic rules to start with.
- Boats on Same Tack
- Leeward Boat has right of way in crossing and overtaking situations.



- Boats Opposite Tacks
- Avoid and do it early, the other Boat WILL remind you, don't wait for that reminder, keep your distance.
- Be prepared to loosen your Mainsheet to hold course as you dip behind Starboard Boat, a gust can head you up at the last minute.

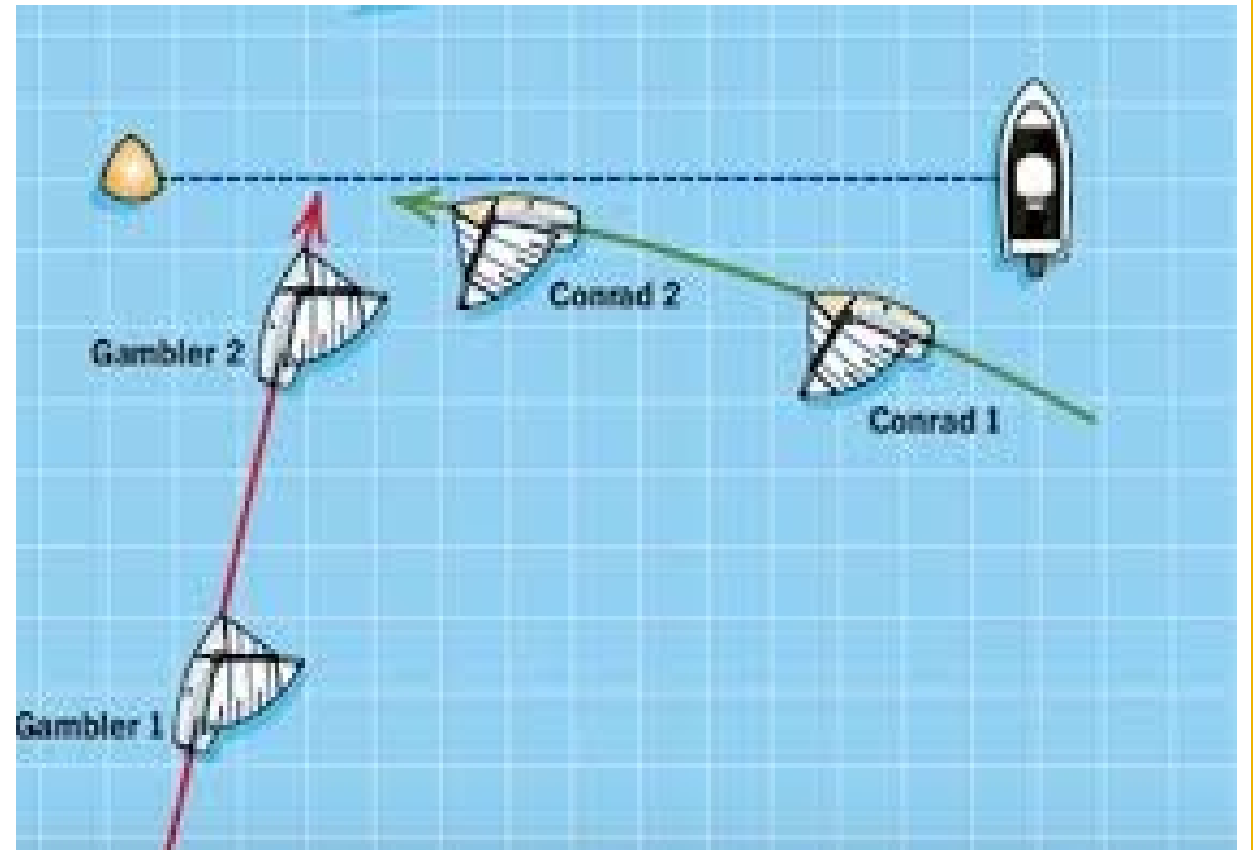




# Sailing Rules

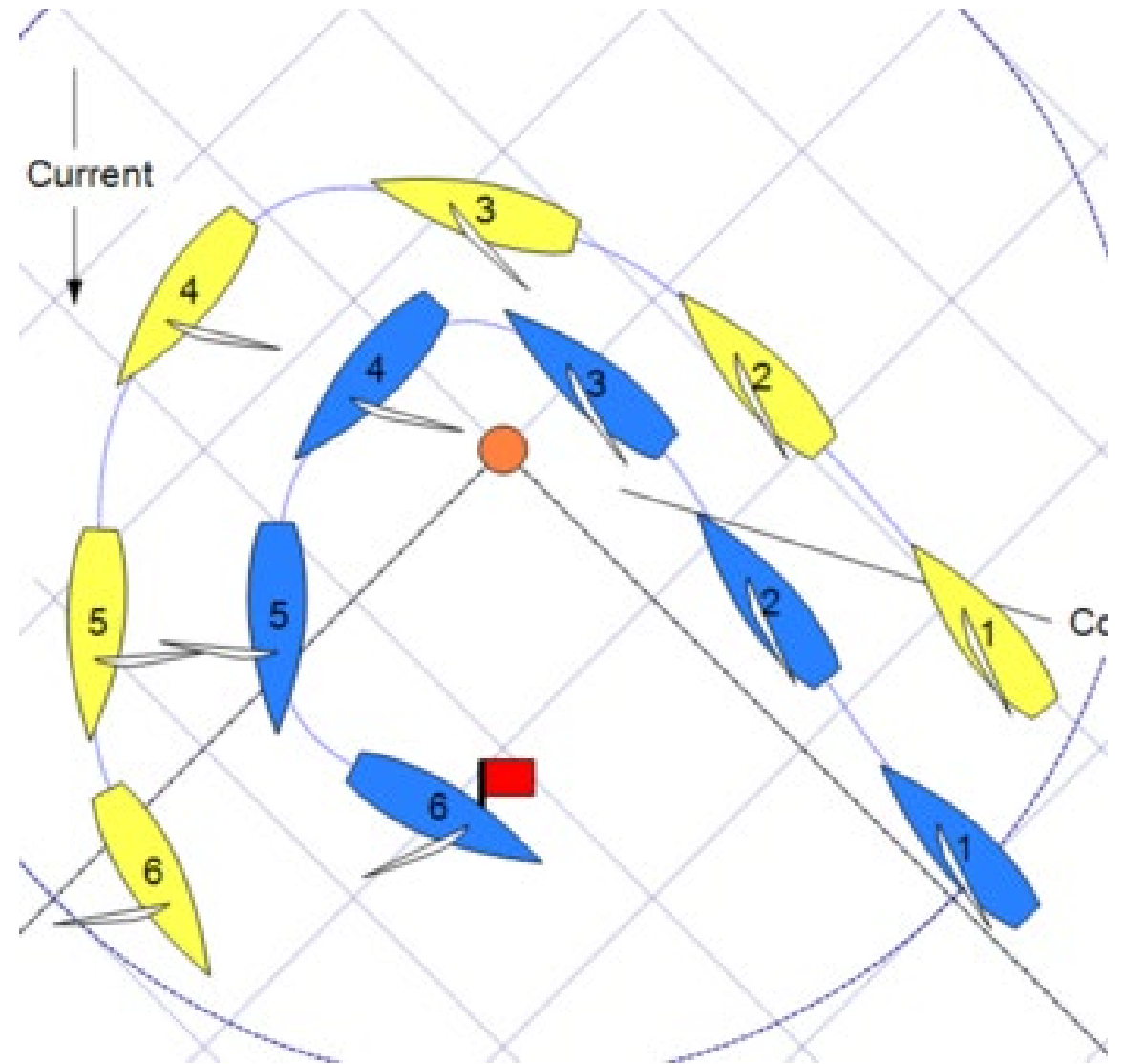
---

- At the Starting Line remember Starboard Tack Boats have the right of way.
- This diagram depicts Boats on different Tacks but remember for all Boats on same Tack leeward Boat can head up windward Boat.



# Sailing Rules

- Mark Rounding
- If inside Boat (Blue) has overlap within the “Zone” Inside boat deserves rounding room.
- Zone is three Boat lengths of largest Boat.
- Its good to remind the other Boat, you are close enough for conversation, have them acknowledge your right of way.
- This is a classic communication scenario if you are close enough to need room you are close enough to talk to them.
- The red Protest Flag indicated in this diagram indicates contact between Booms. This is a good example always be careful Gybing in close Quarters.



# Bonus Tracks

- Know the Basic rules, the other Boats know them. Most Importantly when you are the stand on Boat. If you need to hold course and do not the other Boat will be confused and it may lead to a protest or contact.
- Again keep your distance unless you are sure of the rules that apply, it can take many years to absorb all the Racing Rules. Concentrate on the Basics first.
- Racing can be great for people on a schedule, everyone likes a schedule whether they admit it or not.
- KEEP IT FUN, nobody wants to Sail bad enough to come back if its not fun.
- Involve your crew, give homework. They will joke about it but they will do it. Everyone wants to learn.