



M32 OWNER DRIVER CLINIC

**AUTUMN 2019**

## BECOME A BETTER M32 SAILOR

# M32 OWNER DRIVER CLINIC

The M32 owner driver clinic is a program in place for sailors to try out the M32 catamaran.

The M32 catamaran is an easy sailed boat, powered by 4-5 people. With your freinds you can have an enjoyable time or just join the local distance race. Or maybe your up for the racing in the M32 Series events? There are available racing for all different levels in the M32 Catamaran.

With the M32 Academy coaches you will get all the knowledge you need for a safe and fun ride, and with the local M32 Academy there's opportunities to join the local weekends racing with one of our M32 catamarans.

Are you interested? Don't hesitate to contact us for further informatin!

### M32 OWNER DRIVER CLINIC

- **2 DAYS OF SAILING** - In a fun and safe enviroment.
- **M32 ACADEMY COACH ONBOARD** - Our coaches will get you up to speed.
- **YOUR OWN TEAM OR WITH LOCAL SAILORS** - We help you with your team.
- **NEWPORT (USA) DATES** - 20-21 of June 2020.
- **HÖNÖ (SWEDEN) DATES** - 30-31 of May 2020.
- **COST** - 2000 USD



# THE CLINIC - OVERVIEW

## M32 SAFETY

### THEORETICAL AND PRACTICAL EXERCISES

The purpose of the M32 Safety module is to ensure that all sailors on the M32 have the same knowledge of how to handle a capsized boat and other situations that may occur while sailing and will know how to act in a safety situation.

#### THE MODULE COVERS

- Theoretical - What to do when capsized and how to upright the boat
- Practical - Personal safety equipment required when sailing the M32
- Theoretical - Other situations that may occur while sailing the M32
- Duration - 2 hours

## M32 ESSENTIAL

### THE FUNDAMENTALS OF M32 SAILING

The module is divided up in to three stages including boat handling, advanced trim and speed skills, and racing technique. Depending on your level of experience with the M32, we can tailor the module to suit your requirements, for example focusing on racing technique if you have already been racing the M32.

#### THE MODULE COVERS

- How the boat is prepared and tuned for sailing
- How the M32 is manoeuvred effectively on all points of sail
- Things not to do in the M32
- Duration - 2 days

# CLINIC SCHEDULE

## DAY 1

### THEORETICAL AND PRACTICAL

#### Morning 09:00-10:00

Intro and presentation

#### M32 Safety Module

A theory briefing covering what to do during a capsize and other situations that may occur while sailing the M32.

#### Shake down & Sailing (10-12)

The sailing session will take place on a windward-leeward course.

#### Lunch 12:00-13:30

#### Afternoon 14:00-16:00

#### M32 Essential Module

The session will take place on a reach-windward-leeward course.

## DAY 2

### SAILING ALL DAY

#### Morning 09:00-12:00

#### M32 Essential Module

The session will take place on a reach-windward-leeward course.

#### Lunch 12:00-13:00

#### Afternoon 13:00-16:00

#### M32 Essential Module

The session will take place on a racing course with practise starts and full on racing with instructors coaching on board and from the side.

#### Conclusion and information

Conclusion of all learnt over the days and the possibilities to continue sailing the M32.

# EDUCATION PLAN

## PURPOSE

The purpose of the M32 Owner Driver Program is to secure the quality of sailors competing in a M32 event in the M32 Catamaran.

## AIM

The ambition with the M32 Owner Driver Program is to ensure that a sailor or a team have the knowledge and skills in order to compete on any M32 series event in the M32 catamaran.

Doing a M32 Fleet Racing Program shows that a sailor or team:

- Theoretical – Knows what to do when capsized and how to upright the boat
- Can prepare a boat for sailing and be responsible for a boat during an event.
- Can sail the M32 catamaran in a safe and effective way on all legs.
- Are ready to race the M32 catamaran in any M32 Series event.

## REQUIREMENTS

Following are required in order for a sailor to participate at an M32 Leasing Program

- Signing a M32 Risk Statement
- 18 years old.

## CERTIFICATION

The Run Sheets for the modules used in the M32 Owner Driver Program will be used by the managing instructor in order to certify a sailor. The run sheets contains all the items a sailor has to cover, in order to obtain an M32 Owner Driver Program. The run sheet is a personal document that the managing instructor will complete during the clinic. Only when all items on the run sheets have been undertaken to the satisfaction of the managing instructor, will the sailor receive an M32 Owner Driver Program Certificate.

# CONTACT INFORMATION

## CONTACT INFORMATION REGARDING PROGRAM

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## MORE INFO AND REGISTRATION:

[WWW.M32WORLD.COM/M32-ACADEMY](http://WWW.M32WORLD.COM/M32-ACADEMY)

