

Going to a Regatta 101

Packing List:

- Spare Parts
 - Tiller extension
 - Sail ties and preventer lines (for opti coaches)
 - Ring dings and pins
 - Spinnaker pole and spinnaker (for 420 coaches)
 - Bailer
 - Tow line
 - Dolly bolts
 - Sail Tape
- Tools
 - Wrench
 - Knife
 - Lighter/ torch
 - Phillips and flathead screwdrivers
 - Pliers
 - Scissors
- VHF Radio
- Medical forms
- Water refill solution
- First Aid Kit
- Sunscreen
- Anchor & Line (in case of boat breakdown)

To-do Before leaving:

- Send an email to sailors and parents
 - Where to go
 - Schedule, including arrival time to unload trailer and when and where the morning briefing will take place
 - What to do if they are sick or lost and aren't arriving when they are expected to
 - When parents are needed to pick up sailors/ or how they will know the time
 - Chaperone expectations (parents on site or within X minutes of dock) - especially important for new sailors who might not make it the entire day
- Gas up coach boat
- Charge radio(s)

Before Racing:

- Check the notice board for updates.
- Attend the coaches meeting or safety briefing.
- Make sure the boats are rigged properly and have all the required safety equipment.
- Make sure sailors have layers, water, and food.
- Give sailors a few things to focus on.
- Assess the racing conditions for each sailor's level and decide if it is safe for them to be on the race course (this is different from sailing in class).
- Provide a clear plan for your sailors to retire early (who will meet them on the dock and where & not to go back out without specific permission from a coach).
- Communicate expectations between races to your sailors (meet with the coach boat, stay within X distance from the start line, etc).

After Racing:

- Work with all coaches to get all boats ashore, assist in towing as necessary.
- Make sure all your sailors are safely onshore before going on shore.
- Check the notice board for updates and protest filings.
- Debrief 1-3 points, unless they have questions and want to continue (but at some point release the group).
- Ensure equipment is appropriately stowed in designated spaces.
- Make sure sailors are rehydrating and eating.
- Remind them of report time the next day.
- Release sailors to their responsible adult.