



Body & Tiller Position: Checklists

Drifter Body & Tiller Position Checklist

- Body at front of cockpit
- Feet & legs together
- Torso leaned in towards boom
- Tiller braced on thigh
- Embrace the discomfort

Sitting & Leaning Out Body /Tiller Position Checklist

- Front leg against front of cockpit wall
- Feet & Legs together
- Torso perpendicular to boat direction
- Shoulders outside hips
- Tiller hinged and locked down on thigh