



## Catamaran Technical Clinic Guidelines

### *On-Water Skills Building*

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#### DESCRIPTION

Catamaran Technical Clinic is a community driven practice session geared towards **Cat 1 Helms at JTown** to work on developing their **Cat 2 Helm** skills. The Clinic is led by a Catamaran Examiner or a volunteer catamaran sailor who has their Cat 2 Helming category at JTown and is willing to support the catamaran sailing community. This technical clinic features a hands-on approach with nearly all of the time spent on the water, with a minimal on-land portion.

#### OBJECTIVE

Sailors will work towards obtaining the following skills during the Clinic:

- Sign out the boat and rig it correctly
- Guide the boat to the dock and secure it appropriately
- Raise the mainsail and launch from the dock safely
- Sail with your head up, looking where you are going (only glance briefly if you need to look at something inside the boat)
- Sail out and around a mark
- Learn how to stop/park the boat at a mark
- Be able to consistently execute clean maneuvers (tacks and gybes)
- Get out of irons
- Perform a man overboard maneuver without tacking - **mandatory**
- Perform a capsize recovery - **mandatory**
- Dock safely
- Put the boat back on the ramp, and the equipment away



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In addition:

- Helm the Catamaran competently and attentively in up to 20 knots of wind
- Gybe in 15 to 20 knots of wind without having the main sail “slam” across
- Demonstrate basic understanding of location of forces on sails and rudders (center of effort and center of lateral resistance) by moving the body weight accordingly
- Awareness of the power zones and cool-off zones (power management)
- Cognizance of their surroundings (traffic management and collision prevention)

Participation in the Clinic **does not automatically guarantee cat 2 helming privileges are granted**. These privileges are based on:

1. **on-water demonstration of competence**, and
2. **safety on the water**.

*To sign up for the Clinic please visit Calendar at [www.sailtoronto.com](http://www.sailtoronto.com), or contact Anni at [education@sailtoronto.com](mailto:education@sailtoronto.com) or Beata at [cat@sailtoronto.com](mailto:cat@sailtoronto.com)*