



Lesson Title: Work and Rest Modes

Initiate Work Mode

- ☐ Look for a wave or gust ahead, or feel increased helm in the rudder as your signal for a slowing boat
- ☐ Ease sheet upon impact
- ☐ Increase hiking slightly, but not maximum to avoid hitting waves with your body
- ☐ Steer and sheet through the wave set with the goal of reducing impact
- ☐ On the last wave of the set as you enter the flatter water, bear away slightly below close hauled and ease sufficient sheet to keep the boat flat
- ☐ Do your biggest hiking effort now and centerline the tiller simultaneously, rounding up to close hauled

Initiate Rest Mode

- ☐ Stay max hiked until you can get your sheet in block to block on close hauled. If you can't get your sheet block to block, then no rest is warranted yet. (see step 2)
- ☐ Keep hiking until sheeting in block 2 block doesn't add weather helm.
- ☐ Resting is exclusively done with a tight sheet, so if the wind is such that b2b is unachievable, take your rest at maximum sheet tension.
- ☐ Rest by bringing your shoulders back up to normal hike. Make sure to keep angle straight. Accidental tiller movement could take you off course, and reduce the length of your rest period.
- ☐ If your boat doesn't heel during the rest, then you are fast enough to justify it.
- ☐ As soon as you feel weatherhelm in the tiller or see a wave set or gust ahead, you should prepare to start at the beginning of the cycle once more.

These cycles are constantly in repeat. If you can get into a rhythm, you'll find that boat speed will remain high with less overall effort

*** For specific Heavy Air Upwind sail settings, please see the PDF Sail Settings charts.