



COURAGEOUS SAILING

Trapeze Policy

Policy:

Courageous staff is committed to bettering our program through the staffs knowledge of advanced technical racing including but not limited to the use of spinnakers, trapeze, both at the same time, etc.

Purpose:

Our staff is devoted to not only making sure we have mastered basic approaches to sailing but also learning new stuff and taking on new challenges. Learning how to effectively use a spinnaker, trapeze, or both at the same time is just one of those challenges that can be taken on in order to further our programs knowledge of advanced technical sailing. As staff becomes better acquainted with these advanced techniques, we can eventually pass this knowledge down to our step 5 sailors. This will foster a program that is not only more competitive, but also more engaging for our youth sailors.

Scope:

These advanced techniques will apply to any staff who are interested in learning how to use them. These staff members should have perfected their hiking technique and have to be comfortable with sailing in wind that is above a consistent 15 knots of wind with gusts higher. In addition, these staff members should be comfortable with moving on to a more advanced and difficult way of flattening the boat in heavy air.

Responsibilities:

Staff needs to understand that utilizing the trapeze has resulted in serious injury and need to peruse extensively their gear before learning the technique. Harnesses should be checked that all buckles can be tightened to the body effectively. The quick release button or pins on sed harness need to be checked to make sure they are functional and will release in the way they are supposed to. If the emergency release pin does not work these harnesses cannot be used and the trapeze cannot be used. On the boat, it is the staff's responsibility to check if the wires are fraying above where the coarse adjustment is. The lines on the fine tune and coarse adjustment should be able to carry the standard amount of weight and should not be fraying. When learning how to use the trapeze from their peers staff needs to be extremely attentive and listen to their instructor at all times in order to provide the maximum amount of safety for each staff member learning the technique. Each student will also be required to carry a knife for safety purposes.

Definitions:

Trapeze- the trapeze refers to a wire that comes from a point high on the mast, usually where the shrouds are fixed, to a hook on the crew member's harness at approximately waist level

Spinnaker- a large triangular sail set on a long light pole and used when running before the wind

Coarse adjustment- trapeze adjustment that is fixed while using the trapeze and connects to the actual wire.

Fine adjustment- trapeze adjustment that is used while sailing to lower or raise yourself to increase or decrease a persons leverage on the boat it connects from the coarse adjustment to the ring that hooks onto the harness.

Procedure:**1.0 HARNESS PREPARATION**

1.1 All buckles on harness should be pulled in tightly to the body. THE HARNESS IS NOT COMFORTABLE the buckles should be as tight as possible in order to keep the trapeze hook as close to the body as possible. This ensures that your body is fixed to the wire at one point and you are not sliding around in the harness. Once hooked in there should be no space between your abdomen and the hook on the harness.

1.2 The emergency release pin has to be checked before going out if it does not work properly that harness cannot be used.

2.0 USING THE TRAPEZE ON THE WATER

2.1 Hold the handle by the front hand for control and hold yourself up by the handle.

2.2 Place the front foot on the gunwale and push out, keeping the body at a right angle to the boat while bringing the aft foot up and stand on the gunwale.

2.3 Lean back fully and fully straighten the body with feet about a shoulder-width apart. As you get better acquainted the feet should be touching.

2.4 Then insert the ring underneath the trapeze hook and rest your full body weight onto the hook and the wire will support your dead weight. DO NOT HALF SUPPORT YOURSELF WITH YOUR HAND ON THE HOOK this will result in the ring sliding out of the hook.