



## **Wind Awareness: Checklist**

Good sailors can keep their boat moving fast yet still look upwind to spot gusts and lulls. This skill is about using the indication of what's to come with how you need to setup the boat to stay fast when change occurs. Most of boat speed is about anticipation, as reacting to change is often misleading and incorrect. We use gusts and lulls as leading indicators to predict what will happen with the wind in terms of "DDI" Direction Duration and Intensity.

Awareness Checklist:

- Direction.** What direction is the gust travelling from? Will it be a lifter or header?
- Duration.** Is this a short term burst of wind or is it a sustained increase shown by a much larger patch of dark water.
- Intensity.** Some gusts are mild, indicated by a light discoloration of the water. Other gusts are more powerful indicated by more distinct discoloration and bigger waves.

### **Wind Assessment Checklist - any Moment in Time**

- Direction
- Duration
- Intensity

### **Identifying Direction**

- Connect ripples on the water and draw a line in your mind to connect them
- Approximate 90 degrees to this line to find wind direction
- Use your other senses to help verify - wind feel on your face, sound of the wind

### **Identifying Duration & Intensity**

- Guess, run a timer and assess how you did
- Guess again re-calibrating after your first attempts

**INTERNATIONAL  
SAILING  
ACADEMY**

