

Sunfish Sailing is FUN

Always wear a PFD.

As soon as the water is warm enough, you should intentionally capsize and then climb back in. You will enjoy sailing much more when you realize that capsizing is not life threatening.

Try and sail with a partner and sail alongside each other. It is better if the more experienced sailor leads and the other sailor can follow or mimic the same wind angle. Just like skiing with an expert is much easier because the expert reads the hill, sailing along side an experienced sailor helps the novice get the feel of the boat when it is in the groove.

After you are comfortable with sailing side by side you should start mimicking the more experienced sailor in where they sit, where they trim the sail and how they move their body when they tack.

As you get more comfortable with basic boat handling such as controlled tacking and gybing, then you should split tacks. When you have sailed for a minute or two, one person will call tack and then you can sail back toward one another. Now the port tack boat must decide if she can cross in front of the other boat or duck under the starboard tack boat. This is a great practice.

The Four Main Rules of Sailing

Port tack must give way to Starboard Tack.

Windward Boat must give way to Leeward Boat.

Overtaking boat must keep clear of boat ahead.

Don't hit anyone.

Hints for Sunfish sailing:

Keep it flat. Try to minimize the heeling by sitting out and by easing the sheet slightly. Learn to feather up into the wind to reduce pressure on the rig. In breezy conditions always ease the sheet out about 10 to 12 inches. This will give you much better control.

Don't let your arm get too tired. Try and get a ratchet block and if your arm still gets tired then sit on the sheet. I used to tack when ever my arm got tired, but sitting on it is much better.

Make sure the booms are pulled to the correct height. The rigging guide suggests that the halyard should be attached to the upper boom between the 9th and 10th sail ring from the tack.

It is a good idea to check the rigging guide which comes with the boat but is also available on line from Laser Performance.com*

Sailing is even more enjoyable as your skills improve. If you feel you are bogged down, arrange to have a lesson. The better sailors are hiring coaches and trainers to improve, so why don't you.

Enjoy your time on the water.

*[http://www.laserperformance.com/main/images/stories/pdfs/Sunfish/Sunfish\(US\).pdf](http://www.laserperformance.com/main/images/stories/pdfs/Sunfish/Sunfish(US).pdf)