

Elliott 7m Skipper's Role

The skipper's role is over all responsibility for the boat and crew. Each crew member has jobs but it is the skipper's role to make sure that these jobs have been done satisfactorily. On the water it's the skipper's role to listen to the information and then make the final decision. One of their most important roles is to make sure communications between crew are good, and that everybody knows what is happening or about to happen

Their responsibilities include:

Before leaving the dock

- Each crew member knows their position and responsibilities
- Make sure boat has correct sails, sheets etc
- Make sure they know what the on water exercises are and where to assemble
- Make sure boat is signed out

Upwind

- Control angle of heel
- Listen to wind calls and fleet calls from crew
- Work with main trimmer on strategy and tactics for the leg
- Take main in tacks
- Trim traveller <12 knots
- Speed of boat

Top mark

- Take main from main trimmer before mark
- Confirm set with main trimmer – straight, early gybe, gybe-set
- Dump main around mark

Run

- Angle of heel
- Speed of boat
- Calling for gybes
- Continuous updating of strategy with main trimmer

Bottom Mark

- Time to take spinnaker down
- Confirm strategy for next leg with main trimmer
- Approach to the mark and exit
- Communication

At end of the day

- Make sure sails are put away
- Make sure log correctly filled out and any damage brought to coaches attention
- Make sure boat washed and put in correct parking bay
- Crew fully debriefed

Mainsheet hand's role is very critical on a boat that is easily over powered. Your role is to balance the boat and take the load off the rudder. The feel you get through the mainsheet is the earliest indication of when the boat is over powered or under powered. You must communicate this to the skipper and work with the jib trimmer to keep the boat under control at all times.

Your responsibilities include:

Before leaving the dock

- Mainsail correctly fastened to boom
- Main halyard attached
- Sailing instructions/draw if required on board
- Toolkit on board

Upwind

- Primary role to keep mainsail working efficiently
- Control boat height by leach tension
- Discuss with skipper helm feeling
- Take traveller in tacks, pass main to skipper before tack if necessary
- Trim traveller > 12 knots
- Tactics/Strategy

Top Mark

- Strategy for rounding – straight set, straight set-early gybe, gybe set
- Check mainsheet ready to run
- Adjust vang if necessary
- Pass main to skipper so you are ready to hoist
- Sneak halyard and hoist spinnaker

Run

- Adjust outhaul and Cunningham immediately for downwind
- Continuously update tactics/strategy
- In gybes pull on new windward tweaker
- Trim main
- Clean up halyards for bottom mark

Bottom mark

- In lighter conditions pull up jib when skipper and trimmer ready, heavier conditions bowman pulls up jib early
- Preset main to upwind settings before rounding
- Rapidly haul in mainsheet slack rounding the mark

Elliott 7m Trimmer's Role

The trimmer's role is to keep the boat going fast at all times. They are the primary monitor of boat speed. It is important that the trimmer works with the skipper and main trimmer to achieve a balanced trim and discuss changing gears.

Before leaving the dock

- Spinnaker attachment including making sure no twists
- Food and water for the crew

Upwind

- Trim jib using tell tails
- Max two wraps on winch
- Set jib halyard tension
- Adjust jib sheet car positions for current conditions (as a guide 6 holes from front when not hiking, hiking = 7)
- Call wind gusts
- Call changes in sea conditions

Top Mark

- Ease jib sheet and hike

Run

- Keep spinnaker full at all times through brace and sheet trim
- Discuss pressure in kite with skipper when needed
- In gybes let windward tweaker off
- Be ready for multiple gybes

Bottom Mark

- Ease sheets for bowman to drop kite
- Cleat sheets to tidy marks while bowman dropping
- Assist bowman with pole/kite down
- Jib trim leaving mark with bowman in front if necessary, switch first tack
- Hiking

Elliott 7m Bowman's Role

Bowman's role is a physical role, with the ability to balance on the fore deck combined with agility to move quickly and smoothly to free the kite from the bag, act as a human pole and tack the jib in all conditions. Some of the key jobs include gybing the pole, setting the jib and calling gusts and or waves in front of the boat. Responsibilities of the bowman include:

Before leaving the dock

- Jib attachment
- Food and water for the crew
- Tape

Upwind

- Sit between trimmer and mainsheet
- Call short term wind gusts
- Call changes in sea conditions

Top Mark

- Switch with trimmer on last tack so bow is forward for set
- Set spinnaker pole on mast with brace attached
- Have mark on topper for "set height" should be lower to encourage "pop" of spinnaker, following set adjust to running height
- Assist spinnaker hoist by pulling spinnaker out of bag and forward
- Half open jammer then kick open when kite sets

Run

- Close jib clutch after setting and clear jib sheets for drop
- Call wind pressure
- Call opposition positional changes
- Call position of gas – breathing ahead, breathing behind

Bottom Mark

- In heavy conditions pull up jib early, lighter conditions main to pull up jib later
- Pole away and stowed on boom
- Spinnaker down and pack into bag
- Hiking