

Windward Mark Checklist

Before the windward mark

- ❖ Check where the mark after the windward mark is, and consider your plan for the next leg (high/low; left/right; etc.)
 - You need to think how this will affect your approach
- ❖ Check the mainsheet isn't tangled, and untangle if necessary
- ❖ Release the vang
 - Ease the main temporarily to take the pressure off the vang if necessary
- ❖ Ease the outhaul if possible
 - It may not be possible if you need all your pointing ability to make the mark
- ❖ Ease the Cunningham
 - Don't do this if it is windy as a more open leech will assist the bear away
- ❖ Raise the board a little
 - Again, only do this if you can afford a little sideways slip and still make the mark

At the mark

- ❖ Raise your sheeting arm to enable a smooth ease of the mainsheet
- ❖ Bring the boat flat or even slightly to windward to assist the turn
- ❖ Ease the main as you turn

Just beyond the mark

- ❖ Get the boat planing as soon as possible
- ❖ Ease the outhaul if not already done
- ❖ Ease the Cunningham if not already done
- ❖ Raise the daggerboard to the correct position for your downwind course
- ❖ Check the sail has adjusted to the new settings (push leech and pull foot of sail if needed)
- ❖ Adjust toe-strap if necessary
- ❖ Re-check all settings