



Welcome to 2012 Audi CYCA Winter Racing Series

Our Objectives

- To learn to race safely and have Fun!
- To gain a full understanding of at least three crew positions
- Assist with crewing opportunities

Audi CYCA Winter Series Training and Race Days

<u>Training days</u> 0830am to 4pm <ul style="list-style-type: none"> • Saturday April 21 • Sunday April 22 • Others as required 	<u>Race Days</u> 0830 to late April 29 Harbour Race (Race 1) May 6 Harbour Race (Race 2) May 13 Harbour Race (Race 3) May 20 Harbour Race (Race 4) May 27 Harbour Race (Race 5)	<u>Race Days</u> 0830 to late June 3 Harbour Race (Race 6) June 10 Harbour Race (SNPS) June 17 Harbour Race (Race 7) June 24 Harbour Race (Race 8) July 1 Harbour Race (Race 9) July 8 Harbour Race (Race 10)
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The Yacht Cadenza and our team

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Safe Sailing,
Terry Wise
Principal

Skills Checklist

Welcome	Day 1 Training 08.30am to 4 pm	Discuss <ul style="list-style-type: none"> • Safety briefing each day • Absent system • RRS Rule 55 • Personal preparation & gear 	<ul style="list-style-type: none"> • End Series Dinner • Crew Shirts Sizes confirm • Feedback • Gold Coast Race, New Caledonia
At Breakfast	0830 Race Days	Discuss at breakfast <ul style="list-style-type: none"> • Forecast & Tides • The Course, Time keeper 	<ul style="list-style-type: none"> • Our Start time
On Board	0900	<ul style="list-style-type: none"> • Safety briefing • Race training • Set crew positions 	Post race <ul style="list-style-type: none"> • Debriefing • Maintenance
	Below Decks & on deck	Every day discuss Safety Equipment	<ul style="list-style-type: none"> • Where it is stowed • How it is deployed • Equipment type, Its use
	Other equipment	Location & use <ul style="list-style-type: none"> • Winch handles • Blocks, Sheets & braces 	<ul style="list-style-type: none"> • Sail Selection
	Stowage & daily duties	<ul style="list-style-type: none"> • Personal gear & Wet gear • Log Impellor 	<ul style="list-style-type: none"> • Sea Cocks • Cleaning
	Use of domestic equipment	<ul style="list-style-type: none"> • Heads • Starting & Stopping Motor • Fridge 	<ul style="list-style-type: none"> • Hatches and Windows • Stove & Gas
	Deck Systems	<ul style="list-style-type: none"> • Equipment type, Location • Use & set up 	<ul style="list-style-type: none"> • Reefing • Running Backstay operation
	Risk Assessment	<ul style="list-style-type: none"> • Danger of headsail clew area • Danger of bight eg spinnaker block corner 	<ul style="list-style-type: none"> • Boom/involuntary Gybe • Mainsheet area
Sailing	Team Positions	<ul style="list-style-type: none"> • Skipper, Helmspersons • Timekeeper, cook • Tactician/Navigator • Running Backstay/Traveller • Main and Jib sheet trimmer 	<ul style="list-style-type: none"> • Spinnaker trimmer • Grinders • Topping lift and kicker • Brace • Mast person, Foredeck
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	Use of domestic equipment	<ul style="list-style-type: none"> • Heads • Starting & Stopping Motor • Fridge 	<ul style="list-style-type: none"> • Hatches and Windows • Stove & Gas
	Deck Systems	<ul style="list-style-type: none"> • Equipment type, Location • Use & set up 	<ul style="list-style-type: none"> • Reefing • Running Backstay operation
	Risk Assessment	<ul style="list-style-type: none"> • Danger of headsail clew area • Danger of bight eg spinnaker block corner 	<ul style="list-style-type: none"> • Boom/involuntary Gybe • Mainsheet area
Sailing	Team Positions	<ul style="list-style-type: none"> • Skipper, Helmspersons • Timekeeper, cook • Tactician/Navigator • Running Backstay/Traveller • Main and Jib sheet trimmer 	<ul style="list-style-type: none"> • Spinnaker trimmer • Grinders • Topping lift and kicker • Brace • Mast person, Foredeck
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	Engine	<ul style="list-style-type: none"> • Check Water, Fuel • Gearbox oil, engine oil 	<ul style="list-style-type: none"> • Check Battery
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Principal

Skills Checklist

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At Breakfast	0830 Race Days	Discuss at breakfast <ul style="list-style-type: none"> • Forecast & Tides • The Course, Time keeper 	<ul style="list-style-type: none"> • Our Start time
On Board	0900	<ul style="list-style-type: none"> • Safety briefing • Race training • Set crew positions 	Post race <ul style="list-style-type: none"> • Debriefing • Maintenance
	Below Decks & on deck	Every day discuss Safety Equipment	<ul style="list-style-type: none"> • Where it is stowed • How it is deployed • Equipment type, Its use
	Other equipment	Location & use <ul style="list-style-type: none"> • Winch handles • Blocks, Sheets & braces 	<ul style="list-style-type: none"> • Sail Selection
	Stowage & daily duties	<ul style="list-style-type: none"> • Personal gear & Wet gear • Log Impellor 	<ul style="list-style-type: none"> • Sea Cocks • Cleaning
	Use of domestic equipment	<ul style="list-style-type: none"> • Heads • Starting & Stopping Motor • Fridge 	<ul style="list-style-type: none"> • Hatches and Windows • Stove & Gas
	Deck Systems	<ul style="list-style-type: none"> • Equipment type, Location • Use & set up 	<ul style="list-style-type: none"> • Reefing • Running Backstay operation
	Risk Assessment	<ul style="list-style-type: none"> • Danger of headsail clew area • Danger of bight eg spinnaker block corner 	<ul style="list-style-type: none"> • Boom/involuntary Gybe • Mainsheet area
Sailing	Team Positions	<ul style="list-style-type: none"> • Skipper, Helmspersons • Timekeeper, cook • Tactician/Navigator • Running Backstay/Traveller • Main and Jib sheet trimmer 	<ul style="list-style-type: none"> • Spinnaker trimmer • Grinders • Topping lift and kicker • Brace • Mast person, Foredeck
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	Engine	<ul style="list-style-type: none"> • Check Water, Fuel • Gearbox oil, engine oil 	<ul style="list-style-type: none"> • Check Battery
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	Deck Systems	<ul style="list-style-type: none"> • Equipment type, Location • Use & set up 	<ul style="list-style-type: none"> • Reefing • Running Backstay operation
	Risk Assessment	<ul style="list-style-type: none"> • Danger of headsail clew area • Danger of bight eg spinnaker block corner 	<ul style="list-style-type: none"> • Boom/involuntary Gybe • Mainsheet area
Sailing	Team Positions	<ul style="list-style-type: none"> • Skipper, Helmspersons • Timekeeper, cook • Tactician/Navigator • Running Backstay/Traveller • Main and Jib sheet trimmer 	<ul style="list-style-type: none"> • Spinnaker trimmer • Grinders • Topping lift and kicker • Brace • Mast person, Foredeck
		<ul style="list-style-type: none"> • Initial Spinnaker training • Correct tailing and winching • Headsail changes • Tacking • Spinnaker hoists and drops • Gybeing practice 	<ul style="list-style-type: none"> • Sailing courses • Mark rounding's • Pumping halyards • Man overboard drill
	Engine	<ul style="list-style-type: none"> • Check Water, Fuel • Gearbox oil, engine oil 	<ul style="list-style-type: none"> • Check Battery
		<ul style="list-style-type: none"> • Propeller, Anodes, Antifouling • Diver, water line, Topsides, Deck • Sail repair, winches • Blocks & Sheets (SALT), Breakages 	<ul style="list-style-type: none"> • Engine Service • Gas Inspection • Safety Certificate

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On Board	0900	<ul style="list-style-type: none"> • Safety briefing • Race training • Set crew positions 	Post race <ul style="list-style-type: none"> • Debriefing • Maintenance
	Below Decks & on deck	Every day discuss Safety Equipment	<ul style="list-style-type: none"> • Where it is stowed • How it is deployed • Equipment type, Its use
	Other equipment	Location & use <ul style="list-style-type: none"> • Winch handles • Blocks, Sheets & braces 	<ul style="list-style-type: none"> • Sail Selection
	Stowage & daily duties	<ul style="list-style-type: none"> • Personal gear & Wet gear • Log Impellor 	<ul style="list-style-type: none"> • Sea Cocks • Cleaning
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