

Pre-start action list

Before going afloat:

Know rules, sailing instructions, forecast, tide times, course, topography – try to predict wind behaviour, likelihood of sea breezes. **Consider race strategy.** Choose best rig option, set up rig static settings for predicted conditions. Dress for those conditions.

>1/2hour before start:

Launch, warm up (min 10 tacks and gybes), adjust sails for conditions, get into rhythm of waves and wind. Check tide on windward mark and outer distance mark and note any difference. Going upwind check wind shifts on compass for any wind shifts/bend. Check wave alignment and plan sail settings for each tack. Check if possible to leebow the tide on either tack.

Plan first beat strategy.

15 minutes before start:

Establish start and lead-up transits for the start line, check if ODM is over or behind start line, check line bias, tidal variation, see which might be the paying tack, check wind direction.

Plan start strategy.

10 minutes before start:

Check wind direction, do some trial runs at line from proposed start point using lead-up and start transits to check timings.

7 minutes before start:

Review start and first beat strategy. Get near start box/boat to hear/see warning signal.

5 1/2 minutes before start:

Wait for warning signal; check correct warning flag is shown against Sailing Instructions.

4 1/2 minutes before start:

Check for prep signal and sync watch. Check which prep flag is shown (P, U, Z, black). Check wind direction.

2 minutes before start:

Get in general area of planned start run start. Check foils for weed. Check wind direction. Confirm start plan.

>1 minute before start:

Check 1minute signal on watch. Establish preferred position behind start line and defend it.