

RS Aero Winter Training

Hayling Island Sailing Club - 3/4th December 2016

Start time: Saturday 10:00am. Sunday 09:30. Boats rigged, Sails down. Not changed

Forecast: See page 2

Coaches: Peter Barton, Paul Robson & Ben Rolfe

Weekend Focus: Speed, waves, tide, RS Aero specifics

Four half day sessions are planned with briefing, on the water exercises and debrief.

Saturday morning - Upwind

Upwind technique and tuning for the day's conditions

Modes and VMGs

Tacking

Saturday afternoon - Downwind

Downwind technique and tuning for the day's conditions

Modes and VMGs

Gybing

Sunday - Around the course, including starting

Technique, tuning, modes, VMG, tacking, gybing

Pre start routine, Hovering and Acceleration, Lane holding

TIDE

High Tide: Saturday: 13:26hrs, 4.5m Sunday: 14:04hrs, 4.4m

Chichester harbour is an ideal venue to become aware of currents on a race course!

Whilst wind can be hard to predict the tide can be anticipated in advance.

Over the weekend we will experience a variety of tide, wind and wave states as the tide accelerates->decelerates->turns->accelerates->decelerates and flows at varying directions across the harbour. This shall likely provide us with a continually changing challenge with regards to sailing technique, rig settings and strategies.

We need to be aware of not only;

- **The conditions affecting our position now** but also
- **What the conditions are like across the rest of the course** and
- **How conditions will develop as time passes.**

'The current in Chichester harbour changes direction at approximately high tide'

(Discuss!)

Contemplate Golden Rules for sailing in tides regards;

Depth, channel bends, current direction change, modes sailed, techniques for navigating a rhum line.

FORECAST

- Which rig?

Sat 3 Dec GMT										
	Wind		Avg.		Gust	Temp.	Rain	Weather	Cloud	Pressure
00:00	↙	NE	7 mph	to	15 mph	4 °C	0 mm	☾	8%	1025 mb
03:00	↙	NE	8 mph	to	16 mph	4 °C	0.1 mm	☁	46%	1024 mb
06:00	↙	ENE	12 mph	to	24 mph	6 °C	0.1 mm	☁	74%	1024 mb
09:00	↙	ENE	10 mph	to	18 mph	6 °C	0.1 mm	☁☀	77%	1025 mb
12:00	↙	E	10 mph	to	18 mph	8 °C	0.1 mm	☁☀	80%	1025 mb
15:00	↙	E	12 mph	to	20 mph	8 °C	0 mm	☁☀	76%	1024 mb
18:00	↙	E	14 mph	to	23 mph	7 °C	0 mm	☁	58%	1024 mb
21:00	↙	E	13 mph	to	24 mph	6 °C	0 mm	☁	32%	1025 mb

Sun 4 Dec GMT										
	Wind		Avg.		Gust	Temp.	Rain	Weather	Cloud	Pressure
00:00	↙	E	14 mph	to	25 mph	6 °C	0 mm	☾	0%	1024 mb
03:00	↙	E	14 mph	to	25 mph	6 °C	0 mm	☾	0%	1024 mb
06:00	↙	E	15 mph	to	28 mph	6 °C	0 mm	☾	0%	1024 mb
09:00	↙	E	15 mph	to	29 mph	6 °C	0 mm	☀	2%	1025 mb
12:00	↙	E	16 mph	to	28 mph	8 °C	0 mm	☀	4%	1025 mb
15:00	↙	E	15 mph	to	26 mph	8 °C	0 mm	☀	3%	1024 mb

TRAINING AREA

- What will the tide do at different parts of the harbour on the flood and ebb?
- How will that effect the forecasted easterly wind, waves and tactics in those areas?

