

Schedule for Clinic

Day 1

Morning 08:00-12:00

Intro and presentation 8:00-8:30

Education program briefing, the clinic plan and what is required of each participant to receive the M32 MR License.

Theory Session 1 - Safety 8:30-10:30

A theory briefing covering what to do during a capsize and other situations that may occur while sailing the M32.

How to prepare an M32 for sailing 10:30-12:00

Prepare the M32 for sailing.

Lunch 12:00-13:00

Afternoon 13:00-17:00

Sailing Session 1 (13:00-17:00)

The session will take place on an windward-leeward course with the teams sailing in 30 minute time slots. An instructor will be on-board each M32 throughout the session.

Debrief and dinner

Day 2

Morning 08:00-12:00

Briefing and preparing the boats for sailing (08:00-09:00)

Sailing session (09:00-12:00)

The session will take place on an windward-leeward course with the teams sailing in 30 minute time slots. An instructor will be on-board each M32 throughout the session.

Lunch 12:00-13:00

Afternoon 13:00-17:00

Sailing session 3 (13:00-16:00)

The session will take place on a start-reach-reach-finish course and will introduce a race starting sequence. Teams will sail two races before swapping.

Debrief and dinner

Day 3

Morning 08:00-12:00

Theory session 2 - Umpires and PRO (08:00-09:00)

Umpires will talk through the changes to the Racing Rules of Sailing used on the WMRT.

The PRO will cover a normal starting sequence and aspects of race management.

Sailing Session 4 (9:00-12:00)

Race practice with full race management and umpiring. Teams will sail a round robin.

Lunch 12:00-13:00

Afternoon 13:00-17:30

Sailing session 5 (13:00-16:00)

Race practice with full race management and umpiring. Teams will sail a round robin.

Conclusion (16:30-17:30)

Finish the day with a debrief of the clinic and the sailors that have completed the license form will receive their M32 MR License.

Day 4

Reserve day