

Gybing a Dinghy By Martyn Bromley

At Penarth Yacht Club we have both aft and centre mainsheets on our boats.

Techniques for gybing with both are included here.

Aft Mainsheet

- Look over your shoulder to see if water is clear of boats and obstructions to Gybe.
- Call “Stand by to Gybe”
- Change hands on tiller and mainsheet so that they are in the correct hands for the new tack.
- Call “Gybe Oh” and pull the tiller toward you.
- Step across the boat putting your front foot first and turn in the middle of the boat facing aft.
- Watch the aft edge of the mainsail, when it curls, it is about to gybe, tug the mainsheet to bring the sail across.
- As the boom crosses the boat, straighten the tiller to stop the boat turning.

MIND YOUR HEAD

- Sit down on the new side and trim the sails.

Centre Mainsheet

- Look over your shoulder to see if water is clear of boats and obstructions to Gybe.
- Call “Stand by to Gybe”
- Step across the boat putting your front aft foot first facing forward.
- Call “Gybe Oh” and pull the tiller toward you.
- Watch the aft edge of the mainsail, when it curls it is about to gybe, tug the mainsheet to bring the sail across.
- As the boom crosses the boat, straighten the tiller to stop the boat turning.
- Change hands on tiller and mainsheet so that they are in the correct hands for the new tack.

Crew's Role

- When the Helmsman calls “Stand by to Gybe”, look over your shoulder to see if water is clear of boats and obstructions to gybe.
- Uncleat the jib and say “Ready”
- Cross the boat as the boom comes across. **MIND YOUR HEAD**
- When the jib starts flapping, release the old jib sheet and pick up the new one.
- As the jib fills on the new side, pull in the sheet to trim the sail.
- Balance the boat.

Main Points

- **Aft Mainsheet:-** Change hands before gybe - face aft - front foot first
- **Centre Mainsheet:-** Face forward - aft foot first - change hands after gybe