

# Optimist Level 2

The Optimist Level 2 course is designed for sailors ages 9 to 12, although this course would be appropriate for sailors up to age 15. This course typically runs for 10 full days over a 2-week period. Sailors use the *Optimist Sailing* book from the Canadian Yachting Association as reference book.

This course focuses on taking the skills learned in Wet Feet and Optimist Level 1 to the next level, and introduces some racing techniques. It is essential that sailors have strong fundamental skills, and so sailors should have completed Optimist Level 1 before continuing to Optimist Level 2. Because there is a lot covered in this course, many sailors may find it valuable to do it more than once.

The following topics are covered in Optimist Level 2:

- Rigging – for safety, for performance
- Points of sail – making appropriate adjustments to sail and body positioning
- Sailing in different conditions – making adjustments to sail and body positioning
- Stopping and accelerating – at different angles to the wind, with heel to accelerate
- Sheeting and steering simultaneously
- Tacking and gybing – with heel to accelerate
- Knots
- Introduction to racing – starts, rules, mark roundings

The Optimist Level 2 course is an intensive 2-week course, however instructors and coaches work to make sure sailors are always having fun while improving their sailing skills. Games and interactive lessons are used throughout this course, and all courses in the Wet Feet and Optimist programs, to ensure sailors enjoy the sport, as well as learn and improve on their sailing skills.

