

## Tidal Thoughts

These notes are to help sailors think through how tides might impact their approach to sailing a course quickly and efficiently. These are the main areas to think about:

### State of Tide

- While you are sailing, which direction is the tide flowing, and what is it's strength?
  - Typically, tide is slower in shallower water, than deeper water – look for channels
  - Tide is always changing; stay up-to-date with what it is doing
  - Used every fixed item you come across (mark, anchored boat, post) to check direction and flow of tide and adjust your sailing accordingly
- Tide has more effect when you are going slowly. Typically this means that it will have more effect in light winds than strong winds
- The tide will often eddy (circle back) around headlands, this effect might be used to your advantage.

### Handing the Tide

- If you have time, sail close to a fixed object (mark, anchored boat) and throw in a floating water bottle. Watch the speed and direction it moves away from the mark to measure the tide. RETRIEVE THE BOTTLE. Try different areas of the course.
- If the tide is **WITH** you on a leg:
  - Try and stay in the tide
  - Drop kites early – you will get to the mark quickly and do not want to have to spend time working back up against the tide
  - Give extra room at the mark to prevent you being pushed into the mark
- If the tide is **AGAINST** you on a leg:
  - Try and stay out of the tide
  - Drop kites late – you will get to the mark slowly and you want maximum power pushing against the tide
  - Give extra room at the mark to prevent you being pushed into the mark

Tide running **DOWN** course: (Top Mark to Bottom Mark)

- Start: Stay on line, falling behind will take a longer time to recover. Consider being OCS then dipping below the line before/at start to clear.
- Top Mark: sail on a little bit to avoid being washed onto the Mark
- Top Mark to Wing: Aim above (right) of wing mark and tide will push you down to the mark
- Wing Mark to Bottom Mark: Aim above (left) of bottom mark and tide will push you down to the mark

Tide running **UP** course: (Bottom Mark to Top Mark)

- Start: Stay further from the line, you will accelerate quickly to the line. Stay between pin and start boat, so if you go OCS, you only have to dip back, not try and get around the pin/startboat.
- Top Mark: sail close to the mark, tide will push you away from the Mark
- Top Mark to Wing: Aim below (left) of wing mark and tide will push you up to the mark
- Wing Mark to Bottom Mark: Aim below (right) of bottom mark and tide will push you up to the mark. Keep kite flying (maybe past mark?)

