

## Optimist Checklist

This is a checklist for parents and sailors to ensure they are rigged correctly and safely before Launching:

### THE OPTIMIST:

**Painter:** The Painter must be securely tied to the front of the Oppie, this is normally tied around the bottom of the mast step. There must be a large loop tied around the other end to allow the Oppies to be towed in daisy chain formation. The Painter should be 8 meters long and there must be no other knots in the Painter. Knots in the Painter results in the Oppies getting tangled while being towed.

**Mast Clamp:** A mast clamp must be used to prevent the mast from popping out of the mast step if the Oppie capsizes. This should be clamped to the mast, under the thwart but as close to the top of the thwart as possible.

**Bailer:** Two Bailers are required, normally one is coloured Red and the other Green (but not necessarily). These must be tied in to the Oppie to prevent them from floating away if dropped or when capsized. These are normally tied in with elastic rope at the centre board casing.

**Buoyancy Bags:** 3 (working) Buoyancy bags are required, one at the stern and one on the port and starboard side of the Oppie. Some older Oppies have buoyancy chambers instead of air bags. These are also acceptable.

**Main Sheet:** The main sheet should have a knot tied at the end, at the point where the boom can extend to 70 – 90 degrees from the centre of the Oppie. There should be no other knots or twists in the main sheet.

**Paddle:** A paddle or Praddle must be tied to the Oppie, normally at the stern using an elasticated rope, ensuring the rope is long enough to allow the Sailor to paddle their Oppie.

**Sail & Rigging:** Please ensure your Sailor has rigged correctly. There is some good information on the RCYC website, in the Optimist section. Also plenty of information if you google it. There are always experienced Oppie Sailors and parents around. Please do not hesitate to ask someone if you are unsure.

As a general rule, anything that can fall out should be tied in.

## **THE SAILOR:**

### **Clothing:**

April onwards, a wetsuit, lifejacket with whistle, booties, and a cag (waterproof smock), gloves are also handy but it can be difficult to get gloves to fit small hands. Wetsuits are easy to come by, it's just a case of whether it will be a winter or summer one. Winter ones have a few more millimetres to give that extra warmth so it depends on how your child is regarding the cold.

For later and earlier in the year, well it is Ireland and they will get cold easily if they get wet, if they get cold they get miserable and that's is no fun for them, or you when they come in. Certainly the dry-suit is the way to go, they can be expensive so shop around, but they will last if looked after just make sure to get the size right.

Second hand dry-suits are around but just make sure to check for tears and cuts especially on the neck and wrist seals as well as the knees and feet.

Most kids wear some sort of fleece under the dry suit – an all in one pyjamas or something similar. To keep the hands warm try a surgical pair of gloves (some put Vaseline on the finger to help keep the gloves on) then a pair of rubber gloves over those. It can be difficult to get the feet into the booties when wearing a dry-suit so try putting a sandwich bag over the dry-suit foot, it will make it easier to slide into the bootie.

### **Safety:**

**Sailors will NOT be permitted to launch without the following:**

- **Lifejacket**
- **Whistle**
- **Dressed appropriately for the weather conditions**