

GP14 Capsize Recovery Checklist

When Capsize Occurs

- ✓ Unjam all sheets (mainsheet, jib, vang)
- ✓ Check crew safety: ensure no one is trapped or tangled
- ✓ Hold on to the hull, avoid pulling on rigging

Righting the Boat

- ✓ Swim to the centerboard or daggerboard
- ✓ Push down firmly to lever the hull upright
- ✓ Use jib sheet or line as leverage if needed
- ✓ One crew may walk up the hull on the board to assist

Getting Back In (Scoop Method)

- ✓ Crew (scoopee) stays near stern, holding on
- ✓ As hull rights, crew gets scooped into cockpit
- ✓ Maintain balance and steer away from hazard
- ✓ Helm boards last, facing forward

Once Afloat / Recovery

- ✓ Lower rudder and centerboard halfway for control
- ✓ Bail or drain water as needed
- ✓ Check rig, lines, and sails for damage
- ✓ Resume sailing cautiously

Single-Handed Recovery Variation

- ✓ Uncleat all sheets

- ✓ Move to centerboard and climb onto it
- ✓ Lean back to right the boat
- ✓ Climb in via transom or stern

Common Pitfalls to Avoid

- ✓ Pulling too early before hull lifts
- ✓ Letting sheets cleat or snag
- ✓ Overloading the board tip (risk of breakage)
- ✓ Poor balance causing re-capsize

Quick Summary

- ✓ Capsize → unjam → right with board → scoop in → balance → resume