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)

![Dashboard Screen](image)

**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.

![Marina Screen](image)

**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**
Your 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. Its now up to you, to either keep training or Go Racing!