Tackers 2: Tricks & Techniques

Instructors Manual
Acknowledgement

The national roll-out of the Tackers program is supported by the Australian Sports Commission.

Yachting Australia also acknowledges the funding provided by the Commonwealth Government and VicHealth to undertake the initial development and piloting of the Tackers program in Victoria.
Wow – Congratulations!

You are now a Tackers Instructor or Assistant Instructor!

This manual is a structured guide to help you run your Tackers 2 course.

Instructor’s / Assistant Instructor’s Name

Club(s)

As an Instructor or Assistant Instructor what is your personal goal for the Tackers 2 course?
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**Youth Recreational Sailing Pathway** ............................................................................... inside back cover
The objective of the Tackers program is to attract a significantly increased number of primary school age children to sailing, especially those who would not otherwise participate, and have them participate in an initial fun sailing experience before progressing on a pathway, to a full learn to sail program over three main levels, then non-competitive participation, and long-term club membership.

What are the ‘Tackers Values’?

1. Kids centric.
2. Non-competitive, games-based and social.
3. Delivered by professional, Yachting Australia qualified Instructors & Assistant Instructors.
4. All aspects of the program are consistent across all Tackers Club locations.
5. Branded modern presentation.
6. Tackers is an entry-level program which means it is designed to be accessible to a child who has never sailed before and whose family members do not sail.
7. Value for money relative to similar programs in other sports.
8. Fundamental skill foundations and enthusiasm for long term participation are fostered within Tackers through the progressive levels of the program.
Organisation & Preparation

A checklist must be performed before the commencement of every session to ensure the session is able to start at the scheduled time.

Please photocopy the checklist below and use it for every session.

**INSTRUCTOR'S CHECKLIST - To be completed for every session**

<table>
<thead>
<tr>
<th>Instructor:</th>
<th>Program:</th>
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</table>

<table>
<thead>
<tr>
<th>Date:</th>
<th>Session:</th>
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<tbody>
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</tr>
</tbody>
</table>

Please tick the box when each is completed.

- Sign in / out sheets for staff and tackers ready.
- Check BOM weather forecast and devise a session plan of the day's activities. This will determine the necessary equipment for the day’s session.
- Ensure that all boats are safely rigged and all equipment is in good condition. Special notice must be made to bungs and rig securing line at base of mast and bailer.
- Rescue boats in water and fuelled with any necessary buoys and towing lines.
- Prepare a learning environment with a whiteboard etc. which complements the theory or activities to be carried out.
- Prepare equipment for off-the-water games.
- Brief Assistant Instructors and volunteers. This will include the roles, boat allocations, and timing schedules.
- Welcome tackers and greet parents / guardians. The Head Instructor is responsible for answering any safety queries of parents / guardians and putting them at ease. Tell parents / guardians what time the session finishes.
- Fit each student with a suitable PFD.
- Begin the day's overall briefing and encourage parents / guardians and volunteers to attend. Include an introduction into the sessions learning outcomes, the expected weather patterns and any safety practices which need to be reinforced.

Preparation leads to a well run and safe Tackers program!
Tackers 2: Session 1

OBJECTIVES

Today we will remember from Tackers 1:

- Safety while sailing
- How to Tack and Gybe the boat
- Capsize and recover, unassisted
- How to use the tiller extension like a microphone

CHECK LIST

- All tackers registered and you have access to emergency contacts
- Pre-written name tags for tackers, Instructors and Assistant Instructors
- Sun cream available for all instructors, tackers and volunteers
- Demonstration boat rigged on shore
- Two buoys for reaching course

<table>
<thead>
<tr>
<th>NOMINAL DURATION</th>
<th>ACTIVITY</th>
<th>DELIVERY METHOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 mins</td>
<td>Sign On, Sun Cream and Name Tags!</td>
<td></td>
</tr>
<tr>
<td>10 mins</td>
<td>Briefing:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Welcome back!</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Safety reminder:</td>
<td>Whiteboard</td>
</tr>
<tr>
<td></td>
<td>• PFD</td>
<td>and group</td>
</tr>
<tr>
<td></td>
<td>• Appropriate clothing</td>
<td>discussion and</td>
</tr>
<tr>
<td></td>
<td>• Tell someone where you are sailing and when</td>
<td>questioning</td>
</tr>
<tr>
<td></td>
<td>• Tow rope / bailer / paddle</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Local conditions / environment</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Always stay with boat</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Weather forecast</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Aware of other vessels</td>
<td></td>
</tr>
</tbody>
</table>

Tips & Tricks

For the first two sessions, or until everyone’s name is learnt, pre-made name tags should be made given to instructors and tackers and worn in a visible place.

Tips & Tricks

Repetition is the key to learning so a revision of Tackers 1 is important. We suggest keeping theory brief for concentration and getting on the water to give tackers and tackers parents / guardians a great first impression.
# Tackers

**Duration**: 2.5 hours

There is a game(s) in this activity! See Appendix B at the back of the manual.

## Activity Delivery Method

**Tips & Tricks**

- It is important to remember, especially on the first day of the program, to be very positive and supporting of all the tackers sailing – This will impress parents / guardians and lock them in for the next session!

- Be carefully selecting your tackers who are going to lead this activity. It is good to have your strongest upwind sailors spread along the line so that they do not all get out in front of the group and so that tackers who have not yet grasped the skill have a better sailor to mimic. Slightly older or more advanced tackers can be encouraged to ‘coach’ or help the others.

- To keep the boats in good condition, it is also a good idea to teach the tackers how to take care of the boats. Eg. Good lifting methods, washing down, looking for rips in sail, etc.

- This can be a good opportunity to assess the group and determine which tackers need more attention than others.

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<table>
<thead>
<tr>
<th>Nominal Duration</th>
<th>Activity</th>
<th>Delivery Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 mins</td>
<td>Better tacking technique- tiller extension use, ‘The Microphone Technique’</td>
<td>Mini-lecture with whiteboard Demonstration of better tacking technique</td>
</tr>
</tbody>
</table>
|                  | Explain activities:  
|                  | - Sail around figure of 8 - tacking then gybing | |
| 35 mins          | Sail around figure of 8 - tacking then gybing using the ‘microphone technique’ | On water |
| 20 mins          | Morning tea and land games | |
| 10 mins          | Review of first on-water session 
|                  | Explain afternoon activity: focusing on tacking, gybing, and tiller technique | |
| 5 mins           | Basic stretches | Group participation |
| 30 mins          | • Following the leader  
|                  | • Tacking and gybing on the whistle | On water |
| 10 mins          | Pack up | |
| 10 mins          | Debrief and review of session | Group discussion |
|                  | Sign Off! | |

**Notes:**
Tackers 2: Session 2

OBJECTIVES

Today we will learn:

- How to rig my boat
- The best way to get out of irons
- To identify Gusts, Lulls, Lifts and Knocks
- How to stop my boat on a mark
- How to sail around a triangle course

CHECK LIST

- Magnetic boats for lift and knocks demonstration
- Demonstration boat rigged on shore
- Three buoys for triangle course

<table>
<thead>
<tr>
<th>NOMINAL DURATION</th>
<th>ACTIVITY</th>
<th>DELIVERY METHOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 mins</td>
<td>Sign On, Sun Cream and Name Tags!</td>
<td>Whiteboard and group discussion</td>
</tr>
<tr>
<td>10 mins</td>
<td>Briefing: Review of previous session (better use of tiller extension)</td>
<td></td>
</tr>
<tr>
<td>10 mins</td>
<td>Rigging (tackers to complete with assistance)</td>
<td></td>
</tr>
<tr>
<td>20 mins</td>
<td>Wind awareness: • Review “no go zones” • Gusts and lulls • Lifts and knocks (tricky concept – needs a good explanation, don’t be put off if the kids do not all understand first time!) • Keep your head out of the boat at all times • Local environmental / geographic factors Getting out of “irons”: • “Push, push; pull, pull” method Stopping and starting the boat – review from Tackers 1</td>
<td>Mini-lecture with whiteboard and view of the training area (for local geographic factors) Fully rigged demonstration boat</td>
</tr>
<tr>
<td>20 mins</td>
<td>Morning tea and games</td>
<td></td>
</tr>
</tbody>
</table>

Tips & Tricks

Rigging and de-rigging is a great way to get parents and guardians involved!
Remember, it is your responsibility as the instructor to ensure that the boats are safely rigged.

Tips & Tricks

If your local environment suits and the weather is okay, this session can be run from the rescue boat, end of a pier or the club tower! Tackers can then see gusts and lulls, clouds etc.
**TACKERS**

**Duration**

2.5 hours

**THERE IS A GAME(S) IN THIS ACTIVITY!**

See Appendix B at back of manual.

<table>
<thead>
<tr>
<th>NOMINAL DURATION</th>
<th>ACTIVITY</th>
<th>DELIVERY METHOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 mins</td>
<td>Basic stretches</td>
<td>Group participation</td>
</tr>
<tr>
<td>5 mins</td>
<td>Launching</td>
<td></td>
</tr>
<tr>
<td>30 mins</td>
<td>Wind awareness activities:</td>
<td>On water</td>
</tr>
<tr>
<td></td>
<td>• Getting out of irons</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Stopping and starting</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• “Kiss the Mark”</td>
<td></td>
</tr>
<tr>
<td>5 mins</td>
<td>Have a break</td>
<td>On water</td>
</tr>
<tr>
<td>25 mins</td>
<td>• “Stuck in the sand”</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Triangle Course starting from the “no go zone” or “in irons”</td>
<td></td>
</tr>
<tr>
<td>10 mins</td>
<td>Pack up</td>
<td></td>
</tr>
<tr>
<td>10 mins</td>
<td>Debrief and review of session</td>
<td>Group discussion</td>
</tr>
<tr>
<td></td>
<td>Sign Off!</td>
<td></td>
</tr>
</tbody>
</table>

**Tips & Tricks**

This is a long on water session so have a break around the rescue boat or on a nearby landing spot. Tackers should have a drink bottle either with them or on the rescue boat. Take the chance to maintain group morale and talk to the group about the activities.

**Notes:**

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**THERE IS A GAME(S) IN THIS ACTIVITY!** See Appendix B at back of manual.
## Tackers 2: Session 3

### Objectives

**Today we will learn:**
- What to do with the centerboard downwind
- The best way to balance my boat
- Roll tacking

### Check List

- Demonstration boat rigged on shore
- Three buoys for triangle course
- Ball for keepings off game
- Chalk for “opti-hop” session

### Nominal Duration - Activity - Delivery Method

<table>
<thead>
<tr>
<th>NOMINAL DURATION</th>
<th>ACTIVITY</th>
<th>DELIVERY METHOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 mins</td>
<td>Sign On and Sun Cream!</td>
<td></td>
</tr>
<tr>
<td>20 mins</td>
<td>Rigging (tackers to complete)</td>
<td></td>
</tr>
<tr>
<td>20 mins</td>
<td><em>Briefing:</em> Review of previous session (wind awareness)</td>
<td>Whiteboard and group discussion</td>
</tr>
<tr>
<td>5 mins</td>
<td>Basic stretches</td>
<td>Group participation</td>
</tr>
<tr>
<td>5 mins</td>
<td>Launching</td>
<td></td>
</tr>
<tr>
<td>30 mins</td>
<td>Exercises:</td>
<td>On water</td>
</tr>
<tr>
<td></td>
<td>• Longer Triangular course</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Follow the leader behind a RIB</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• “Keepings Off”</td>
<td></td>
</tr>
<tr>
<td>20 mins</td>
<td>Morning tea and games</td>
<td></td>
</tr>
</tbody>
</table>

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**Tips & Tricks**

*Remember to always gauge your audience* — if you see tackers beginning to fidget and lose concentration, take them down to a rigged boat and get them to demonstrate.

*Gauging the tackers attention span on the water is just as important as on the land. If the tackers begin splashing each other, intentionally crashing or losing interest, quickly move onto the next activity.*
## Tackers - Activity Delivery Method

<table>
<thead>
<tr>
<th>Nominal Duration</th>
<th>Activity</th>
<th>Delivery Method</th>
</tr>
</thead>
</table>
| 10 mins          | Intro to roll tacking / “The Opti-Hop!”:  
• Steering  
• Moving through the boat (footwork!) and where to sit  
• Changing hands after the tack |  
Mini-lecture, demonstration and practice on shore  
Chalk on the Ground!  
Demo if possible! |
| 30 mins          | Roll tacking practice  
• “Hot Jam Donut” focus on Upwind for roll tacks. | On water |
| 10 mins          | Pack up | |
| 10 mins          | Debrief and review of session | Group discussion |
|                  | Sign Off! | |

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**Tips & Tricks**

This concept of roll tacking is best practiced on a light-wind day. If the weather does not suite, simply use an afternoon session from another session plan!

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**Notes:**

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**THERE IS A GAME(S) IN THIS ACTIVITY!** See Appendix B at back of manual.
Tackers 2: Session 4

OBJECTIVES

Today we will learn:

- How to tie a bowline and reef knot
- How to sail a windward / return course

CHECK LIST

- Whistle
- Four buoys for soccer goals / slalom course
- Small thick lengths of rope for the tackers to practice with (1 per tacker + Instructors)
- Giant gym ball (or similar) for boat soccer

<table>
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<tr>
<th>NOMINAL DURATION</th>
<th>ACTIVITY</th>
<th>DELIVERY METHOD</th>
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</thead>
<tbody>
<tr>
<td>10 mins</td>
<td>Sign On and Sun Cream!</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Rigging (tackers to complete)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Briefing: Review of previous session (Triangle explained and roll tacking / “The Opti Hop!”)</td>
<td>Whiteboard and group discussion</td>
</tr>
</tbody>
</table>
|                  | • Tacking on the whistle  
  • “Hot Jam Donut” | On water |
|                  | Morning tea and further knots  
  – bowline and reef knot  
  • Tug of War! | On shore |

Tips & Tricks

Repeating the last session allows for more practice of the “opti hop” and correct roll tacking technique.

Tips & Tricks

A print off of large diagrams of knots is a great tool when teaching them for the first time. Google is your friend here.
### NOMINAL DURATION

<table>
<thead>
<tr>
<th>Activity</th>
<th>Delivery Method</th>
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</thead>
</table>
| 10 mins  
  • Introduction of the windward / leeward or sausage course  
  • Review Gybing and safe gybing technique | Mini-lecture, demonstration and practice on shore |
| 5 mins  
  Basic stretches                                  | Group participation |
| 5 mins  
  Launching                                       |                 |
| 20 mins  
  • Windward / Leeward Course  
  • Tacking and Gybing on the whistle | On water |
| 10 mins  
  “Boat Soccer”                                   | On water |
| 10 mins  
  Slalom course - four buoys                       | On water |
| 10 mins  
  Pack up                                         |                 |
| 10 mins  
  Debrief and review of session                    | Group discussion |
|                                                |                 |
| **Sign Off!**                                    |                 |

### Notes:

_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
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**Tips & Tricks**

STOP! A windward / leeward course does not control the number of gybes on the downwind leg, i.e., with a triangle you only gybe once. Reiterate teaching points such as sailing directly downwind through knowing when the sail is ready and steering straight through a gybe, of course step across the boat and watch your head! BOOM!

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**TACKERS**

**Duration**

2.5 HOURS

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**THERE IS A GAME(S) IN THIS ACTIVITY!** See Appendix B at back of manual.
Tackers 2: Session 5

OBJECTIVES

Today we will learn:

• How to roll gybe
• How a sail works
• Parts of the sail

CHECK LIST

☐ Demonstration sail already rigged
☐ Four buoys for a slalom course

<table>
<thead>
<tr>
<th>NOMINAL DURATION</th>
<th>ACTIVITY</th>
<th>DELIVERY METHOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 mins</td>
<td>Sign On and Sun Cream!</td>
<td></td>
</tr>
<tr>
<td>20 mins</td>
<td>Rigging (tackers to complete)</td>
<td></td>
</tr>
<tr>
<td>20 mins</td>
<td>Briefing: Review of previous session (Introduction of Windward / Leeward course and revision of safe gybing) New Skill: Roll Gybes! • Steering • Moving through the boat (footwork!) and where to sit • Changing hands after the Gybe • The right time to Gybe • Gybing on a wave!</td>
<td>Whiteboard and group discussion Chalk on the ground Demo if possible</td>
</tr>
<tr>
<td>30 mins</td>
<td>Roll tack and roll gybe around a triangular or windward / leeward course See Appendix E for examples of the course</td>
<td>On water</td>
</tr>
<tr>
<td>10 mins</td>
<td>&quot;Keepings Off!&quot;</td>
<td>On water</td>
</tr>
<tr>
<td>20 mins</td>
<td>Morning tea • Basic sail theory and parts of the sail</td>
<td></td>
</tr>
<tr>
<td>5 mins</td>
<td>Basic stretches</td>
<td></td>
</tr>
</tbody>
</table>

IMPORTANT

The best way to control a gybe and come out without a sore head is to pull the mainsail over you as you pass dead downwind!

Tips & Tricks

Always congratulate tackers when they perform a good roll tack or gybe!

Tips & Tricks

Have a sail already rigged up so that tackers can point out the names of the sail!
Duration: 2.5 hours

THERE IS A GAME(S) IN THIS ACTIVITY! See Appendix B at back of manual.

<table>
<thead>
<tr>
<th>NOMINAL DURATION</th>
<th>ACTIVITY</th>
<th>DELIVERY METHOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 mins</td>
<td>Launching</td>
<td></td>
</tr>
<tr>
<td>30 mins</td>
<td>Roll Tacking and Gybing through a slalom style course with marks</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Windward / Leeward course</td>
<td></td>
</tr>
<tr>
<td>10 mins</td>
<td>Pack up</td>
<td></td>
</tr>
<tr>
<td>10 mins</td>
<td>Debrief and review of session</td>
<td>Group discussion</td>
</tr>
<tr>
<td></td>
<td>Sign Off!</td>
<td></td>
</tr>
</tbody>
</table>

Notes:
### Tackers 2: Session 6

#### Objectives

**Today we will learn:**

- Lateral marks
- Cardinal marks
- Safe / Dangerous water marks
- How to stop the boat for a "standing start"

#### Check List

- Three buoys for triangle course

<table>
<thead>
<tr>
<th>Nominal Duration</th>
<th>Activity</th>
<th>Delivery Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 mins</td>
<td>Sign On and Sun Cream!</td>
<td></td>
</tr>
<tr>
<td>10 mins</td>
<td>Rigging (tackers to complete)</td>
<td></td>
</tr>
<tr>
<td>10 mins</td>
<td><strong>Briefing:</strong> Review of previous session (Intro to Roll Gybes and Cont’d Roll Tacks)</td>
<td>Whiteboard and group discussion</td>
</tr>
<tr>
<td>5 mins</td>
<td>Review: Roll Gybing:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Steering</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Moving through the boat and where to sit/put feet</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Changing hands after the Gybe</td>
<td></td>
</tr>
<tr>
<td>5 mins</td>
<td>Launching</td>
<td></td>
</tr>
<tr>
<td>30 mins</td>
<td>• Slalom style course for Roll Tacks and Gybes</td>
<td>On water</td>
</tr>
<tr>
<td></td>
<td>• Roll Gybing and Tacking on the whistle</td>
<td></td>
</tr>
<tr>
<td>5 mins</td>
<td>Recovery</td>
<td></td>
</tr>
</tbody>
</table>

#### Tips & Tricks

These review sessions should be run by the tackers telling the instructor what they learnt.
<table>
<thead>
<tr>
<th>NOMINAL DURATION</th>
<th>ACTIVITY</th>
<th>DELIVERY METHOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 mins</td>
<td>Morning tea</td>
<td>Presentation and view of local area if relevant</td>
</tr>
<tr>
<td></td>
<td>Basic navigation marks:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Lateral Marks</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Cardinal Markers</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Safe water marks and dangerous areas</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Other local marks</td>
<td></td>
</tr>
<tr>
<td>5 mins</td>
<td>Basic stretching</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sail out to some local marks you have just taught tackers about and demonstrate their meaning</td>
<td>On water</td>
</tr>
<tr>
<td></td>
<td>Set up a triangle and windward / leeward course, tackers are to sail around the course from a “standing start”, in irons</td>
<td>On water</td>
</tr>
<tr>
<td>5 mins</td>
<td>Return to shore</td>
<td></td>
</tr>
<tr>
<td>10 mins</td>
<td>Pack up</td>
<td></td>
</tr>
<tr>
<td>10 mins</td>
<td>Debrief and review of session</td>
<td>Group discussion</td>
</tr>
<tr>
<td></td>
<td>Sign Off!</td>
<td></td>
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</tbody>
</table>

**Notes:**

________________________________________________________________________

________________________________________________________________________

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________________________________________________________________________

**THERE IS A GAME(S) IN THIS ACTIVITY!** See Appendix B at back of manual.

---

**Tips & Tricks**

A good way to involve tackers is to draw up situations on the whiteboard of navigational marks and get them, with the assistance of their classmates, to navigate their way through safely.

Children find it much easier to imagine and understand things when they can actually see them in the real world.
Tackers 2: Session 7

**OBJECTIVES**

Today we will learn:

- More advance sailing rules: Port / Starboard, Windward / Leeward, Commercial Vessels
- ‘Rail Riding’
- Winds, Tides and Currents
- How to safely perform a 360º or 720º turn

**CHECK LIST**

- Magnetic boats
- Four buoys for soccer and box pusher game

<table>
<thead>
<tr>
<th>NOMINAL DURATION</th>
<th>ACTIVITY</th>
<th>DELIVERY METHOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 mins</td>
<td><strong>Sign On and Sun Cream!</strong></td>
<td></td>
</tr>
</tbody>
</table>
|                  | **Briefing:**
|                  | Review of previous session
|                  | (Cardinal, Lateral and Safety Marks)          | Whiteboard and group discussion               |
| 15 mins          | **Rules Session**
|                  | • Port Starboard
|                  | • Windward / Leeward
|                  | • Commercial Vessels
|                  | Explanation of “Boat Soccer” incorporating rules and penalty turns, both 360 and 720 degrees |                                               |
| 5 mins           | **Launching**                                 |                                               |
| 30 mins          | **“Boat Soccer”**                             |                                               |
| 15 mins          | **Morning tea and land games**                |                                               |
| 10 mins          | Review of the game of “Boat Soccer” and all incidences that occurred | Mini-lecture, demonstration and practice on shore |

**Tips & Tricks**

- Model boats or cut outs of magnetic material boats are a great tool for teaching rules.

**IMPORTANT**

- Get the tackers to attach a red (stop and watch out!) and green (all clear) piece of tape to their boats to show the relevant sides.

**IMPORTANT**

- Safety must be your priority! Remind tackers about avoiding collisions and to keep hands inside boats when boats are about to collide – NEVER fend off boats using your hands!

**Tips & Tricks**

- You can set up scenarios that occurred during the on water session and explain the rules in action!
### NOMINAL DURATION | ACTIVITY | DELIVERY METHOD
--- | --- | ---
5 mins | Launching | Group participation
30 mins | • Inside a designated box, tackers must stay inside the area while trying to force other tackers outside of the area.  
• Rail riding on the way in to shore | On water
10 mins | Pack up | |
20 mins | Quick debrief of the box game  
Wind, tides and currents:  
• Meteorology and forecasts  
• Local effects  
• Tides  
• Currents  
• Wave action  
• Homework- bring BOM forecast next week and complete the take home activity sheet “Weather Forecast” | Mini-lecture with whiteboard (diagrams) and a view of the local conditions

**Sign Off!**

---

**Notes:**

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**THERE IS A GAME(S) IN THIS ACTIVITY!** See Appendix B at back of manual.
Tackers 2: Session 8

OBJECTIVES

Today we will learn:

• Sailing for long distances
• Planning routes for journeys

CHECK LIST

☐ Certificates prepared and signed by the Instructors
☐ Ball and snacks for adventure stop-off
☐ Four buoys for boat soccer
☐ Giant gym ball for boat soccer

<table>
<thead>
<tr>
<th>NOMINAL DURATION</th>
<th>ACTIVITY</th>
<th>DELIVERY METHOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 mins</td>
<td>Sign On and Sun Cream!</td>
<td></td>
</tr>
<tr>
<td>40 mins</td>
<td><strong>Briefing:</strong> Review of previous session (Rules and Weather)</td>
<td>Whiteboard and group discussion</td>
</tr>
<tr>
<td></td>
<td>Taking the group on a sailing adventure to a nearby beach or feature is an exciting way to put all of the newly-learnt sailing skills into action. Designate a leader and a tail boat and monitor the group on their journey.</td>
<td>On water</td>
</tr>
<tr>
<td>15 mins</td>
<td>Morning tea and games</td>
<td></td>
</tr>
<tr>
<td>5 mins</td>
<td>Launching</td>
<td>Group participation</td>
</tr>
<tr>
<td>35 mins</td>
<td>“Ball Tag”</td>
<td>On water</td>
</tr>
<tr>
<td></td>
<td>“Boat Soccer”</td>
<td></td>
</tr>
<tr>
<td>5 mins</td>
<td>Return to shore</td>
<td></td>
</tr>
<tr>
<td>10 mins</td>
<td>Pack up</td>
<td></td>
</tr>
</tbody>
</table>

Tips & Tricks

Take a ball or snacks with you in the rescue boat for more interesting stories to tell after the lesson!

Tips & Tricks

Ensure that these games are fun and light-hearted! They will be the last thing that the tackers remember about their Tackers course!
**Tips & Tricks**

This is as much for the parents / guardians, yacht club and advertising of your program as it is for the kids themselves. Sell this as the big finale to your program and invite the Commodore down. It is also important you advertise your club, the sport of sailing and the next step in the Tackers program.

---

**Notes:**

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**Tackers 2 Instructors Manual 2012: Tricks & Techniques**

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**TACKERS**

**Duration**

2.5 HOURS

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<table>
<thead>
<tr>
<th>NOMINAL DURATION</th>
<th>ACTIVITY</th>
<th>DELIVERY METHOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 mins</td>
<td>• Barbeque or Lunch</td>
<td>On shore</td>
</tr>
<tr>
<td></td>
<td>• Certificate Presentation</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• ‘Where to from here?’</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Sign Off!</strong></td>
<td></td>
</tr>
</tbody>
</table>

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**THERE IS A GAME(S) IN THIS ACTIVITY!** See Appendix B at back of manual.
Appendix A: Off-Water Session – HELP ME, IT’S TOO WINDY TO SAIL!

OBJECTIVES

Today we will learn:

• How to judge the wind strength by the condition of the water
• How to join together pieces of rope – reef knot
• The names, sizes, and parts of other boats

CHECK LIST

☐ Have all worksheets prepared with pens / pencils
☐ Determine from a club official the opportunity of seeing other boats

<table>
<thead>
<tr>
<th>NOMINAL DURATION</th>
<th>ACTIVITY</th>
<th>DELIVERY METHOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 mins</td>
<td>Sign On</td>
<td></td>
</tr>
</tbody>
</table>
|                   | • Welcome tackers!  
                    It’s too windy today to get into our boats so we are going to have fun on shore learning heaps about sailing!  
                    • Take the opportunity to show the kids the wind strength and ‘white caps’ that appear on the water when it is too windy for sailing  |
|                   | Discussion |               |
| 20 mins           | Activity sheets |            |
| 30 mins           | Knot Tying session, ending in a giant “tug of war”  
                    with ropes tied together by the kids |             |
| 20 mins           | Morning tea and games |           |
| 20 mins           | • Tour of the Yacht Club!  
                    Take tackers to see other classes of boats that are sailed at your club  |
|                   | Mini lecture and demo |         |
| 30 mins           | • Tackers Word Search  
                    • Colouring Activity  
                    • Hang man  |
|                   | Group activity, handouts required  
White Board |         |

Tips & Tricks

Remember the trick to any off water session is to keep the tackers busy. As soon as the tackers have nothing to do, they can get very mischievous.

Tips & Tricks

Kids love to see a boat with a trapeze or a big ‘trampoline’. This can be a chance to show them boats with spinnakers and inspire the tackers into thinking about sailing other boats when they are older! If you have access to Keel Boats see if a club member will take the Tackers for a tour of their boat in the marina.
## NOMINAL DURATION

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>DELIVERY METHOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Debrief and review of session</td>
<td>Group discussion</td>
</tr>
<tr>
<td>• Miscellaneous land game</td>
<td></td>
</tr>
<tr>
<td>Sign Off!</td>
<td></td>
</tr>
</tbody>
</table>

## OFF-WATER GAMES & ACTIVITIES

- **SAILING RELATED**

  **Bailing Race**
  1. Line up Optis next to the water.
  2. Fill with water.
  3. Two tackers per boat, on go they must bail using their bailing buckets until their boat is dry.
  4. First boat dry wins!

- **THEORY**
  - Parts of an Opti
  - Parts of a Sail
  - Tackers Word Search
  - Ropes practice

---

**Notes:**
Appendix B: Tackers 2 Sailing related Games

**Basic Stretches**

Ask tackers what parts of their body are being used in the activity of sailing. Work through with basic stretches for body parts they give you eg. for arms stretch the biceps and triceps, for legs stretch the calf muscle by gently pushing against partner with back leg out straight and front leg bending.

**Boat Soccer**

In teams, tackers need to use their steering skills to push a giant gym ball through a set of flags to score themselves a 'goal.'

**Reef Knot Practice**

To practice the tying of reef knots, tackers tie many pieces of rope together to form one long rope. Same can be done with the bowline.

From here, they can use this rope to have a game of tug-of-war, but be careful of rope burn on hands!

**Hot Jam Donut**

As the tackers are sailing upwind, an Instructor will hail “port” or “starboard”.

Once this occurs, the sailors must immediately tack onto the relevant side.

When the Instructor yells “hot jam donut” the tackers must complete a 360° turn. This can also be run when sailing downwind.

This activity can be used upwind or downwind, with tacking or gybing.

**What’s The Time Mister Wolf?**

The instructor hails for all tackers to pull their sails in at 1, 2 or 3 o’clock, depending on the point of sail.

**Tacking & Gybing On The Whistle**

Whilst tackers sail upwind or downwind, the whistle is blown and they must either tack or gybe.

If the group is pulled together tightly, every tackers timing must be almost identical or there may be collisions.

**Kiss The Mark**

Tackers are required to keep the bow of their boat within 30 centimetres of the buoy.

The tacker who can keep their boat stationary for the longest is the winner.

**Keepings Off**

The group is separated evenly into two teams.

Each team must throw a ball to their teammates, and the highest number of consecutive catches wins the game.

To add skill to the game, whenever the ball touches the water, it is turned over to the other team.
Appendix B: Tackers 2 Sailing related Games

**Rigger Race**

Anchor two empty hulls just off the shoreline.

Each item (centreboard, rudder, sprit) must be sailed out to the Opti individually.

Once all components are in the anchored boat, two tackers must be ferried out and once they have rigged the boat on the water, they must sail it back to shore.

First team back to shore wins.

**Stuck In The Sand**

A substantially sized square area is mapped out using buoys, and all boats must remain within this box for the entirety of the game.

The Instructor taps the mast of a boat, and once this occurs, the skipper of the boat must heave to, and yell “I’m stuck, I’m stuck, Get me out of this muck!”.

After this point, the ‘stuck’ boat may not move until his/her boat is touched by another sailor. The aim is for the Instructor to have all of the boats heaved to, and ‘stuck in the sand.’

The primary learning objective of this game is the heave-to manoeuvre. It also works very well in establishing friendships within the group.

**Opti Hop**

On concrete, draw a real-life size outline of an Opti. Then, fill in two large circles (preferably in different colours) on either side of the sketched boat to show where the tackers feet should be placed.

The tacker must be crouched down in their sailing position with their feet in the circles and after a count down by the rest of the group, they must jump to the other side of the sketched Opti and try to land both feet in the circles.

This demonstrates the hop that sailors do when they roll tack.

**Port / Starboard**

Begin with laying out a straight rope which is long enough for all of the tackers to stand next to facing the same direction.

Then, deem one end the bow, and the other end the stern, followed by the port and starboard on either side.

The rules are that the tackers feet can never touch the rope, and they must jump / run to the side / end that is called by the Instructor. If they are too slow, hesitate, or jump / run to the wrong side, then they sit down and wait for the next round.

**Delivering The Milk**

Tackers must sail their boats alongside the stationary rescue boats and hand over their named drink bottles. If the tackers are coming in too fast, or hit the rescue boat, then the milk is smashed and not accepted by the Instructor. The tackers must then turn around and try again.
Appendix B: Tackers 2 Non-Sailing related Games

The Name Game

Learn everyone’s name.

This involves making a circle with all your tackers. One person starts by introducing him/herself. This goes around the entire circle until everyone has given his or her own name.

Then the leader takes a small ball and throws it to an individual and saying “Hello _ _ _ _ _ _ “. “_ _ _ _ _ _ “ responds by catching the ball and saying “Thanks _ _ _ _ _ _ “. Continue tossing the ball around the circle until everyone has learned his or her classmates names.

For added difficulty, after everyone just seems to be catching on, toss a second ball into the group. Also try this using last names.

What variations can you think of?

Speed Ball

Creative Thinking and Teamwork.

While everyone is in a circle, ask your group to toss the ball once more around the group, with each member receiving it only once, until it has to be returned to the first thrower. They should remember whom they received the ball from and whom they threw it to.

Next, record the time it takes the group to toss the ball once completely around. Ask the group if they think they can improve on their time.

The only rules are that each member of the group has to touch the ball in sequence, beginning and ending with the same person.

How quickly can it be done?

Ball Memory Game

In a circle with one ball start with a random person and pass the ball around the circle so that each person touches the ball once and then back to the Instructor. Memorise this pattern and repeat the same way so the whole group remembers. This is pattern 1.

Introduce another ball for a 2nd pattern. This ball starts with a different person and must follow a completely new pattern around the circle, note now you cannot pass or receive the ball from someone you did in pattern 1.

Repeat with a new ball for a 3rd pattern.

Now start pattern 1 off, then begin pattern 2 while pattern 1 is still going, introduce pattern 3. The aim is to get all the balls around their correct pattern and back to the instructor without dropping any of the balls or making mistakes in the order of passing, ball 1 must get back first followed by ball 2 and then ball 3.

Octopus Tag

Mark out an area with boundaries. This is a fun version of tag that can involve a large number of tackers.

Nominate one or two tackers to be ‘it’.

On ‘go’ they must quickly tag as many of the other tackers as they can. Then tagged tackers stand on the spot with their tentacles outstretched to tag other players.

The game ends when everyone is an octopus or when you are down to only one or two tackers still free.
Appendix B: Tackers 2 Non-Sailing related Games

**Chain Tag**

Mark out an area with boundaries. This is another fun version of tag.

Nominate a tacker to be ‘it’. If you are tagged you join hands with the other tackers who are ‘it’.

Eventually you will be left with a huge chain of taggers and only a few tackers who have not been tagged.

As the Instructor you decide as to when the game should be finished.

**Tunnel Ball**

Two or more teams lined up one tacker behind the other. Each team has a ball at the front of the line.

On ‘go’ or a whistle teams must pass the ball from one person to the next down the line. When the ball reaches the end of the line that tacker gets as fast as possible to the front of the line and the ball is again passed along the team members.

Once everyone in the team has been to the front of the line and the original tackers is back to the front the team is finished and must sit down.

The team to finish first wins the competition.

**Poison Ball**

Mark out a rectangular boundary.

Tackers stand within the rectangle whilst two tackers start as taggers outside of the rectangle.

Those two start with the ball and roll the ball from one side to the other of the rectangle hoping to tag tackers within the rectangle with the ball as it moves through.

If you are tagged by the ball you become another tagger on the outside of the rectangle. Tackers cannot be tagged above hip height.

This game runs until last person is left inside the boundary.

*For selecting small teams:*

**Clumps**

Have tackers move within a boundary eg. run, walk, hop, skip.

Yell out a number. Tackers make groups of this size.

Sometimes tackers will be left out but the point of the game is to form groups of numbers quickly.

The last time you yell out a number, make it the number of people that you want in each team for an upcoming game or activity.
Appendix C: Glossary of Terms

This section has been formulated to help children remember techniques and sailing words more easily.

It has been found that fun words with alternative meanings which describe the subject are more likely to be remembered.

Feel free to add to these as you see fit – just remember to keep consistent to avoid any confusion.

PARTS OF THE BOAT

<table>
<thead>
<tr>
<th>PART</th>
<th>WORD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tiller Extension:</td>
<td>Microphone</td>
</tr>
<tr>
<td>Pulley:</td>
<td>Twirls</td>
</tr>
</tbody>
</table>

SAILING

<table>
<thead>
<tr>
<th>PART</th>
<th>WORD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Upwind:</td>
<td>Zig-Zagging</td>
</tr>
<tr>
<td>Downwind:</td>
<td>Running with the wind</td>
</tr>
<tr>
<td>Reaching:</td>
<td>Reaching</td>
</tr>
<tr>
<td></td>
<td>(no broad reach/tight reach)</td>
</tr>
<tr>
<td>Tacking:</td>
<td>Push Turn</td>
</tr>
<tr>
<td>Gybing:</td>
<td>Pull Turn</td>
</tr>
</tbody>
</table>

WEIGHT AROUND THE BOAT

<table>
<thead>
<tr>
<th>PART</th>
<th>WORD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Forward in the boat:</td>
<td>At the front of the bus</td>
</tr>
<tr>
<td>In the back corner:</td>
<td>Sitting on the couch</td>
</tr>
<tr>
<td>Leeward Heel:</td>
<td>Boomey down</td>
</tr>
<tr>
<td>Roll Tack:</td>
<td>Opti Hop</td>
</tr>
</tbody>
</table>
Appendix D: Tackers 2 Competencies

**Boat Handling**

- Get out of irons on your own
- Safely gybe the boat
- Correctly use the tiller extension
- Sail around a triangle course, including:
  - Upwind – on a close hauled course tacking through the “no go zone”
  - Downwind – with centre board up
  - Reaching – Correct sail position
- Demonstrate a 360° and 720° turn

**Rules & Safety**

Capsize and recover, unassisted

- Demonstrate the rules of the road:
  - Port / Starboard
  - Windward / Leeward
  - Commercial vessels

**Sailing Theory & Background**

- Rig your boat
- Name the parts of a boat and sail, including the sail controls
- Have a sound knowledge of wind awareness
- Tie without guidance, a bowline and reef knot
- Identify navigational, cardinal and lateral marks
- Have a basic knowledge of roll tacks and roll gybes
Appendix E: Courses

TRAPEZOID

WINDWARD / LEEWARD

TRIANGLE
Appendix F: Sample of Tackers 2 Certificate

This certificate is awarded to Tacker

for completing Tackers 2: Tricks & Techniques
Sailing Introductory Program (20 hours)

www.discoversailing.org.au/tackers

We hope that you come back and visit us in Tackers 2, or continue your sailing into Tackers 3 with us.

By completing Tackers 2 you are now independently able to do the following:

Boat Handling
- Get out of trouble on your own
- Safely gybe the boat
- Correctly use the tiller extension
- Sail around a triangle course, including:
  - Upwind – on a close hauled course tacking through the “no go zone”
  - Downwind – with centre board up
- Demonstrate a 360° and 720° turn

Rules & Safety
- Capsize and recover, unassisted
- Demonstrate the rules of the road:
  - Port / Starboard
  - Windward / Leeward
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Sailing Theory & Background
- Rig your boat
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- Have a basic knowledge of roll tacks and roll gybes

Club

Date

Instructor

[Signature]

—

YACHTING
AUSTRALIA
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2. Better Sailing
3. Introductory Racing
4. Club Coaching & Interclub Racing
5. State & National Class Racing
6. International Racing

Features:
- High Performance
- Single Handed Dinghy
- Double Handed Dinghy
- Catamarans
- Windsurfing
- Kiteboards
- Crewing