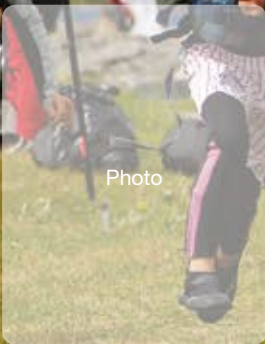




# IOCA Optimist

LOG BOOK  
SECTION 1 BEGINNER



Photo

Name .....

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# LOG BOOK FOREWORD

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May I wish you a warm welcome to the largest junior class in this country. The Optimist was designed in Florida in 1947 and is now sailed all over the world with over 2000 children learning to sail every year in the United Kingdom alone. The International Optimist Class Association (UK) is here to support all UK Optimist sailors by providing them with high quality, fun and safe training for all abilities.

Through the Optimist training programme we aim to provide a sound skill base to support a lifetime of sailing enjoyment at all levels.

This log book has been created to not only help you keep a log of your sailing qualifications, but to also keep a record of all the exciting trips and events you attend during your time in Optimists. As your sailing skills improve there are many opportunities for you to practise them, be it at an IOCA training event or the IOCA Area Championships, to attending your first ever nationals; there is something for everyone.

Once you have mastered the basics there are many IOCA events which will help you improve your skills and will help fill in your log book. The log book comes in three sections; Beginner, Intermediate and Advanced. Once you have completed each section send a copy of the back page to IOCA and we shall send you the next one as well as a certificate of achievement.

There are three major Championship events every year the Inlands, Nationals and End of Seasons which all have a regatta fleet and which all our sailors are welcome to attend. Your area rep will also be arranging winter training, details of which can be found on our website [www.optimistsailing.org.uk](http://www.optimistsailing.org.uk).

We wish you every success in your sailing career and we look forward to seeing you out on the water!

**IOCA Chairman**



# INTRODUCTION

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## Welcome to the International Optimist Class Association (UK) - IOCA

IOCA works across the whole of the UK to promote Optimist sailing and racing. We run training and racing events on national, regional and club basis. For more information on our national and regional activities please visit our website (address below).

All of our club activities operate under flotilla schemes, we have active and successful flotillas running year round in all areas of the country. Through the flotilla programme we support sailing clubs to provide a fun environment in which to learn a sound skill base to support a lifetime of sailing. We also hope to contribute to the process of achieving the best possible performance by British teams in the World and European Championships at junior, youth and senior age levels.

This Optimist log book provides a record of memories and achievements while you are sailing in the class. It will track your development as a sailor from beginner right up to national standard.

It is important to remember that racing isn't the only reason for being involved in Optimist sailing. We hope that you will make lots of new friends that you will keep in contact with for the rest of your life, as well as learning a great life skill and developing your physical fitness, The Optimist class really is a fun way to enjoy the great sport of sailing!

For more information about the Optimist class and their activities please visit the class website: [www.optimistsailing.org.uk](http://www.optimistsailing.org.uk)



# THE LOG BOOK EXPLAINED

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The log book is split in to three sections.

- Beginner / Learn to Sail
- Intermediate
- Advanced

The log book is designed to take you from the moment you start sailing Optimists through to when you turn 15 years old and start looking to move on to other sailing opportunities.

## THE BEGINNER SECTION

In this section you will be taught the basics of Optimist sailing, giving you the skills and confidence to sail your own boat in a variety of wind conditions. Off the water, you will learn about rigging, clothing & equipment, the weather, rope work and some top tips to get the most out of your Optimist.

This section will take you up to IOCA Grade 3. There is also a section which helps you to convert your RYA Level 1 and 2 to make them Optimist specific, and allows you to complete your Optimist training from IOCA Grade 3. You will normally have completed grades 1,2 &3 to take part at Optimist National Championships however for exact entry requirements please see event entry details on the IOCA website.

## CHAMPIONSHIPS

The aims of this section are to teach you some more advanced techniques to help you sail your boat faster and introduce you to racing.

There are three certificates to be gained in this section: IOCA Grade 4, IOCA Coastal Award and IOCA Racing. Sailors often work towards these certificates at the National Championships, but they can also be completed at your club or at IOCA training events. The IOCA Coastal Award needs to be completed at a sea venue where the tide can have an effect on your boat. Don't worry if you are from an inland flotilla: there are lots of Optimist flotillas that operate on the sea that you may be able to sail with, and the National Championships are always held at a sea venue.

On the completion of this section you should be a competent and confident main fleet sailor.

## THE ADVANCED SECTION

This section is designed to introduce you to other aspects of Optimist sailing including match racing and team racing. Plus a module for those sailors who wish to go into coaching, the Coaches Assistant: Event Support Award.

There is lots of information about about your choices as you consider changing boats and moving into the youth classes.

**Once you have completed all three parts you will be awarded our Gold Award.**



# SECTION 1: BEGINNER

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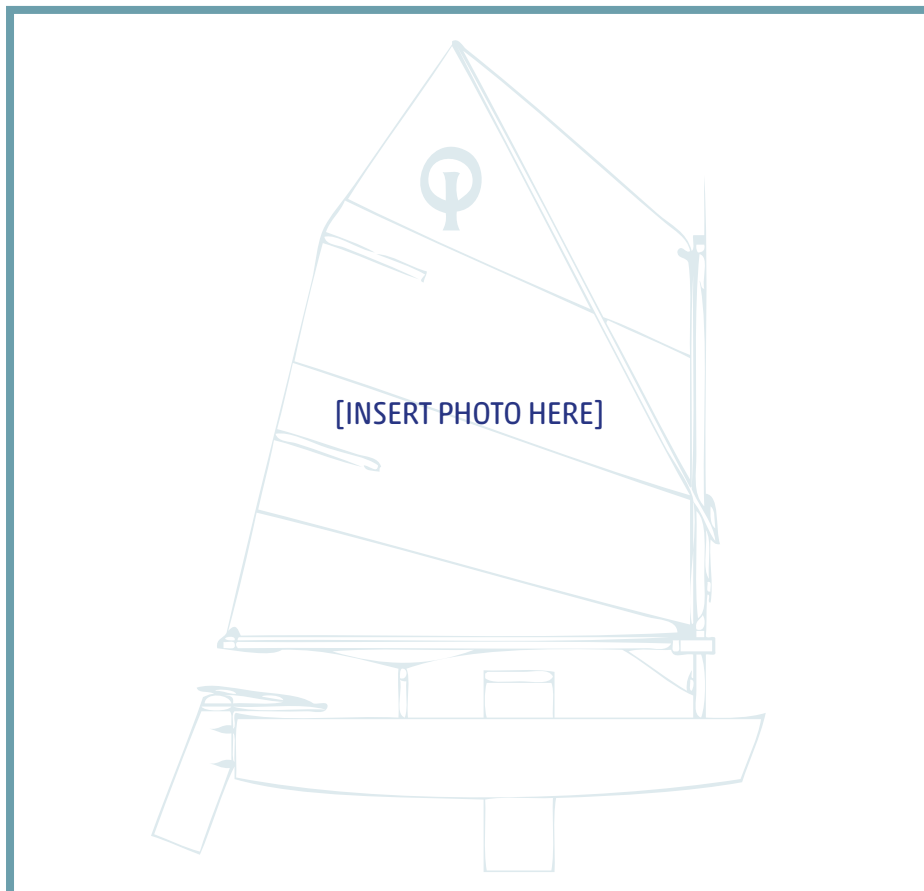
## ME AND MY BOAT

Sail Number:

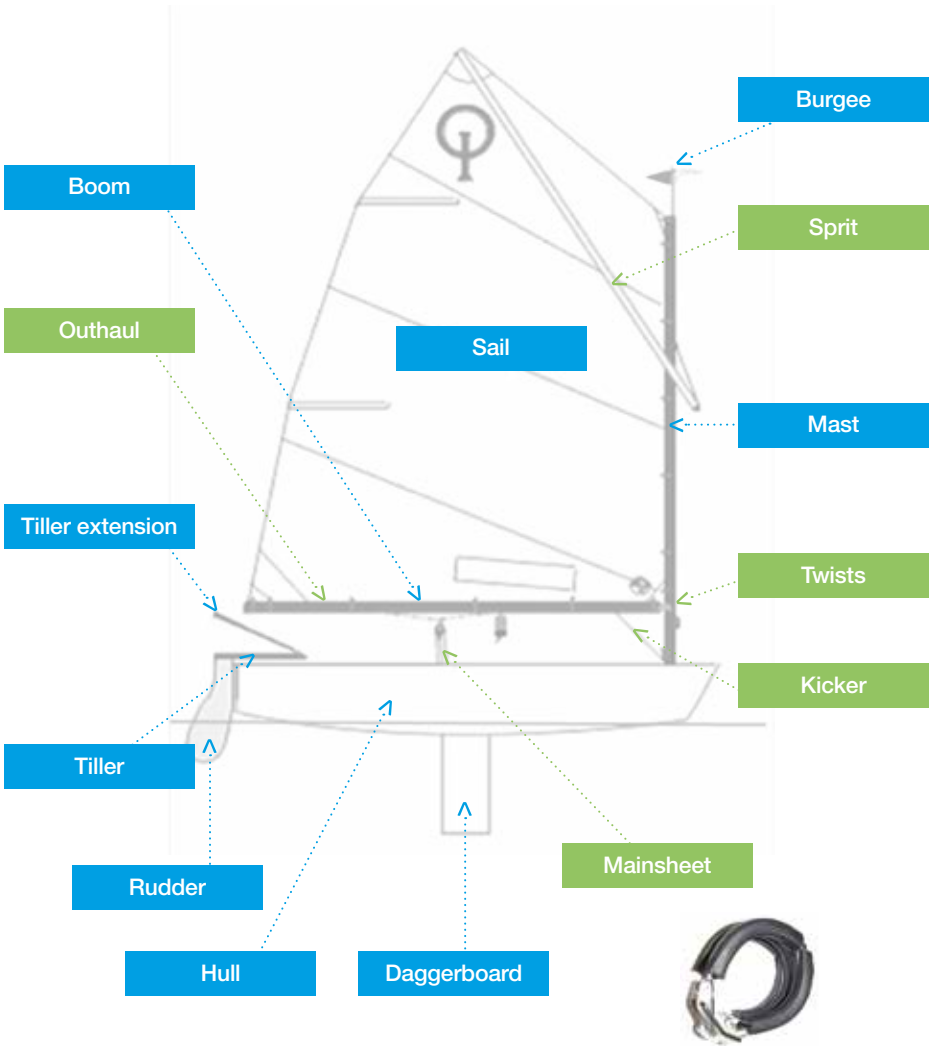
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Boat Name:

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# NAME THE PARTS OF THE BOAT



IOCA Optimist Log Book: Beginner

Blue boxes are parts of the boat

Green boxes are parts of the boat you can adjust when rigging

What is this called?  
.....  
Draw a line to where it goes.

# WHAT DO YOU NEED TO TAKE SAILING WITH YOU?

Fill your Optimist with what you need to go sailing. Draw a line from each item to where it goes in the boat. You might not want to take everything!



What colour Buoyancy Bag would you choose?  
Draw a line from your choice to where they need to go.

# IOCA GRADE 1

This award can be achieved in one day.

*Coaches signature & Date*

## The Role of the Coach

- > Expects to be briefed and debriefed .....
- > Has a log book. Has a group. Has a buddy .....

## Rigging

- > What is it called? An Optimist dinghy! .....

## Launch and Recovery

- > Observes and understands launch & recovery .....
- > Can clear and retrieve a trolley with a buddy .....
- > Can hold a boat on a painter (so the boat is facing into the wind) .....
- > Can get under way .....

## Sailing Techniques & Manoeuvres

- > Can cross the boat on completing a land drill in a training rig facing forwards .....
- > Can steer in a straight line on the water .....
- > Can tack on the water, beam reach to beam reach .....
- > Can control speed, and stop .....
- > Uses the tiller extension .....
- > Hold the mainsheet and tiller extension with a dagger grip .....
- > Can hold the tiller extension with thumb on the end when sailing .....
- > Sit forward next to the thwart .....



Sitting Position

- ✓ Sit forward next to the thwart
- ✓ Hold the mainsheet and tiller extension with a dagger grip (thumbs up)
- ✓ Thumb on the end of the tiller extension
- ✓ Both hands on your thighs



**Clothing and Equipment**

> Can choose the correct size buoyancy aid .....

**Capsize and Recovery**

> Knows to stay with the boat .....

**Safety**

> Be aware of the boom .....

> Knows how to be towed .....

> Knows how to wear a buoyancy aid correctly .....

**Sailing Theory and Background**

> N/A .....

**Racing**

> N/A .....

**Meteorology**

> Can find the wind direction .....

**Rope work**

> N/A .....

**5 Essentials**

> N/A .....



# IOCA GRADE 2

This award should be reached after a total of 6 full days of Coaching, including the 1 day Grade 1.

*Coaches signature & Date*

## Understands the Role of the Coach

- > Attends briefings and de-briefings with log book
- > Filled in log book for each session

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## Rigging

- > Assists with rigging
- > Name parts of the boat and rig including:-  
Sail, tiller, mainsheet, rudder, daggerboard

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## Launch and Recovery

- > Has a launching buddy
- > Can manoeuvre boat to the water on a trolley
- > Can fit rudder and daggerboard
- > Can recover the boat from shore and pontoon

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## Sailing Techniques and Manoeuvres

- > Can get underway with help from buddy
- > Can tack (close reach to close reach)
- > Can swap hands, at the end of the tiller extension (thumb to bum) when tacking and gybing
- > Can pull the sail in (eating spaghetti)
- > Can sail a shallow triangle across the wind
- > Can control speed, and stop
- > Can get the boat out of head to wind

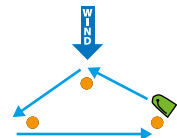
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## Swapping hands after tacking and gybing.



- > Sit down before you swap hands
- > Looking forwards
- > Sit forward
- > Leaning forwards
- > Swap hands at the end of the tiller extension – Thumb to bum.

## Shallow Triangle course



**Clothing and Equipment**

- > Understands what to wear for the conditions .....
- > Hydration – Always has a drink on the water .....
- > Uses sunblock and understands its importance .....

**Capsize and Recovery**

- > When capsized knows to stay with the boat .....

**Safety**

- > Can paddle an Oppy round a short course .....
- > Can take a multiple tow, loops in their painter -  
herringbow tow .....
- > Can call for assistance using arms .....
- > Knows local hazards .....

**Sailing Theory & Background**

- > Has knowledge of the No-Go Zone .....
- > Knows parts of the boat  
(see parts of boat on pages 6–7) .....

**Racing**

- > Has knowledge of port/starboard rule .....

**Meteorology**

- > Can find the wind direction using a wind indicator .....

**Ropework**

- > Can tie figure of eight for mainsheet and outhaul .....
- > Can tie round turn and two half hitches to tie a boat up .....
- > Can tie a reef knot for sails .....
- > Can cleat the sprit, kicker and sail outhaul .....

**5 Essentials**

- > Understands boat trim/balance .....
- > How to sit in the boat correctly .....

# RYA-IOCA CONVERSION

If you hold RYA Levels 1 & 2 it is possible to convert them into IOCA Grade 2 by following the Optimist specific skills signed off by your flotilla coach/instructor. This can be done in a single assessment session.

*Coaches signature & Date*

## Understands the Role of the coach

- > On time for briefing and debriefing
- > Log book brought to sessions and filled in

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## Rigging

- > Can hoist the sprit
- > Can fit a mast clamp/mast tie down  
*(know why this is important in a capsized)*
- > Understands bands on the mast
- > Buoyancy bags full and secure
- > Daggerboard, paddle and two bailers tied in

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## Sailing Techniques & Manoeuvres

- > Holds the tiller extension dagger grip with thumb on the end
- > Holds the mainsheet with a dagger grip and can pull the sail in (eating spaghetti)
- > Comfortable sitting on the side and hiking with feet under the toe strap
- > Tacks standing up and facing forwards
- > Can gybe
- > Swaps hands as in IOCA grade 2

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## Capsized, recovery & Safety

- > Can perform capsized drill and bail out an Optimist
- > Always has mast tied in/clamped
- > Understands a tally system

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# ROPEWORK & KNOTS

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These knots all have specific applications on an Optimist. They appear in each appropriate grade.



**BOWLINE**



**FIGURE OF EIGHT**



**REEF KNOT**



**ROUND TURN & TWO  
HALF HITCHES**



# OPTIMIST WORD SEARCH

A	I	R	B	A	G	F	W	I	N	D	G	E	P
Y	J	P	E	V	U	C	O	R	X	H	Z	M	O
F	N	O	P	T	I	M	I	S	T	Q	A	K	T
D	B	S	I	H	L	T	E	F	N	L	R	E	T
C	U	W	S	J	A	R	Q	U	C	O	F	Z	S
A	R	M	E	N	F	X	A	T	M	W	K	I	Y
Z	G	F	I	P	O	B	S	I	E	S	J	S	C
D	E	Y	T	L	C	A	P	E	H	P	I	P	R
M	E	O	L	N	M	I	V	N	L	R	E	A	O
O	N	F	I	K	Z	L	A	Q	C	I	O	C	A
K	I	W	A	I	F	E	D	W	J	T	N	L	M
U	H	C	S	N	T	R	U	Z	V	A	Q	I	E
S	T	A	R	B	O	A	R	D	T	M	U	P	X
B	Q	P	T	E	Y	H	L	O	G	B	O	O	K
E	O	V	N	H	S	K	U	A	L	F	B	D	J

IOCA

AIRBAG

BAILER

LOGBOOK

MAST CLAMP

BURGEE

OPTIMIST

SAIL TIES

SPRIT

PORT

STARBOARD

KNOT

WIND

CAPSIZE

# 5 ESSENTIALS

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All coaching now recognises that there are “5 Essentials” to learn and to work on improving all the time, from the first time you go sailing to the final beat in the last race of the Olympics.

## BALANCE

Boats sail best when they are flat and not healing over sideways. Use your weight hiking out or sitting inside the boat to keep it upright. Also in more advanced techniques, a boat that is healed to windward will want to bear away and one healing to leeward will want to luff up. Using these facts helps minimise rudder movement in roll tacks and help bearing away quickly, as in rounding a mark.

## SAIL SETTING

Sails must be set so that both tell tails are streaming and the front of the sail near the mast is not luffing. Constantly check the sails are in good trim by letting out the sails until they start to luff, then pulling them in again until this stops. Sprit tension, number of twists in the luff downhaul, tension of the diagonal sail tie all have big impacts on the set of the sail. Use the rig card to record your favourite settings.

## TRIM

Fore and aft trim. It is important not to dig the bow or the transom into the water. Both are slow. Sitting at the back of an Optimist in the armchair position digs in the transom and should only be seen when making a special manoeuvre to slow a boat down. It is usually best to sit in the middle of the Optimist with the forward leg touching the middle thwart / frame. Pay attention to proper footwork during tacks and gybes to avoid sitting down too far aft and stopping the boat.

## DAGGERBOARD

The daggerboard should have marks on it to show how far up or down it should be on different points of sailing. Right down when going upwind, half up when on a reach, right up when on a run, watching out that the boom doesn't catch it on a gybe. If it is too windy the daggerboard should be pulled up four to six centimetres to reduce the healing effect.

## COURSE MADE GOOD

Keep working out the shortest and quickest course to sail to get to your destination. If your target is upwind or in the no-go zone, you will have to zig-zag, tacking upwind to get there. Allow for wind and currents when you are working out your course. Watch out for laylines and try and get transits on all legs to watch for the tide and current.



# IOCA GRADE 3

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This award is usually reached after 12 full days of coaching. When completed, sailors should be confident to attend IOCA Open Training and Coached Open events. Do not rush the award, it's skills: not the award that are essential.

*Coaches signature & Date*

## Understands the Role of the Coach

- > On time for briefing and debriefing .....
- > Log Book filled in .....

## Rigging

- > Can rig with a buddy, including sprit and mast tie down or mast clamp .....
- > Knows why tying the mast down or mast clamp is so important in a capsize .....
- > Understands the bands on the mast .....
- > Buoyancy bags secure and inflated .....
- > Daggerboard and paddles tied in .....
- > Two bailers tied in .....

## Launch and Recovery (with assistance if needed)

- > Can launch in onshore and offshore winds and from pontoons .....
- > Can recover from shore and pontoon .....
- > Has launch buddy .....

## Sailing Techniques & Manoeuvres

- > Understands the points of sailing .....
- > Can sail to windward .....
- > Can tack to windward always on their feet .....
- > Gybing from a training run .....
- > Can demonstrate the 5 essentials. ....
- > Can control speed, accelerate and slow down .....
- > Can get out of head to wind calmly .....
- > Is comfortable hiking to keep the boat flat .....
- > When tacking and gybing, swap hands at the end of the tiller extension (thumb to bum) .....





**Clothing & Equipment**

- > Understands the importance of the correct clothing for the conditions including hats, gloves and dinghy boots/shoes when sailing

.....

**Capsize & Recovery**

- > Can perform capsize drill

.....

**Safety**

- > Understands the importance of buoyancy
- > Tells someone ashore when going afloat
- > Understands a tally system
- > Understands the importance of securing the daggerboard

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**Sailing Theory & Background**

- > Comfortable with multiple tows
- > Knows rules of the road
- > Avoids collisions

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**Racing**

- > Can sail around a square course
- > Understands the starting procedure (theory – start line, count down)
- > Can stop their boat next to a RIB/buoy

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**Stopping next to a rib/buoy**



- ✓ Close to head to wind
- ✓ Sail flapping
- ✓ Tiller pushed away slightly
- ✓ Sat on the side
- ✓ Looking forwards

**Rope work**

- > Can tie bowline for painter in boat, tie in bailers, etc

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**5 Essentials**

- > Can explain the 5 essentials
- > Has good hiking posture

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# SOME RACING RULES

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We need rules to avoid boats colliding and getting damaged when we go sailing. When two boats get close and are in danger of colliding one boat is the 'right of way' boat and the other must keep clear (get out of the way).

The most important rules are: You must help anyone who is in danger. You must try and avoid a collision. Even when you are the 'right of way' boat, if the other boat doesn't keep clear, you must try to avoid a collision.

The most useful rules are:

## PORT AND STARBOARD

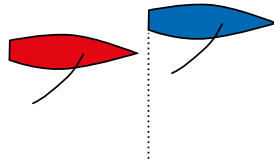
If you are on the port tack and the other boat is on the starboard tack, you must keep clear. You are on the port tack when the wind is blowing onto your boat's port side, or you would normally sit on the port side, and you can see the port side of you sail.



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## AHEAD AND ASTERN

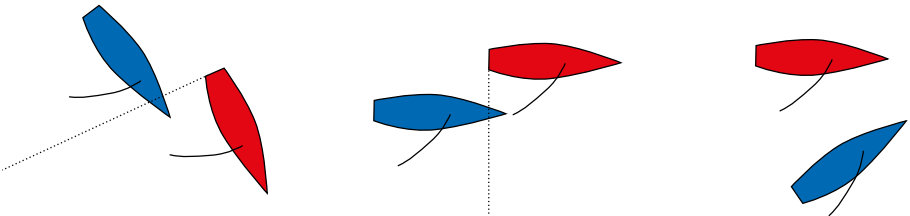
If the boats are on the same tack and the boats are not overlapped, the one that is clear astern must keep clear.



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## WINDWARD AND LEEWARD

If the boats are overlapped and both on the same tack then the 'windward' boat must keep clear. In each of these situations BLUE is the leeward boat and has right of way. Remember, if it's your boom that might get hit then you're the windward boat and must keep clear.



# PERSONAL COACHING LOG

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DATE	VENUE	GRADE	COMMENTS	COACH SIGNATURE



# CONGRATULATIONS!

Place your Award Stamps  
here

IOCA GRADE 1

IOCA Grade 1  
Flotilla Leader's  
Signature and Stamp

Award Certificate  
Stamp

IOCA GRADE 2

IOCA Grade 2  
Flotilla Leader's  
Signature and Stamp

Award Certificate  
Stamp

IOCA GRADE 3

IOCA Grade 3  
Flotilla Leader's  
Signature and Stamp

Award Certificate  
Stamp

IOCA GRADE 2 CONVERSION

Attach  
IOCA Grade 2  
Conversion here

We hope you have enjoyed the first part of your Optimist Journey, for more information on how and why to join IOCA please go to our website [www.optimistsailing.org.uk](http://www.optimistsailing.org.uk)