



IOCA

# Optimist

## LOG BOOK

### SECTION 2 INTERMEDIATE



Name .....

.....

Gill  
VOLVO

01

YOU'RE HERE! OPTIMIST BRITISH NATIONAL  
AGE OPEN CHAMPIONSHIP 2013

# INTRODUCTION

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Congratulations on completing part one of the Log Book Scheme. Now that you have successfully learnt to sail there are many exciting adventures you can participate in:

- > Club sailing and racing
- > Optimist Open Meetings
- > Junior and Youth Weeks
- > IOCA Winter Training Programme
- > Optimist Championship Events
- > Optimist National Championships.

This part of the log book scheme will teach you to make your boat go faster and also how to race. Racing is a great way to improve your boat handling skills, and whether you participate in Open Meetings or Open Training Events you will learn about the challenges sailing at different venues present; such as shifty conditions at lake venues or tidal conditions at sea venues, all of which help to keep sailing interesting as well as improving your skill set and making lots of friends. Lots and lots of Optimist sailors race all over the country from club racing with all your friends to maybe going to a local Open Meeting or even the National Championships – there is something for everyone.

Inside you will find space to put your award stickers and also a personal log where you can record all the Training Events, Open Meetings and Championship Events which you attend. Once you have completed all the grades please send IOCA a copy of the back page of the log book and we'll send you Section Three which includes Team Racing as well as the IOCA Assistant Coaches Award.

We hope you enjoy your sailing and look forward to seeing you on the water.



# SECTION 2: INTERMEDIATE

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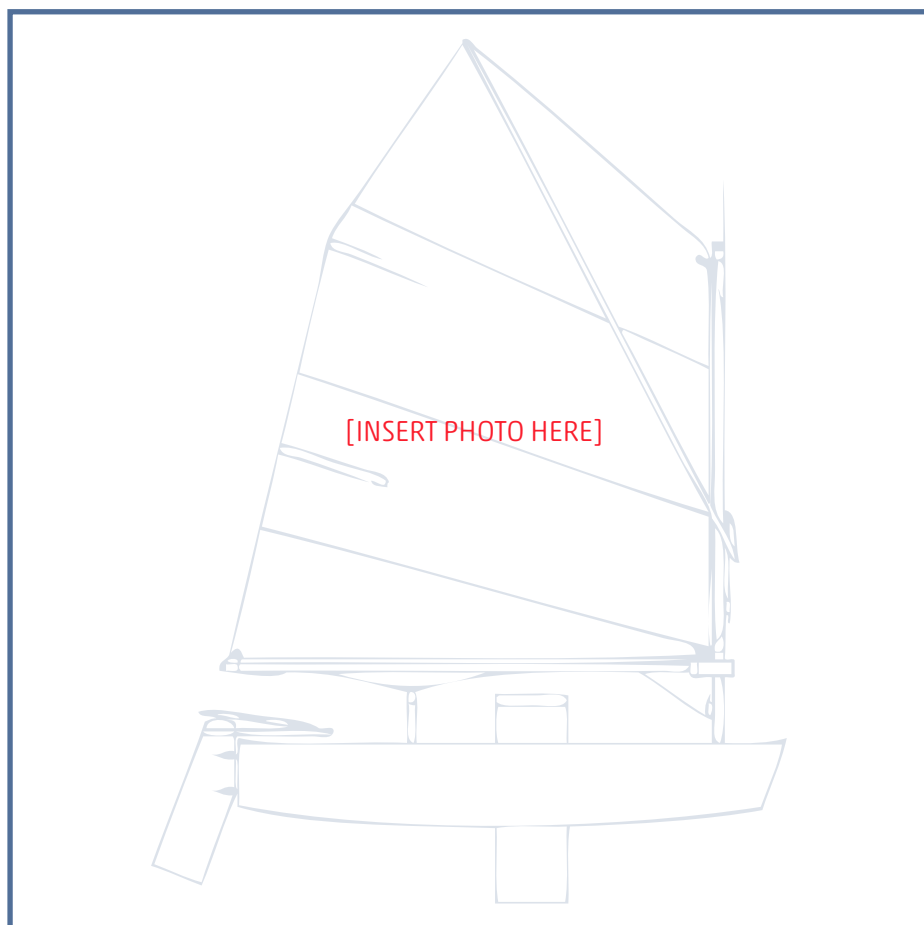
## ME AND MY BOAT

Sail Number:

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Boat Name:

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# WHY JOIN IOCA

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Now you've learnt how great Optimist sailing is, now would be a great time to join the largest Dinghy Association. As such, we are well equipped to help you along your Optimist journey by providing a wealth of support and advice. You'll also receive:

- > Fantastic learn to sail/learn to race scheme – The only class with a dedicated training scheme which will take you from your very first steps in your oppie all the way through to teaching you how to team race as well as become a top Coaches Assistant
- > Regular publications and news from the class about what's happened over the year as well as inspiring stories and information whats on in your area
- > Access to high quality IOCA Training in all areas of the country:
  - > Open Area Training for all abilities
  - > Squad training: run by top RYA coaches teaching you how to race faster and get the best out of your Optimist
  - > Invitational training for defined groups of sailors who would benefit from additional training
- > Access to the IOCA Area Championship weekend
- > Probably the best National Championships in the World with fleets for all ability levels with entries from all over the world! A truly International Event
- > Three major national events with both Main and Regatta Fleets
- > Two national events at the beginning and end of the year to consolidate training
- > Tailored flotilla support scheme – Coached flotilla support, six month training guides, parent guides, club and sailor mentoring scheme
- > Discounts from our sponsors

So why delay? Join today!  
[www.optimistsailing.org.uk](http://www.optimistsailing.org.uk)

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# SAFETY BASICS

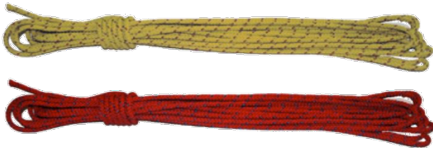
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## Some Oppi safety essentials:

Bailers and Praddle tied in with a long bungee or string. Make sure they are tied to the boat!



Your boat should have a floating painter 8m long with a loop tied in at 1m from the boat end. Tie it to the mast step, take it through the gap between bow and the thwart and tuck it away behind a buoyancy bag.



Make sure you have 3 good buoyancy bags in tip top condition. Ensure that the seams are all ok and that there are no rips or tears. Check that they hold air and that the straps that hold them are in good condition too. Make sure you have a current buoyancy test, if you don't, then contact your local flotilla or IOCA for advice:



Make sure you have a good mast clamp, tied on and working, or a good rope system as an alternative.



You should always have a really good whistle in your life jacket.



Rudder retaining clip must be working, springy, and the bolts tight!

# IOCA GRADE 4 AWARD

This award is for a confident & experienced sailor in stronger winds and is racing orientated. (Coaches note: This award moves on to more advanced boat handling technique and is an introduction to racing. Do not rush this award and take care that the sailor is able to complete each section confidently). Sailors should be able to complete this award after a season's IOCA Open Training.

*Coaches Signature & Date*

## Rigging

- > Understands the effect of the kicker and outhaul .....  
.....
- > Understands how to set the rig up for: .....  
  - > Light winds .....  
.....
  - > Medium winds .....  
.....
  - > Strong winds .....  
.....
- > Can adjust mast rake, understands its impact on weather and lee helm .....

## Mast Rake Settings

	Lightweight	Medium	Heavier
Light	110.3/4 [281cms]	110.3/4	110.3/4
Medium	111.5 [283cms]	112 [285cms]	112
Strong	111.5	112	113+ [287+cms]

Remember to check your mast rake every time you sail, mast straight and no kicker

Measure from the top of the mast to the back of the boat

Top tip - attach a cable tie to the end of the tape measure to help it hook into the mast

## Launch and Recovery

- > Can come alongside a moored boat or a safety boat .....  
.....
- > Can launch in onshore winds .....  
.....
- > Can make a lee-shore landing .....  
.....
- > Can store dinghy ashore including covers, sails and bags .....  
.....

## Sailing Techniques

- > Can sail efficiently on all points of sailing (5 essentials) .....  
.....
- > Can sail backwards downwind .....  
.....
- > Can kite downwind .....  
.....
- > Can gybe on a run by pulling mainsheet across using the falls .....  
.....  
  - > Thumb up in light winds .....  
.....
  - > Thumb down in strong winds .....  
.....



- > Can roll tack and roll gybe – demonstrate correct footwork .....

**Clothing & Equipment**

- > Uses sailing watch .....
- > Understands the appropriate clothing required for winter sailing .....

**Capsize & Recovery**

- > Can capsize, invert, right it, bail out and sail on .....

**Safety**

- > Understands dangers of hypothermia .....
- > Can assist other sailors in difficulty, man overboard, distress signals .....
- > Can recover into a safety boat and understands the danger of a safety boat propeller .....

**Sailing Theory & Background**

- > Knows how a sail works .....

**Racing**

- > Introduction to IOCA Racing Award shore briefing .....
- > Starting procedure – sounds and flags .....
- > Starts watch at warning signal .....
- > Knows basic rules (10, 11, 12) .....
- > Avoids collisions .....
- > Can sail along a start line and stop the boat .....
- > On the water, starts in a group on a start line .....

**Meteorology**

- > Can get a weather forecast .....
- > Understand the effect of wind strength on sailing .....

**Rope-work**

- > Be able to look after mainsheet and control lines on an .....
- > Optimist and tie basic knots .....

**5 Essentials**

- > Can confidently demonstrate all 5 essentials around a course. ....



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# IOCA RACING AWARD

## Preparation for Regatta Fleet & Fleet Racing

The Racing Award will usually be awarded in conjunction with Open Training and Coached Opens as this provides easiest access to RYA Instructors and Club Racing Coaches.

*Coaches Signature & Date*

### Measurement

- > Own boat, rig, sails and foils that are all measured by IOCA Measurer (Not for regatta fleet) .....

### Rigging & Boat Preparation

- > Has all the correct safety equipment (bailers, floating tow line 8m long) .....
- > Understands principles of tuning a rig & sail for speed .....
- > Optimist equipped to race .....

### Launch and Recovery

- > Has a buddy system and is on the water early .....
- > Understands tally system, sign on/off sheets .....

### Sailing Techniques

- > Demonstrates 5 essentials while sailing .....
- > Mark rounding, wide in tight out .....
- > Bails upwind .....
- > Eases sprit when sailing downwind in light winds .....
- > Put sprit back on at leeward mark .....
- > Sails confidently in stronger winds .....

### Capsize & Recovery

- > Can recover from a capsize on the race course .....
- > Understands rule governing outside assistance .....
- > Always stays with the boat on the race course .....

### Safety

- > Warms up on shore before a race .....
- > Understands importance of hydration and nutrition .....
- > Correct body posture while sailing .....
- > Toe straps correct length, knees inside rail .....
- > Holds mainsheet thumb up .....

### Racing

- > Starts on time, on the line .....
- > Understands how to find biased end of start line .....



- > Understands transits .....  
.....
- > Understands starting techniques, port/starboard end & middle of the line .....  
.....
- > Can sail around the course allowing for wind strength or current .....  
.....
- > Can finish thinking about a number of options .....  
.....
- > Can apply the rules on the water .....  
.....
- > Can take one turn and two turn penalties .....  
.....

**Holding position on the start line**

The skills needed to hold position on the start line and start are:



- > Stopping .....  
.....
- > Hovering .....  
.....
- > Sailing backwards .....  
.....
- > Stop tack .....  
.....
- > Double tack .....  
.....
- > Smooth acceleration .....  
.....

**Racing Theory & Background**

- > Understands visual signals for starts and when racing .....  
.....
- > Recognises importance of clear wind .....  
.....
- > Can identify when on lifts and headers .....  
.....
- > Recognises terms: high mode, low mode, ducking, leebowing etc. ....  
.....
- > Understands inner and outer loop trapezoid & worlds courses .....  
.....
- > Understands the racing rules of sailing (emphasis on rules 10-20, 31, 44) .....  
.....
- > Understands rule 42 .....  
.....
- > Knowledge of the protest procedure (advisory, arbitration, full protest) .....  
.....

**Meteorology**

- > Links forecast to observed conditions and local effects .....  
.....

**5 Essentials**

- > Can confidently demonstrate all 5 essentials on the water .....  
.....
- > Can train in a pair .....  
.....
- > 2 boat tuning/spit tacks .....  
.....

# NATIONAL RACING EVENTS

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The racing fleets are split into **Main Fleet** for the more experienced sailors and **Regatta Fleet** for the more inexperienced sailor.

The **Regatta Fleet** is for sailors who are new to racing. Races are approximately 30 minutes long and sailors usually come in for lunch. The Race Committee has a policy of endeavouring to get as many sailors to finish as many races as possible; to this end the back of the fleet is coached and encouraged towards the finish. Boats need to be an 'Optimist Dinghy' however, no measurement certificate is required, only a current buoyancy test, 8m floating painter as well as a quick release snap shackle where the mainsheet block attaches to the boom. There are currently (2013) three Championships with Regatta Fleets; The Inlands, The Nationals and The End of Seasons.

The **Main Fleet** is for the more experienced racer. The fleets are large with racing lasting approximately 45 minutes with usually three races per day weather dependant. Due to the size of the fleet all sailors usually stay on the water for lunch. Depending on the venue/weather conditions a mothership may be provided on the water. If not, a comfort break is usually arranged between defined races and sailors can be ferried ashore if required. No coaching is allowed during racing where full racing rules apply. All sailors should go afloat dressed appropriately equipped with plenty to drink, food and sun cream.

All boats competing in main fleet are required to have a measurement certificate with a measured main sail as well as a buoyancy test (please see measurement section).





## Spring and Winter Championships

The Spring Championships are usually held in spring, often in an area which IOCA has been working hard to promote Optimist participation. In previous years they have been held at Dabchicks SC and Rpyal Torbay YC. The Winter Championships are held centrally in November, in order to encourage as much participation as possible. The racing is aimed at the more experienced sailor as the water and weather can be cold. As such there is no regatta fleet.

## Selection Trials

Each year the top sailors of the previous year's national ranking are invited to attend the selection trials, the purpose of which is to select, amongst others the Worlds and European Teams. Other teams and training groups are also selected at this event.

## Inland and End of Season Championships

These Championships are held in May and October usually. Each of these events runs a separate regatta fleet, with its own race course. There are separate briefings for both fleets on Saturday and another briefing for Regatta Fleet on Sunday. Prize giving is held as soon as possible after racing.

## National Championships

The National Championships are usually held in England (Weymouth and Portland Sailing Academy), Wales (Pwllheli SC) and Scotland (Largs Yacht Club). It is a week-long event and for Main Fleet is split into two: Seniors and Juniors, each with their own National title to be won. The regatta fleet is split according to age, experience and ability. The event very much has an international flavour as there are many competitors who enter from all over the world and in all fleets. There are lots of prizes to be won including a grand raffle, at the prize giving on the Friday. Throughout the week there is lots of fun to be had after sailing with a range of activities to keep the sailors occupied.

## Main Fleet

- > SENIOR FLEET  
The senior fleet is for sailors that turn 13, 14 or 15 that calendar year.
- > JUNIOR FLEET  
Sailors in the junior fleet must be aged 12 or younger that calendar year.

## Regatta Fleet

The Regatta fleet is currently (2013) split in to three separate fleets:

- > Regatta Racing - a stepping stone to the Main Fleet next year
- > Regatta Coaching - a balance of coaching and racing
- > Mini Racers - for the younger sailors, just starting on their Oppie voyage

Please note that all sailors should be capable of completing a triangular course in a moderate breeze and of capsizing recovery without assistance.

## Regatta Racing

This fleet is for sailors with experience of regatta racing who want to race all day but who are not yet confident to join the Main Fleet. Regatta Racing Fleet seeks to bridge the gap between Coaching and Main Fleet. The general idea is that (subject to weather conditions) in the early part of the week, Regatta Racing sailors come in for lunch, but by the end of the week they do a full day on the water, so that they get the experience of what a full day's racing in Main Fleet will be like.

The majority of races will count towards the racing series. However, the Race Management Team may include some training races and coaching sessions depending on the weather conditions, or if they consider it appropriate and useful for the sailors.

Coaching is provided throughout the week, and each sailor will be allocated a Coach for the week, who will provide feedback to the sailor, and sign off their relevant qualifications in their logbooks.

The fleet is intended for sailors who are Oppie age 11 or under. We advise older sailors to consider the Main Fleet, unless this is their first national event.

To get the most out of Regatta Racing Fleet, you want to already have mastered all the standard techniques of boat control, even in quite windy conditions, and be keen to learn more about race tactics. Be prepared for the possibility of more experienced sailors trying to take advantage if you don't know your racing rules well.

## Regatta Coaching

This fleet is coached in groups in the morning and race in the afternoon. Regatta Coaching is intended for sailors who have competed in some regional regatta fleet events and have begun to race in their clubs. Sailors come in for lunch each day.



In Regatta Coaching, you will get plenty of help with improving your boat handling techniques, as well as building on your racing skills. For those who have just started racing, there will be plenty of support for the latter part of the fleet during races.

## Regatta Mini Racers

This fleet caters for younger sailors (Oppie age 8 or 9) who have not yet started to race. The emphasis will be on training and introducing basic race skills.

## What's my Oppie age?

Your Oppie age is the age you will be on 31st December.

- > Want to know more about the events and entry requirements please see the website [www.optimistsailing.org.uk](http://www.optimistsailing.org.uk)



# SAILING BY THE RULES

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Sailboat racing is a lot of fun and to make competition as fair as possible for everyone there are a set of Racing Rules of Sailing which all sailors have to use. Everyone who is racing is subject to the sailor's charter – this governs your behaviour while you are racing.

There are two sets of rules which are particularly important these are the part 2 right of way rules which are designed so that in any situation where boats meet on the race course there is a right of way and a give way boat.

The second set of rules relate to how you sail your boat- you are only permitted to use the wind to move your boat forward. If you rock and roll, and use your rudder a lot and pull your sail in and out a lot you would be breaking rules 42.



Two useful books to buy are:-

- > The Racing Rules of Sailing is produced by and available from the RYA
- > The Handy Guide to the Racing Rules is also produced by the RYA and is a short introduction to the rules



# IOCA COASTAL AWARD

Understanding and sailing in waves and tidal waters.  
A minimum of 20 hours experience in coastal waters is required.

*Coaches Signature & Date*

## Rigging

Understands how to set up the rig for sailing in current and waves including:-

- > More powerful rig .....
- > Mast rake forward .....
- > More powerful sail /deeper outhaul .....

## Launch and Recovery

- > Can launch and recover from a beach and from a pontoon .....
- > Understands where to leave a trolley on a beach .....

## Sailing Technique

- > Understands high and low mode sailing upwind in flat water and waves .....
- > Can sail in current and waves .....
- > Has developed upwind technique in waves .....
- > Can sail downwind in waves .....
- > Can sail and bail in waves .....
- > Can start a race in current .....
- > Can find and use a transit in cross tide situations .....

## Clothing & Equipment

- > Understands how changing conditions may affect clothing needs .....
- > Understands how to use a compass .....

## Capsize & Recovery

- > Can complete a capsize and recovery in current and waves .....

## Safety

- > Understands the effect of a strengthening wind on sea state .....
- > Understands how current might sweep a boat onto buoys, pontoons etc. ....
- > Understands how to land on a lee shore in waves .....
- > Understands the need to stay close to other boats/ RIB in limited visibility .....



- > Understands how to be towed in waves .....  
.....

**Racing Theory & Background**

- > Understands the effect of current on a race course .....  
.....
- > Understands the effects of tide on lay lines .....  
.....



- > Which way is the current going in the picture?
- > How do you allow for the effect of current on a race course?

**Meteorology**

- > Can get a weather forecast using the internet .....  
.....
- > Understands the Beaufort Scale and can predict the conditions from the forecast .....  
.....

**Tidal theory**

- > Knows the terms: flood, ebb, springs and neaps .....  
.....
- > Can use the internet to find tide times .....  
.....
- > Can identify current direction on the water .....  
.....
- > Has been introduced to a navigation chart and tidal streams atlas .....  
.....
- > Understands different strength of current in shallow and deep water .....  
.....

**Buoyage**

- > Understands that buoys mark channels .....  
.....
- > Understands on which side of a channel boats should sail in and out on .....  
.....
- > Can identify port and starboard channel markers .....  
.....

**Rules of the Road**

- > Understand the right of way rules for power and sail in open water and in channel .....  
.....



# 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 heeling 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 heeled to windward will want to bear away and one heeling 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 heeling 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.





# CONGRATULATIONS!

## Place your Award Stamps here

We hope you have enjoyed the second 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)

IOCA GRADE 4

IOCA Grade 4  
Flotilla Leader's  
Signature and Stamp

Award Certificate  
Stamp

IOCA RACING

IOCA Racing  
RYA Instructor/  
Club Racing Coach  
Signature and Stamp

Award Certificate  
Stamp

IOCA FLEET RACING

IOCA Fleet Racing  
RYA Instructor/  
Club Racing Coach  
Signature and Stamp

Award Certificate  
Stamp

IOCA COASTAL

IOCA Coastal  
Flotilla Leader's  
Signature and Stamp

Award Certificate  
Stamp