

Pre-start checklist

- ❖ Get to the start area 30 minutes before the start
- ❖ Check how conditions compare to the weather forecast and consider reasons for any differences
- ❖ Assess the conditions
 - What is the tide doing and is its effect important?
 - Use buoys or other fixed items to assess the current (as well as your already researched information)
 - Is the current stronger on one side of the course?
 - Is the current pushing you over the start line or pushing you back from the startline?
 - Is the wind oscillating?
 - Take bearing readings for each tack and assess a mean wind direction which you can use to decide if on a lift or a header
 - Is the wind trending in a particular direction?
 - Assess the conditions for a sea breeze
 - Does one side of the course have more breeze than the other?
- ❖ Know what the overall strategy should be
 - Are you at the beginning or end of the series? At the beginning of the series you should be looking to sail conservatively. At the end, decide if you need to take risks to improve your overall result, or if a conservative result would help consolidate your position
 - Are there any specific opponents you need to beat? How do you plan to achieve this?
 - What is the plan for the first beat? Which side are you going? Are you sailing more for wind pressure, or are you looking to play the shifts more?
- ❖ Practise tacks and gybes and other key manoeuvres
 - Get comfortable with all key manoeuvres now –better to capsize before the race!
 - Are there waves? Is it choppy? Are these sea conditions more manageable on one side of the course or the other? Is one tack quicker than the other given the sea conditions?
 - Do the prevailing conditions suit you? If so, perhaps plan to start more conservatively as you will have the speed to ensure a good result. If not, perhaps plan to be a little more aggressive in order to get up the fleet early
- ❖ Decide on boat set-up for conditions
 - Do you need to power up or de-power the rig?
 - Are you sailing for speed or pointing ability? Will this change during the course of the race? Are you confident you can replicate the best settings easily and accurately?
- ❖ Know the course
 - Are you sure you know the correct course
 - Watch for the mark boats laying the course
 - Assess line bias (to be checked at the Warning Signal)