

# 69F

## SAILING PLAYBOOK

Crew Number	Role	Boat setup responsibility	Dock out manoeuvres from mooring	Mainsail hoist on tow	Mainsail hoist NO tow	Prestart	Upwind	Tack	Gennaker hoist	Downwind	Gybe	Gennaker drop	Mainsail drop on tow	Mainsail drop NO tow	Dock in manoeuvres	Boat setup and responsibility
1	Helmsman	<ul style="list-style-type: none"> <li>Water bottles</li> <li>Rudder sticks</li> <li>Lifejackets</li> <li>Helmets</li> <li>Spare material (strops, tape, etc)</li> </ul>	<ul style="list-style-type: none"> <li>Check wingle is clear of mooring lines</li> <li>Make sure tiller extensions do not get stuck in neighbour boats/dock</li> <li>Steer following rib</li> </ul>	<ul style="list-style-type: none"> <li>Sitting inside, concentrate on steering and giving the towing boat directions to keep the boat head to wind</li> </ul>	<ul style="list-style-type: none"> <li>Sitting inside concentrate on steering, in flat water is easy to go backwards keeping the boat head to wind, the other option is to sail upwind with the jib at slow speed but keeping the boat under control.</li> </ul>	<ul style="list-style-type: none"> <li>Concentrate on steering, being ready to go on the rack asap</li> </ul>	<ul style="list-style-type: none"> <li>Concentrate on steering</li> <li>Sitting on the rack holding on the handle</li> </ul>	<ul style="list-style-type: none"> <li>Keep sailing the boat fast possibly flying high to help foil drop</li> <li>As soon as the windward foil is down start turning slowly in the beginning and continuously increasing turning speed stopping the rotation at the right angle (if stopped too early can cause to boat going backwards, if too late can cause boat capsize)</li> </ul>	<ul style="list-style-type: none"> <li>After bearing away keep the right angle for the flight considering that the crew is busy with the manoeuvre hence is not moving sails. Possibly trim the main.</li> </ul>	<ul style="list-style-type: none"> <li>Concentrate on steering, sitting inside holding on to the handle</li> </ul>	<ul style="list-style-type: none"> <li>if possible sit already on the other side in order to be very precise in the steering</li> </ul>	<ul style="list-style-type: none"> <li>Concentrate on steering, sitting on the rack holding on the handle. Please note that the best way to help the manoeuvre is to keep the boat flying high</li> </ul>	<ul style="list-style-type: none"> <li>Sitting inside concentrate on steering and giving the towing boat directions to keep the boat head to wind</li> </ul>	<ul style="list-style-type: none"> <li>Sitting inside concentrate on steering, in flat water is easy to go backwards keeping the boat head to wind, the other option is to sail upwind with the jib at slow speed but keeping the boat under control.</li> </ul>	<ul style="list-style-type: none"> <li>Steer following rib and keeping clear of all objects</li> </ul>	<ul style="list-style-type: none"> <li>Check mooring</li> <li>Remove rudder if water is dirty</li> </ul>
2	Main trimmer	<ul style="list-style-type: none"> <li>Main battens</li> <li>Radio charge and check</li> <li>Instrument charge and check</li> </ul>	<ul style="list-style-type: none"> <li>Remove rack cover</li> <li>Remove aft mooring lines</li> <li>Keep rack clear of other boats/dock</li> <li>Remove stbd foil tip cover</li> </ul>	<ul style="list-style-type: none"> <li>Pull the main halyard</li> <li>Install the outhaul</li> <li>Install the clew strap</li> </ul>	<ul style="list-style-type: none"> <li>Trim the jib sheet to give the right power to the boat</li> <li>Pull the main halyard</li> <li>Install the outhaul and the clew wrap</li> </ul>	<ul style="list-style-type: none"> <li>Trim mainsheet</li> <li>Decide the proper setup (vang, cunningham, outhaul)</li> <li>Call the time</li> </ul>	<ul style="list-style-type: none"> <li>Trim mainsheet</li> <li>Call the boat setup</li> <li>be responsible of sails trimming</li> </ul>	<ul style="list-style-type: none"> <li>Before tacking, ease a little bit of jib sheet to facilitate bear away to take off again</li> <li>Trim the mainsheet and also jib sheet on the new tack when 3 is moving foils</li> </ul>	<ul style="list-style-type: none"> <li>While trimming the mainsheet (if not given to helmsman) be ready to pull the gnk sheet</li> <li>If there are big speed changes, be ready to move rudder rake</li> <li>When 3 is hoisting, pull sheet to help gennaker coming out of the bag and then release it until the tack is properly pulled</li> </ul>	<ul style="list-style-type: none"> <li>Trim mainsail, call setup changes (vang, cunningham, deflector, outhaul), moving weight to keep the balance and the right speed</li> </ul>	<ul style="list-style-type: none"> <li>Lock mainsail and take the gnk sheet (if 1 is confident pass mainsheet to him instead of cleating)</li> </ul>	<ul style="list-style-type: none"> <li>Lock mainsail (or pass to 1)</li> <li>Call change setup (Vang, cunningham, deflector, outhaul)</li> <li>Pull Jibsheet</li> <li>Take the retriever, give it to 3 asap to finish the drop and go back trimming the mainsheet</li> </ul>	<ul style="list-style-type: none"> <li>Remove the clew strap</li> <li>Remove the outhaul</li> <li>Unlock the main halyard</li> </ul>	<ul style="list-style-type: none"> <li>Trim the jib sheet to give the right power to the boat</li> <li>Remove the clew strap</li> <li>Remove the outhaul</li> <li>Unlock the main halyard</li> </ul>	<ul style="list-style-type: none"> <li>Receive foil tip covers and mooring lines from rib</li> <li>Place port foil tip cover</li> </ul>	<ul style="list-style-type: none"> <li>Dry and roll sails</li> <li>Untighten battens</li> <li>Remove instrument and VHF from boat and charge</li> </ul>
3	Flight controller	<ul style="list-style-type: none"> <li>Jib battens, gnk setup, inspection hatches</li> </ul>	<ul style="list-style-type: none"> <li>Untie fwd mooring line</li> <li>If needed, pass fwd mooring line to rib as towing line</li> <li>Remove port tip cover</li> <li>Remove towing line after main hoist</li> </ul>	<ul style="list-style-type: none"> <li>Drop foils</li> <li>Feed the luff groove</li> <li>Close the clips and the zipper</li> <li>Install the cunningham</li> </ul>	<ul style="list-style-type: none"> <li>Drop only leeward foil giving it a lot of lift</li> <li>Feed the luff groove</li> <li>Close the clips and the zipper</li> <li>Install the cunningham</li> </ul>	<ul style="list-style-type: none"> <li>Trim jib sheet</li> <li>Setup jib clew and car</li> <li>Check gnk setup (bring it forward in the bag)</li> <li>Control foils and rudder rake</li> </ul>	<ul style="list-style-type: none"> <li>Trim jib sheet and rake controls</li> <li>Call tactics</li> <li>be responsible of foils and rudder trimming</li> <li>clean sheets</li> </ul>	<ul style="list-style-type: none"> <li>When going back add some rudder rake</li> <li>Prepare the proper windward foil rake for the drop</li> <li>Drop windward foil</li> <li>As soon as on the other side pull up the new windward foil and adjust the rakes</li> <li>Trim jib sheet</li> </ul>	<ul style="list-style-type: none"> <li>Drop half windward foil</li> <li>Hoist the gennaker all the way up</li> <li>Pull the tack very hardly and take the sheet from 2</li> </ul>	<ul style="list-style-type: none"> <li>Trim gnk (jib all the way off), (when flying is cleated most of the time but be ready to release it)</li> <li>Adjust rake</li> <li>clean sheets</li> </ul>	<ul style="list-style-type: none"> <li>When going back add some rudder rake</li> <li>Drop the windward foil</li> <li>Take care of moving rakes</li> <li>Be ready to pull up a piece of the new windward foil</li> <li>do the final trim of gnk</li> </ul>	<ul style="list-style-type: none"> <li>Release the sheet and the halyard almost simultaneously</li> <li>Take the retriever from 2 only after checking that no line is get caught preventing the drop</li> <li>As soon the gnk is down, trim the jib sheet and take care of rakes</li> </ul>	<ul style="list-style-type: none"> <li>Drop foils</li> <li>Open the clips and the zipper</li> <li>Remove the cunningham</li> </ul>	<ul style="list-style-type: none"> <li>Drop only leeward foil giving it a lot of lift</li> <li>Open the clips and the zipper</li> <li>Remove the cunningham</li> </ul>	<ul style="list-style-type: none"> <li>Pull foils up all the way</li> <li>Place stbd foil tip cover</li> <li>Tie fwd mooring line</li> </ul>	<ul style="list-style-type: none"> <li>Inspect foil systems and rig to make sure it is all working properly</li> <li>Report any issues to crew and assign job list</li> </ul>
	Weight movement					Windward heel	<ul style="list-style-type: none"> <li>All weight forward to have the possibility to come back. 3 going in and out to reach the target speed.</li> </ul>	<ul style="list-style-type: none"> <li>Before tack weight back (at least 1 and 2) and going forward on the new tack move the weight on the new windward side very early to prevent the boat to heel on the new leeward</li> </ul>	<ul style="list-style-type: none"> <li>Stay as forward as possible, 1 sitting in, 2 on the rack, 3 in the boat</li> </ul>	<ul style="list-style-type: none"> <li>Inside the boat as much as possible to get the right speed</li> <li>Moving back and forth to help keeping the right pitch</li> </ul>	<ul style="list-style-type: none"> <li>Before gybe weight back (at least 1 and 2) and going forward on the new tack move the weight on the new windward side before the boom passes the centerline</li> </ul>	<ul style="list-style-type: none"> <li>1 and 2 on the rack, 3 in the boat</li> </ul>	<ul style="list-style-type: none"> <li>2 and 3 roll the mainsail starting from the 2nd bottom batten</li> </ul>	<ul style="list-style-type: none"> <li>2 and 3 roll the mainsail starting from the 2nd bottom batten</li> </ul>		