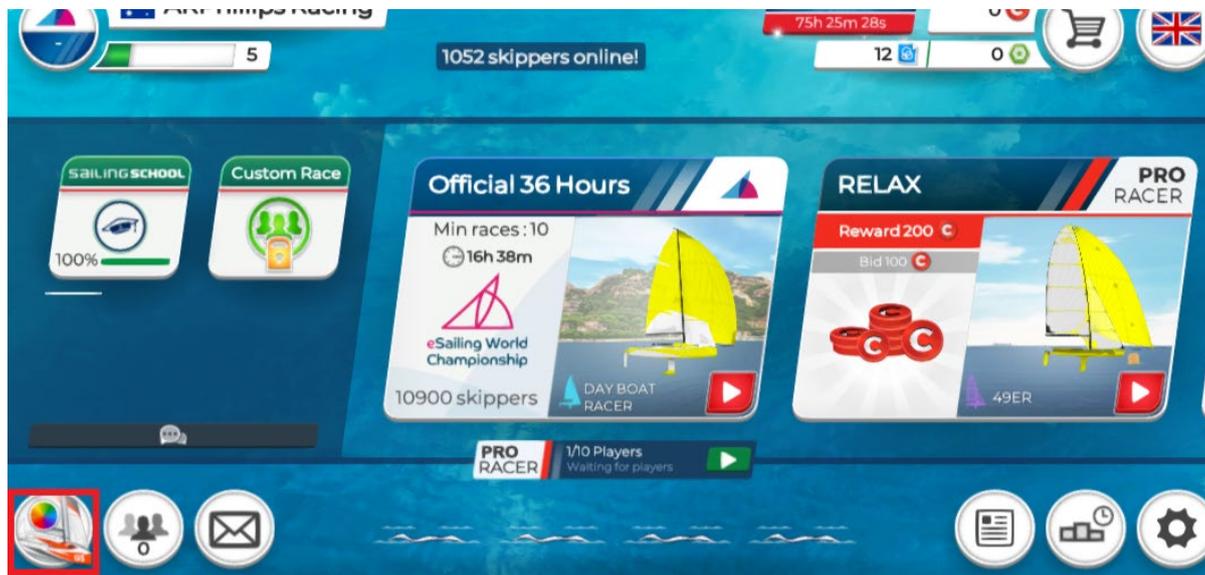


Need some practise with your starts, mark rounding's and spinnaker hoists?

Here's how to get yourself into some practise training, before hitting the water in the heat of racing.

Step One

Once logged in to your Virtual Regatta Profile, you'll be on the 'dashboard' screen (see below)

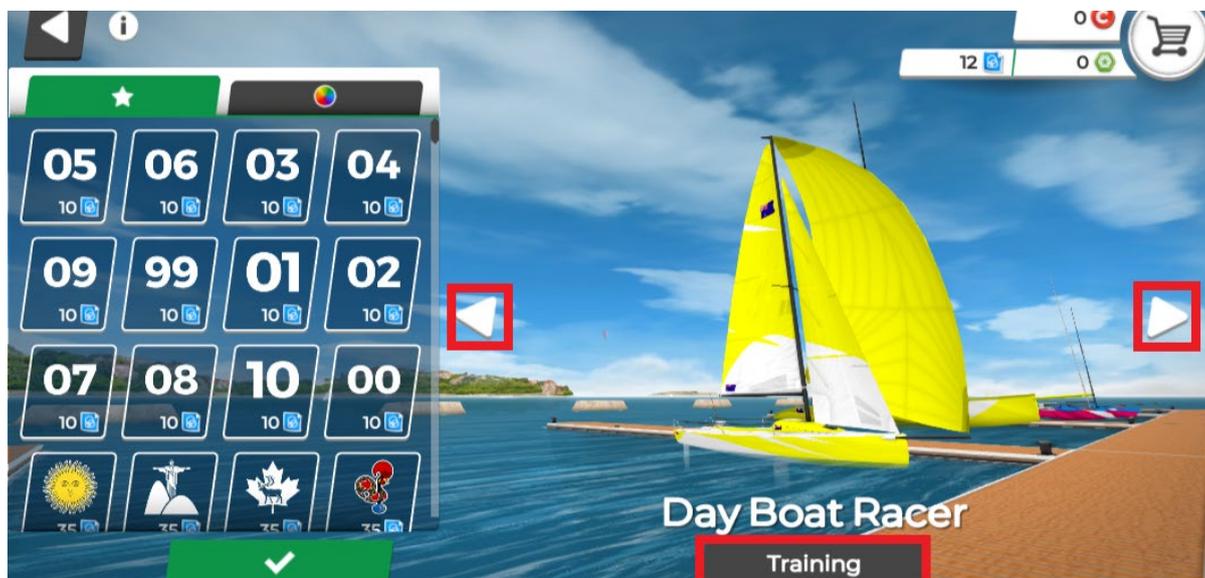


Step Two

On the 'dashboard' screen, click on the icon in the bottom left hand corner (see 'red square' above)

Step Three

Now you're in the 'Marina' and 'Paint-shop' screen (see below). From here, you can view the boats that are available to you, in your profile. Once you have played the game for a while, you can 'unlock' new and different boats to play and train with.



Step Four

By clicking on the arrows on this screen (see 'red squares' above), you can now choose a boat to train with. Confirm your selection by clicking the 'training' button, which is at the bottom of the screen (see 'red rectangle' above).

Step Five

You're now out on the water, in a safe training environment, all on your own! After you've sailed the course, you'll be given a performance summary and statistics. It's now up to you, to either keep training or Go Racing!