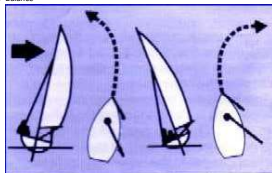


1 Balance



**The effect of heel**  
 When boat is heeled away from wind, it will try to turn into wind. The opposite happens if the boat is heeled towards the wind

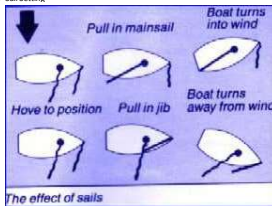
Keeping the boat, starboard and port, level i.e. not letting it tip. This means leaning out (hiking) in a gust and keeping in when the wind dies (and while on a run)

2 Boat Trim



The point of doing this is to prevent the boat dragging in the water. If the stern of the boat is low in the water and the bow is high then there is a lot of drag. If the bow is low and the stern is high there is less drag but it is very unstable at high speed

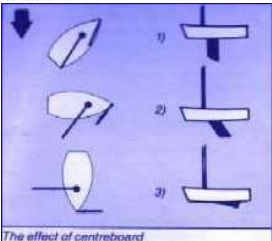
3 Sail Setting



**The effect of sails**

Use the mainsheet to keep the sail in the most efficient position. It should not be flapping (too loose) and it should not be 'over sheeted' (too tight)

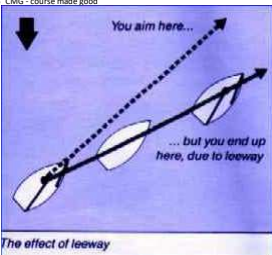
4 Centreboard



**The effect of centreboard**

The centreboard is needed to correct sideways drift. When the wind is blowing on the back of the boat (3) there is no sideways drift so the centreboard can be all the way up as it just causing drag in the water and slowing you down. When you are beating (1), there is a lot of sideways force on the boat causing a lot of sideways drift. Because of this the centreboard should be all the way down on a beat to stop the sideways drift as much as possible

5 CMG - course made good



**The effect of leeway**

If you are sailing between 2 points A and B, you might not want to sail to point C first. Aim to sail boat smoothly in a steady direction to take the shortest route between two points. You may also need to compensate for other factors that could affect your course e.g. tide and leeway