

## GYBING WITH A STERN MAINSHEET

## SIX STEPS TO A GOOD GYBE

- 1. Get ready:** Push the daggerboard half down (never gybe with the board right up or right down). Bear away until the wind is almost directly behind the boat
- 2. Pull in the mainsheet:** Pull in an arm's length of mainsheet, face aft, and heel the boat to windward (if you let it heel away from you, you can't turn)
- 3. Change hands:** Clamp the mainsheet under the thumb of the hand holding the tiller extension. Let go with the other hand
- 4. Turn:** Bear away further until the boom comes across (don't forget to duck!). At the same time grip the leeward gunwale with your free hand
- 5. Cross the boat:** As the boom comes over, cross the boat facing aft. Reach under the mainsheet and grasp the tiller extension with your free hand. Lift the mainsheet with your other hand, giving a short pull to prevent the sheet fouling up on the rudder stock
- 6. Straighten up:** 'Reverse' the tiller hard to bring the boat back on course



1 Get ready in your normal position on the run



2 Pivot the tiller extension to leeward



3 Start pushing the tiller to windward



4 As you continue to turn, heel the boat slightly to windward to help the turn and take the mainsheet in your tiller hand



5 As the boom comes over, cross the boat, facing backwards



6 Take the tiller in your new rear hand and the mainsheet in your front hand



7 Land on the new windward side as the sail starts to fill



8 Bear away back onto the run with the tiller

The following photos show how to change hand on the gybe with a stern mainsheet



1 During the gybe, hold both the tiller extension and mainsheet with your old tiller hand (in this case, the right hand)



2 When you have gybed, take the tiller extension in your new back hand, with the mainsheet remaining in your now forward hand