

# The “Safety Position”



To take a safe break from sailing, use the “safety position”.

Sail on an upwind course, then, without changing course, let the sail out until it is completely luffing. When the boat comes to a stop, push the tiller towards the sail and move your weight a little to the side of the boat the sail is on so the boat is heeling slightly. You are now in the Safety Position.

In this position your sail will luff but your boat will not try to turn. You can now take a break, easily talk to other sailors or your instructor. You can also let go of the rudder and make whatever adjustment you might need to your boat.