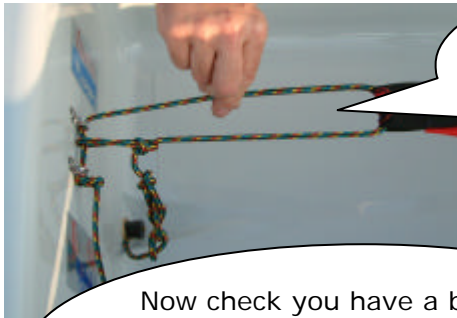


## Rooster Sailing Information Sheet 15: Laser Toestrap Adjustment Setup

There are two possible ways to setup your toestrap adjustment rope, both have their advantages and which one you choose will come down to personal preference.

### System 1

Tie a bowline in one end of the line and then in turn pass it through the toestrap loop, first fairlead, the bowline (just tied) and through the second fairlead. At this point tie a stopper knot.



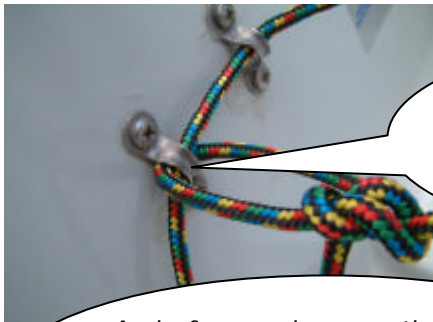
With the line threaded as described set it up so that when the bowline is at the back this is the loosest you need the strap.

Now check you have a big enough range of adjustment by tightening it up with the bowline pulled right up to the toestrap.



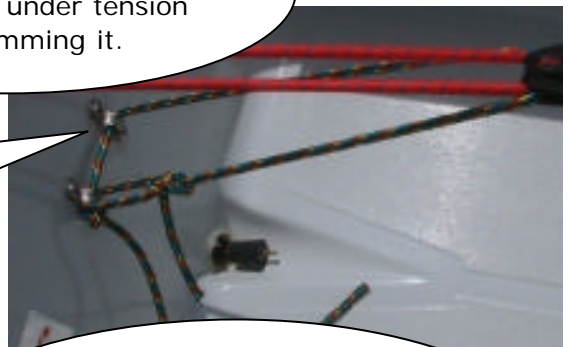
### System 2

This is a great setup but has fewer variations in adjustment. This time tie a bowline round one of the fairleads and then feed in through the toestrap loop and through the fairleads. The key part is to feed it inside the bowline when going through the second fairlead. It is easier to adjust but does not have the same locking that system 1 achieves.



Make sure that bowline pulls the line against the fairlead when under tension essentially jamming it.

As before make sure that the system locks with the stopper knot at the loosest you need the strap.



Finally finish the system off with the 6mm elastic by passing it through the loop and round the traveller cleat. Many choose to go round twice so the elastic alone has more holding power.