



## **MOBILITY CUP SAILING COMPANION GUIDELINES**

The primary duties of the Sailing Companion in Gold Fleet are:

1. Ensure the safety of the sailor, the sailboat and their equipment.
2. Assist in performing functions that the sailor is not physically capable of.
3. Assist the sailor in avoiding contact with other boats.

For example, the sailor can ask the companion to adjust the boom vang – but must specify if he wants it tighter or looser, and by how much. Or, if the sailor is tired at the end of race she can ask the companion to adjust the sails – to her precise specifications. After the preparatory signal the Sailing Companion may not sit on the deck but must remain seated in the seat behind the sailors, unless it is necessary to stand to make any adjustments. Any adjustments or repairs requiring the companion to go onto the bow of the boat must be done before or between races. A companion may report visual information out of the sailor's range of vision, but may not offer advice based on said information. For example, on the downwind, one could report: "You have a boat 2 lengths behind you and slightly to starboard" but could not add "and you could gybe to get out of their wind shadow".

The goal of the Silver Fleet is to have fun and learn about racing in the process. The duties of the Sailing Companion, in addition to those listed above are:

1. Help in identification of flags and placards on the Race Committee boat.
2. Assist in timing the start and keeping clear of other boats prior to the start signal.
3. Advise the sailor of the present position of boats in the immediate vicinity.
4. Help to determine when other boats are on a collision course.
5. Advise the sailor about right of way with respect to nearby boats and mark roundings
6. If on a collision course, provide advice to avoid contact with other boats.
7. Offer basic coaching

As in the Gold Fleet, the Sailing Companion in Silver Fleet may not sit on any part of the deck but rather must remain seated behind the sailor. Coaching sailors throughout the race is part of the role but the companion should use his/her judgement and remember that the helmsperson is sailing the boat, not the companion.

In the Silver Fleet the Sailing Companions are rotated on a daily basis. The purpose of this is to ensure fairness: Companions may have a wide range of levels of sailing expertise. The final outcome should not be a result of the level of coaching provided by one companion for all the races. Rotating the companions also provides the racers with a variety of coaching tips, as each companion has their own unique style, as well as particular expertise to share. Coaching should encourage the sailor to discover their own answers and the dialogue should remain in the spirit of teaching and learning – which can include learning from mistakes!