

What to do when you want to get better during the Coronavirus Pandemic:

Ideal Situation: Have a parent go out in a personal boat/kayak/paddleboard and film you doing boat handling (tacks and gybes). You can send this footage to Christophe (christophe@bcyc.org) for analysis.

With or without parent:

1. Bring out 1 mark in your boat to use.
2. Practice luffing near the mark and holding your position
3. Tack around the mark: try it at different rates of turning, hard tacks and soft tacks. Note how much you drift back towards the mark and try to see what style of tack creates the least slide.
4. Time and distance: Go a random distance from the mark and try to guess how long it will take you to get back, then time yourself. This helps with start timing and understanding how much time you need to execute a plan.
5. Sail upwind of the mark 10 lengths or so: Sail downwind to the mark and practice rounding the mark with varying levels of tightness. See how tight you can get it without stalling or sliding away from the mark after you round. Look over your shoulder to see how close you ended up once you are sailing upwind again.
6. Sail Upwind again: Practice rounding the mark straight into a roll tack. Use different amounts of leeward heel to help turn up and start your tack. Too much and the tack will stall, too little and you'll have a bad rounding.

All in all you could get this all done in an hour and a half if you're focused. It's good to get out in a big variety of conditions.

Keep track of your findings in a notebook with the conditions for the day. You will find that different things work better or worse in different breeze conditions.

Lets get on the water!