

## **What the Good Crew needs to be doing**

### **Rigging and launching and recovery**

Arrive in time to help with this. Check everything is ok with your sails and controls.  
Slide over windward foredeck to hold boat when landing.  
Help put away clean and ready for another race

### **Sail trimming**

**Trim Foresail** - watch telltales & streamer to make sure windflow is flowing well on both sides – don't pull too tight.

- If windward telltale collapses draw in, if leeward collapses ease out.  
If leech streamer (if there is one) try easing slowly. (May need fairlead adjustment)  
Always move sheets gently especially in light wind, so as not to interrupt windflow

### **Main**

Know the main controls for the Main in case helm asks you to adjust them – kicker, outhaul, cunningham (downhaul).

### **Spinnaker/Genneker**

Prepare for hoist with pole in position,  
Trim when up  
Drop, stow sail and lines ready to re-launch

### **Boat balance and trim**

**Moveable ballast** –one of the main jobs of the crew is to balance the boat

**Balance** – Heeling - keep boat completely flat as possible, hike out as far as you can when needed. Move gently in light winds

**Trim** - fore & aft positioning – forward for beating, middle off wind, back to plane  
In light to moderate winds use Roll Tacking and Gybing – moving in time with crew to swing mast in an arc through the air to create dive – move smoothly

### **Position c/board**

**Move according to point of sailing** –  
down for beat,  
halfway for reach  
nearly up for run and gybe.

### **Timekeeping and Navigator** –

Give Countdown to start if required (need a timer or stopwatch)  
Know the Course & advise of next mark and hand to pass

### **Lookout & Tactician**

**Watch for other boats** and what they are doing and for obstructions (moored craft and shallow water) – warn helm. **Shout for 'starboard tack' or 'water on mark' if helm hasn't seen.**

**Watch for gusts** and be prepared for them

**Tactics** Be prepared to suggest moves. Some helms may rely on crews who are experienced racers to be the tactician so that the helm can concentrate entirely on boat speed.