

Wind strength	Light (in the boat)	Medium (on the boat)	Strong (out the boat)	Survival
Upwind				
Kicker	Take up slack after mainsheet set	On, boom horizontal once hiking	On hard	On hard
Outhaul	On	Off	On (more eased in waves)	On
Downhaul	Off	Gentle pressure	On (more eased in waves)	On hard
Notes	Weight far forwards	Flat boat	Play main to keep flat	Play main & feather C/B raised 10cm to '0'
Reach				
Kicker	Take up slack	Eased slightly	Eased slightly	Eased slightly
Outhaul	On	Off	Off	On
Downhaul	Off	Off	Half on	Half on
Notes	weight far forwards	Chase gusts, flat boat, weight forwards	Chase gusts, bear away to keep flat	Play main, keep flat
Downwind				
Kicker	Take up slack	Ease slightly	Ease	Ease
Outhaul	On	Off	On	On
Downhaul	Off	Off	Off	Off
Notes	Sail deep, reverse flow kiting, weight far forwards	Direct line, weight forwards	Chase gusts	adjust C/B, kicker and mainsheet for stability