

# 02. Sailing positions (reaches)

Raphaëla Le Gouvello Education packet - Windsurfing solo across the Indian Ocean

<http://www.respectocean.com>



## Technologies

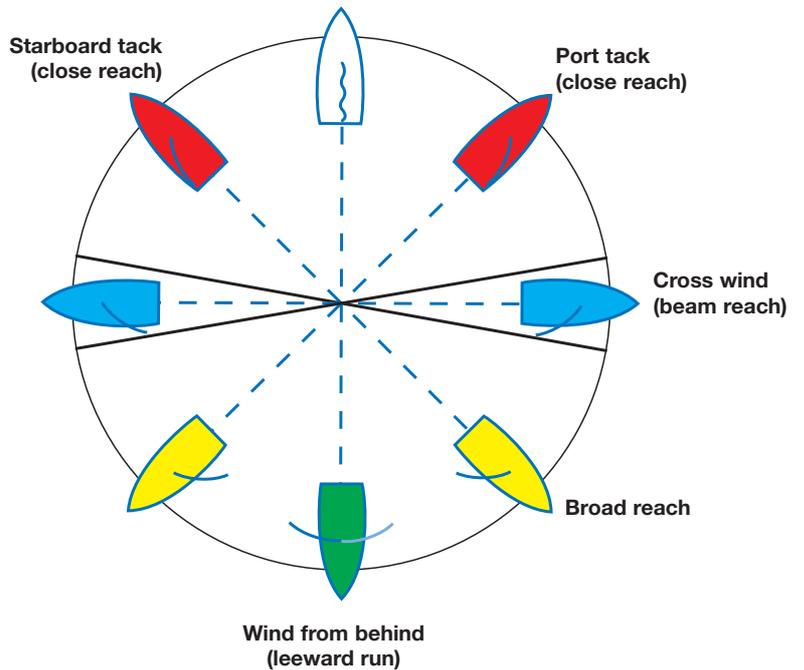


In order to make progress toward her destination, Raphaëla has to trim her sail as efficiently as possible in relation to the wind. The diagram below shows different sailing positions (points of sail or "reaches"), that is headings the board can take in relation to the wind.

Direction from which the wind is blowing

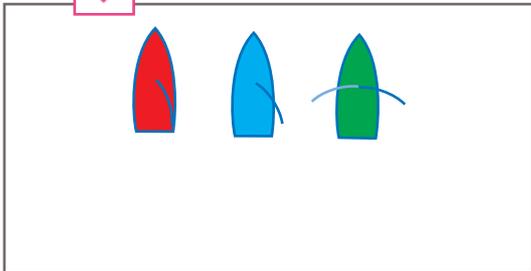


Sailboard facing into the wind (windward)



### Activity

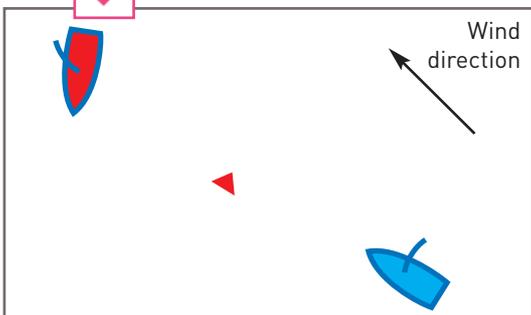
Using an arrow, show the wind direction for each of these three boats.



### Activity

To reach the buoy, one of the boats will sail with the wind at its back, the other will have to tack by zigzagging into the wind.

Trace the course of each on the diagram below. In your opinion, which of the two boats will arrive first?



## The winners' podium

Windsurfing is an Olympic sport. Like for boats, the competitors complete several triangular-shaped elimination races. Each country is represented by two athletes, a man and a woman, who race in separate series. Did you know the names of two gold medal winners from France? Franck David in the Barcelona Olympics in 1992, and Faustine Merret in the Athens Olympics in 2004.