

HSS Sailing & Windsurfing Center

(Adult and Youth Sailing) Training Groups



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Green



“For people with some (beginners course is enough) sailing experience and want to sail regularly and learn quickly.”

Requisite and sailing experience needed

This group is for members with little sailing experience, for those who have not tried dinghy sailing before and for those who want to refresh their memory with the basics. If you have no previous sailing experience, we highly recommend taking part in one of our beginner's courses. After a beginner's course, you know the very basics of sailing and you are ready to join this training group.

You need:

- ability to swim
- minimum age 18 years
- own sailing gear and life vest

Coaches

Sailors per coach:

- 6-8 persons early season (2 boats per coach)
- 10-12 persons late season (3-4 boats per coach)

More info about coaches can be found [here](#).

Wind limit for sailing

- 6 M/s full sails
- 8 M/s reefed sails

End of season

- 8 M/s full sails
- 10 M/s reefed sails

If there is too little or too much wind we will hold theory or boat maintenance -classes.

Training is never cancelled because of wind conditions.

Learning goals

You will learn how to master the wind and control the boat in communication with your teammates. You will have a fun experience while being introduced to the world of sailing, the groups after this are going to focus more on optimising manoeuvres and race sailing. If your interest is to expand your sailing skills without the need for a more demanding level.

- Leaving the shore and coming back (launching and docking) independently
- Parts of a boat
- Most important knots (eight, reef knot, bowline, round turn and two half hitches) and coiling a rope
- Knowing wind direction and wind speed
- Physics/meaning behind sails
- Rudder and keel functions
- Rigging the boat
- Launching a boat
- Sailing straight
- Accelerating, slowing down and stopping
- Tack and jibe
- Sailing in all wind directions
- Beating high enough towards the wind
- Sailing with a tiller extension
- Recognizing gust and wind shifts
- Basics of navigation and seamarks for sailing in the near area of HSS
- Basic about the need for maintenance of a boat
- Basic rules of the road
- Basics of sail setting
- Boat trim and balance (weight placement)
- Capsizing and recovering the boat (RS TOURA)
- Man Overboard (MOB) situation
- Typical sources of damage to a dinghy & how to avoid them
- How to lower and raise RS TOURA boat's mast safely
- Which places should be taped on a RS TOURA boat to avoid ropes snagging them
- Very basics of ropes (sheet vs halyard)
- How to check that shroud tension is safe

Racing level

Crewing or helming in Wednesday races

Next level

Sailing Center blue group, with coaches recommendation after attending at least 1 maintenance clinic

Blue

“The goal for sailors in the group is to learn basics of racing and create own racing team → take part in HSS Spring and Autumn Cup's.”



Requisite and sailing experience needed

This group is for members who understand boat handling and manoeuvres at a basic level, they want to improve their understanding of manoeuvres and optimise their position as crew. The group aims to make a more complete sailor out of a beginner sailor. You will be motivated to learn more about seamanship. You will be introduced to sail racing and focused on improving performance skills for racing with RS TOURAS.

You need:

- Green group skills
- minimum age 18 years
- own sailing gear, life vest and a start watch

Coaches

Sailors per coach: 4-6 boats

More info about coaches can be found [here](#).

Wind limit for sailing

- 8-10 m/s
- skipper's responsibility to recognize their own limit

If there is too little or too much wind we will hold theory or boat maintenance -classes.
Training is never cancelled because of wind conditions.

Learning goals

You will learn how to optimise your maneuvers, trim the sails properly and improve sailing performance in races. You will learn more about boat maintenance and you will be introduced to sailing with Elliotts.

- Mastering roll tack
- Structure of a race
- Use of start watch and understanding starting line
- Taking and mastering starts
- Accelerating and backing
- Understanding edges of a race course
- Mark roundings
- 720 degrees, punishment turn
- Race sailing rules more in depth
- Sailing around race course (start, mark roundings, different types of courses)
- Weather: clouds etc
- Roles in boat + changing of positions
- Practicing fleet racing
- Boat balance and hiking
- Improving spinnaker sailing skills
- Leaving the pier and docking at all wind directions without outside help
- sail trimming
- Spinnaker trimming
- Rounding the buoy (race course)
- 360 degrees penalty rounding
- Race flags
- Introduction to roll tack
- Race sailing right-of-ways
- Introduction to fleet racing
- Race start (starting procedure, starting line etc.)
- Bear-away and jibe-sets
- Racing rules
- How to optimize an RS TOURA boat for racing
- Mast rake
- Lubricating sheaves, and blocks, spinnaker rigging for racing
- Adjusting hiking straps for hiking comfort & fast tacks
- Basics of ropes (single vs double braid, dynema, polyester, polypropene)
- How marks make repeating settings easier

Racing level

- Helming or crewing in Wednesday races
- Taking part in Spring Cup and Autumn Cup with RS TOURA

Next level

Sailing Center Red -group with coaches recommendation or invitation from a group member

Red

“The goal for sailors in Red group is to learn basics of racing and create own racing team that will take part in the HSS club race”



Requisite and sailing experience needed

This group is for sailors who master the Green and Blue learning goals (or such skills).
Sailors must have some experience with racing on RS TOURA or other classes. Attendance

of mandatory theory training before season start is required for all participants. In this group sailors concentrate on learning Elliott 6m handling and the basics of race sailing.

Coached training takes place once a week and teams may be fixed or changing - depending on sailors' preferences. However, it is advisable that you consider building up your own team if you wish to progress in race sailing and aim for competitions during the season.

You need:

- Green group and blue group skills
- Skipper's rights for RS TOURA -class
- Basic experience of racing on RS TOURA or other classes
- minimum age 18 years
- own sailing gear, life vest and a start watch

Wind limit for sailing

- 8-10 m/s
- skipper's responsibility to recognize their own limit

If there is too little or too much wind we will hold theory or boat maintenance -classes. Training is never cancelled because of wind conditions.

Learning goals

- Leaving the pier and docking at all wind directions without outside help
- Mastering roll tack
- Structure of a race
- Use of start watch and understanding starting line
- Taking and mastering starts
- Accelerating and backing
- Understanding edges of a race course
- Mark roundings
- 720 degrees, punishment turn
- Race sailing rules more in depth
- Sailing around race course (start, mark roundings, different types of courses)
- Weather: clouds etc
- Roles in boat + changing of positions
- Practicing fleet racing
- Boat balance and hiking
- Improving spinnaker sailing skills
- Lifting and setting the mast
- Taking the mast down
- Attaching and detaching the boom
- Routine check of rigging for spinnaker
- Replacing the shackles, pins and others
- Recovering the halyards from inside the mast
- Fastening the shrouds
- Fixing trailer wheels

- Putting the sails to dry
- Crane operations (hoisting, putting the boat on water, washing the boat)
 - How to wash an Elliott
 - How Elliotts typically get damaged and how to avoid it
 - How marks make repeating settings easier
 - What is prebend

Racing level

Helming or crewing in Wednesday races

- Taking part in Spring Cup, and Autumn Cup and End Of Season Race

Next level

Sailing Center Black -group with coaches recommendation or invitation from a group member. Preferably as part of a fully formed team.

Black

“The goal for sailors in Black group is to improve racing skills and practice for all racing situations and to represent HSS at the Sailing League or to ultimately sail in competition representing HSS”



Requisite and sailing experience needed

This group is for sailors with high ambitions in succeeding in race sailing. You are a race sailor with personal goals and you love to push yourself for better results. This group's main goal is to succeed in [Finnish Sailing League](#) and the best sailors have a chance to represent our club HSS in the Sailing League. Coached trainings are held once a week and teams. Roles are fixed/permanent after finding a suitable role and team for everyone. You can sign up for the group with a team or as a single crew member. Fixed/permanent teams and roles, will be decided after one month of practice to build the most functional teams. Apart from the regular training there will be additional training opportunities organized with other clubs especially in the j70 class

You need:

- Red -group skills
- Skipper's rights for Elliott 6mr -class
- minimum age 18 years
- own sailing gear, life vest, rule book and a start watch

Wind limit for sailing

- skipper's responsibility to recognize their own limit

If there is too little or too much wind we will hold theory or boat maintenance -classes. Training is never canceled because of wind conditions.

Learning goals

- Understanding Sailing League /concept
- Deepening the understanding and skills of tactical, technical and physical aspects of sailing and applying these in different circumstances in the best way possible
- Broadening the knowledge of sailing from a national point of view towards a more international point of view
- Excellent race sailing skills
- How mast curve and sail shape interact ("why does my sail look like that")
- Trimming boats with and without backstays - differences

Racing level

- Helming or crewing in Wednesday races
- Taking part in Spring Cup and Autumn Cup
- Goal in Finnish Sailing League