

HOW TO ATTACH IF WINDY

We hope these notes will help coxes and steerspeople onto the stakeboats safely if it is windy.

Good boat skill at the start is safer and cuts stress, allowing focus on getting the best result in the race.

However, these notes are no substitute for:

- a) Practising stakeboat skills before the regatta
- b) Common sense!

THINK!

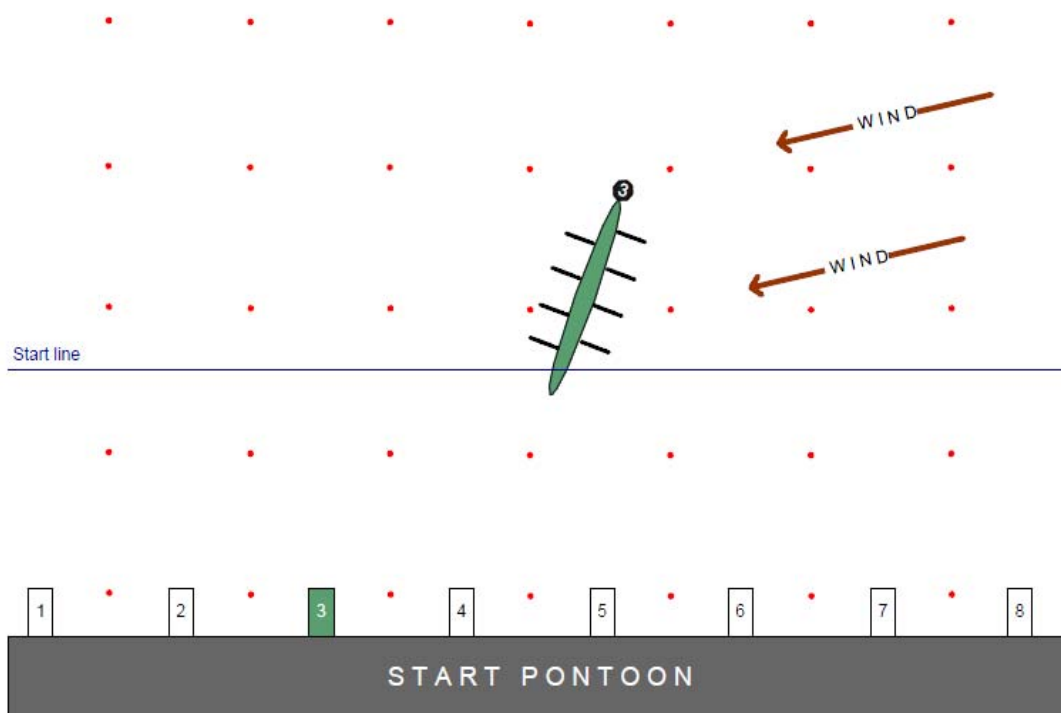
Before spinning onto lane, assess the wind:

- Where is it coming from?
- How strong is it?
- How fast will my boat drift?
- How fast can my crew respond?
- Look out for other crews

1. POSITION

If windy, position your boat...

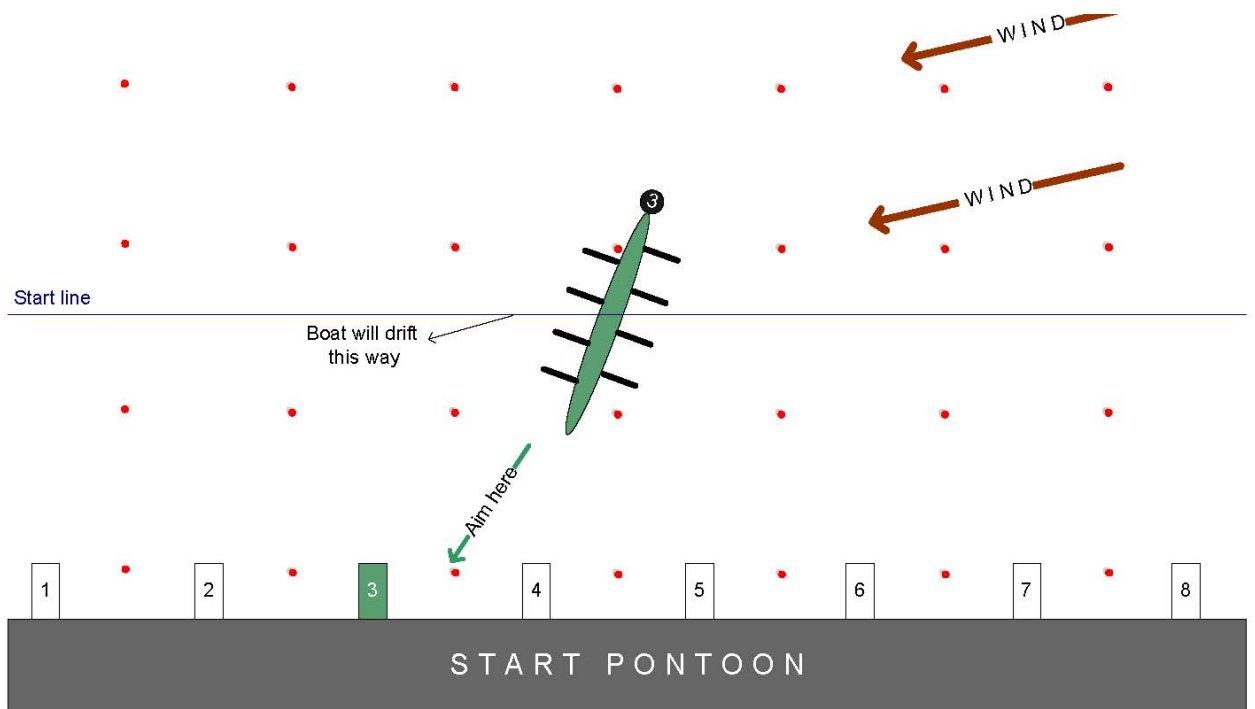
- a) 20m/1 length of water away from stakeboat (tail/crosswind) or 20-40m/1-2 lengths (headwind) and;
- b) 1-2 lanes upwind (ie towards where a crosswind is coming from). This lowers risk of overshooting.



2. APPROACH

Backing down:

- Be happy you are positioned correctly before backing down
- Keep your bows pointing into the wind
- Only stern pair need to back down
- Aim your stern 1 - 2m upwind of the stakeboat, but do think how fast you are drifting
- The boat keeps moving when rowers stop. So anticipate & let the boat run backwards
- Remember, the crosswind won't stop, so attach at an angle with your bows into the wind



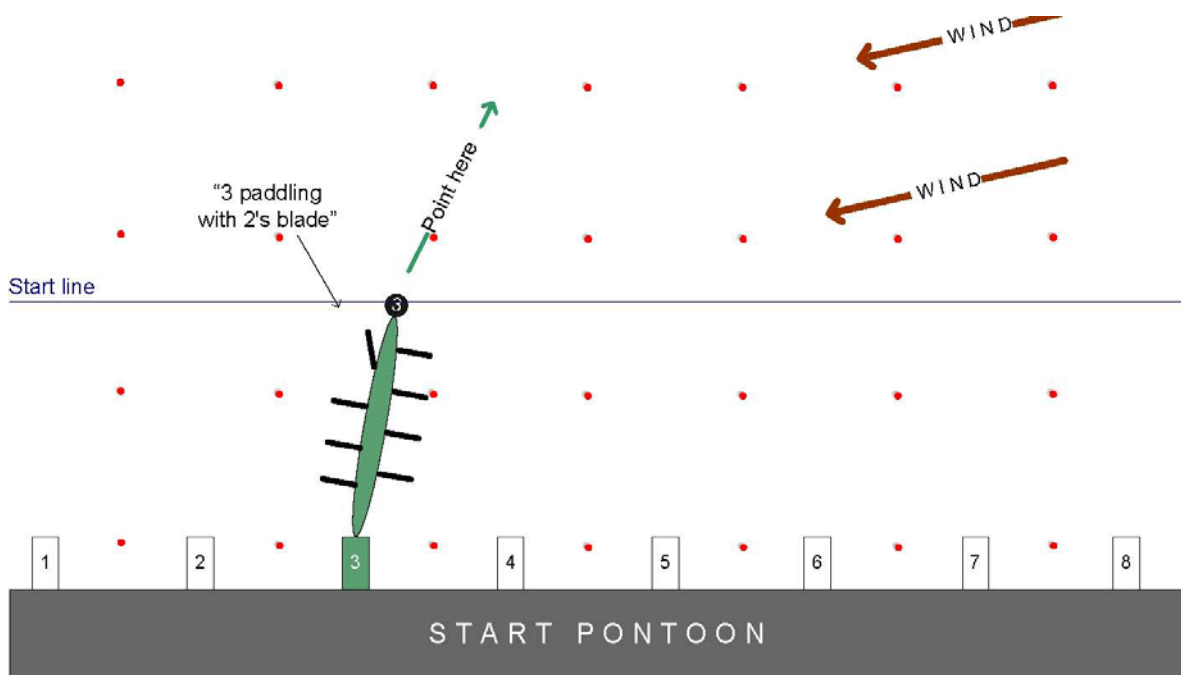
3. ATTACH

On stakeboat:

- To tap on, aim is to get blade as parallel with the boat as possible
- Why? Because you're trying to get the boat to go sideways
- It is usually best to pass blade to person in front (e.g. 2 with bow's blade)
- Then take short, stabby strokes
- It helps if opposite side person nearest the stern backs down at same time (7, in this example)

If you become detached:

- In a strong wind, do not attempt to re-attach unless your boat is upwind
- Paddle 2 lengths forward and at least one lane towards the wind (avoiding other crews)
- Only then should you start the approach again.



The Starter:

- In the start tower, it is easy for the Starter to see where each boat is pointing
- The Starter may try to have all boats pointing into the wind together
- The Starter may then start the race when all boats drift straight together

Stakeboat team:

- Your job is often not made easy by the crews!
- Please try to avoid stopping crews as they back down using your hands
- Don't risk falling in; let the boat go if the boat is pulled out of your grip