



## Team Racing Preparation for Sailors and Parents

### Sailor checklist:

- Red Protest Flag
- Read the Notice of Race
- Read the Sailing Instructions
- Watch the Race Officer briefing
- Check the race schedule & know which races you are sailing in
- Pack snacks and a water bottle
- Pack suitable kit (include suncream / hats & an insulation layer to wear on shore between races)
- Look over the Team Racing Rules (Appendix D)

### Parents / Team Managers Top Tips

- Order your Fish and Chip supper
- Check the volunteer schedule
- Print a copy of the schedule (on a clip board) & have a pen.
- Record their race results in case you have a scoring query.
- Pack suitable kit to help on the water or outside
- Pack a refillable cup / flask for hot drinks (for you)
- Remember to eat & drink yourself!
- Note the start times on each day
- Pack sailors a warm coat / dry robe that can go over all sailing kit between races
- Feed sailors between all races
- Remember that the team's performance is not a reflection on your parenting or team management skills. However, the teams' ability to adapt, take constructive feedback and regroup is a direct reflection on your parenting and team management skills.



## Top Tips

- Highlight key points in the NoR and SIs
- Print the schedule and highlight your races
- Tie your red flag to the shoulder of your buoyancy aid so you can get to it quickly
- Remember to shout protest loudly!
- Identify which gap in the schedule you can take your lunch break in.
- Keep warm between races
- Keep an eye on the race number display board near the jetty
- Carry spare rope, shackles etc. to fix any on water issues
- Always check your boat is fit to sail, as you get in, if not, inform a race official
- If your boat breaks mid race, raise your red flag to inform the umpire, but carry on sailing to the best of your ability
- Eat and drink whenever you come ashore!
- Discuss race strategy with your team mates
- Watch the other teams race and listen to the commentary for ideas
- Ask the coaches or young mentors for tips or if you have questions
- Remember to enjoy yourself, team racing is lots of fun!