

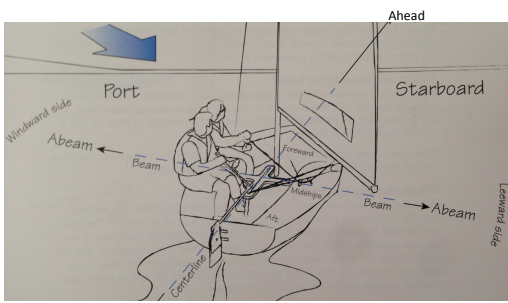
CSC Learn to Sail Class

JUNE 2014
Pedram Leilabady
LNYC

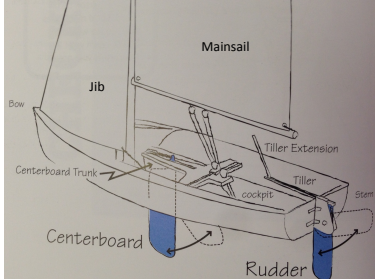
Nomenclature

Sailors' Lingo!

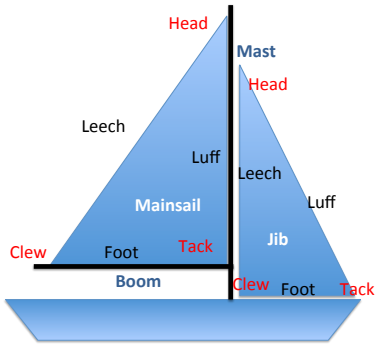
Directions



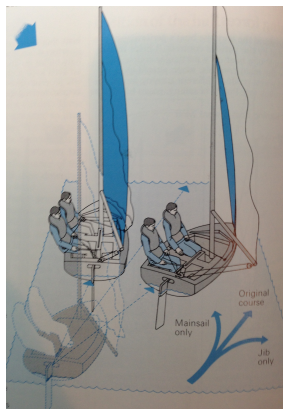
Main Parts



Sails / Spars

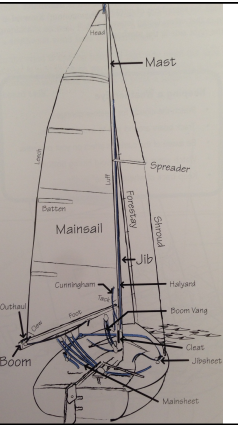


Balancing Forces

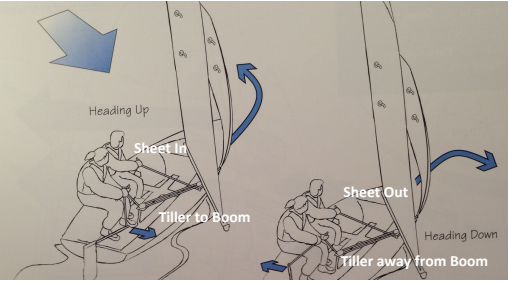


Main Lines

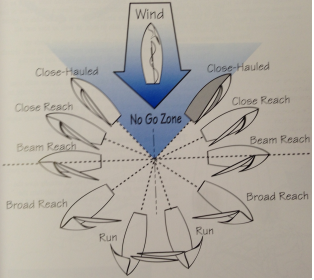
- **Sheets:** Trim sail to point of sail
 - Mainsail Sheet attached to boom
 - Jib Sheet attached to clew of sail
- **Halyards:** Raise or lower sail
 - Attached to head of sail
 - Line led to base of mast



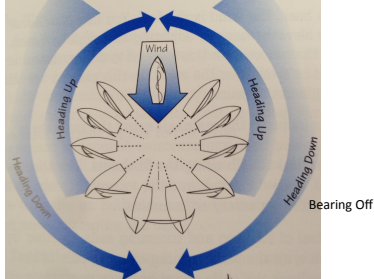
Heading Up / Bearing Off



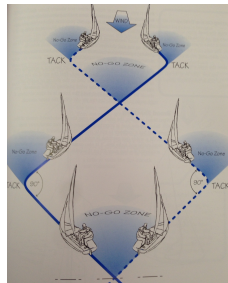
Points of Sail



Changing Point of Sail

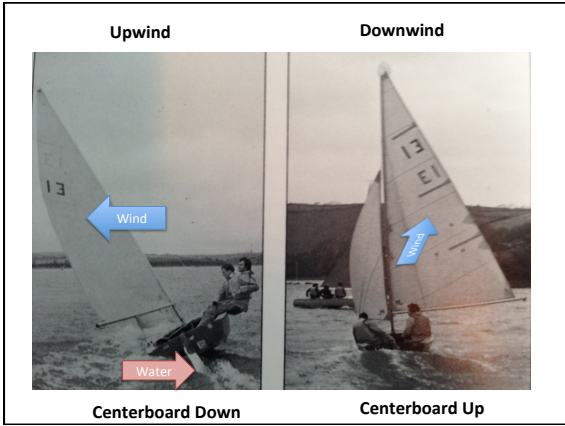


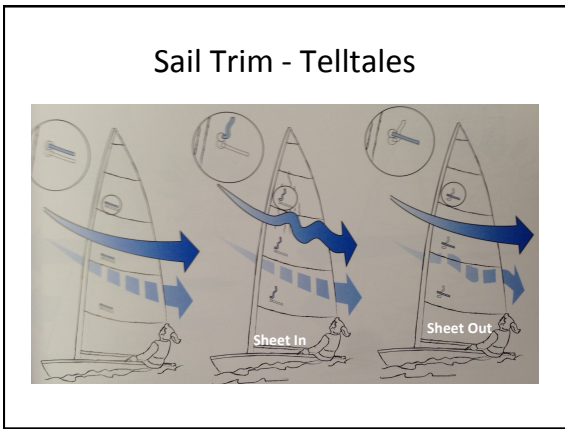
Beating / Upwind Sailing

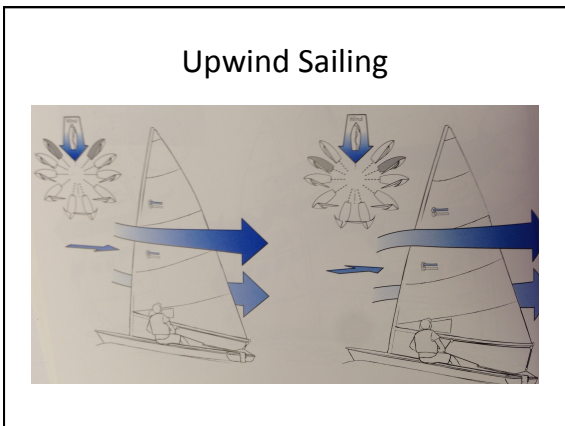


← Tacking
Sailing upwind
Turn minimum 90°
Need speed to pass No Go Zone

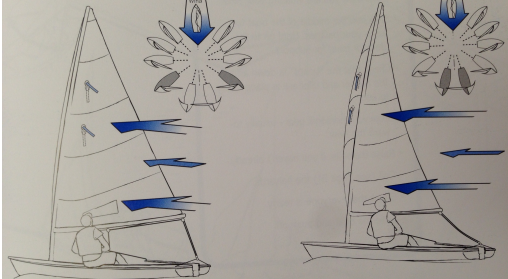
Jibing →
Sailing downwind
Careful of accidental jibe



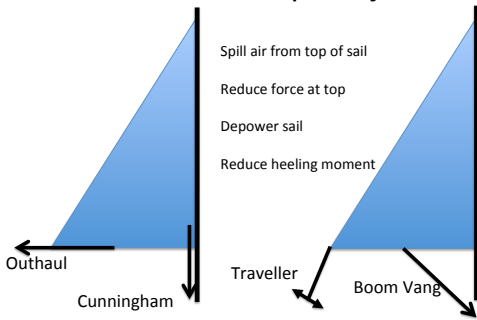


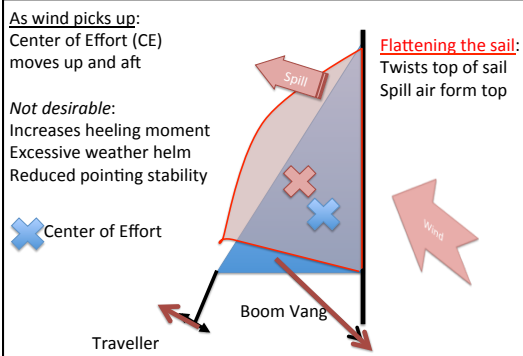


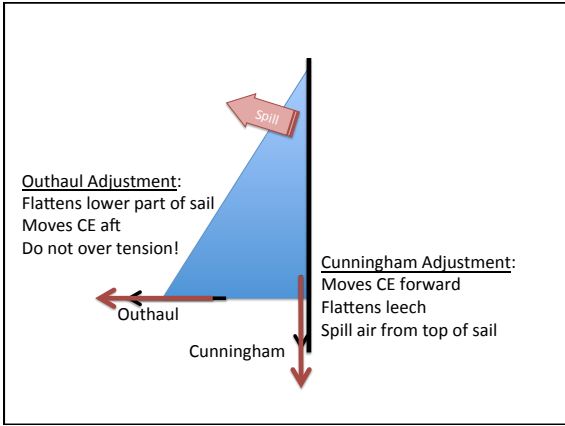
Downwind Sailing

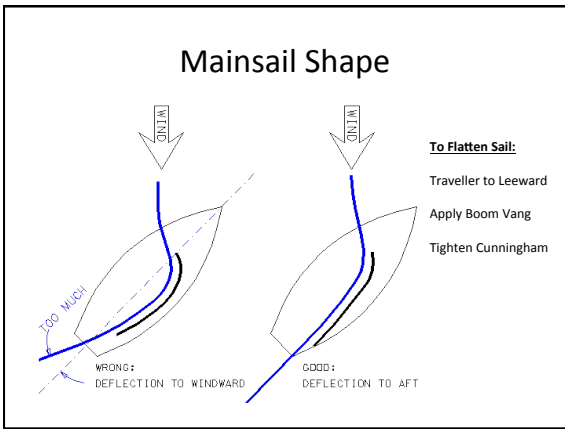


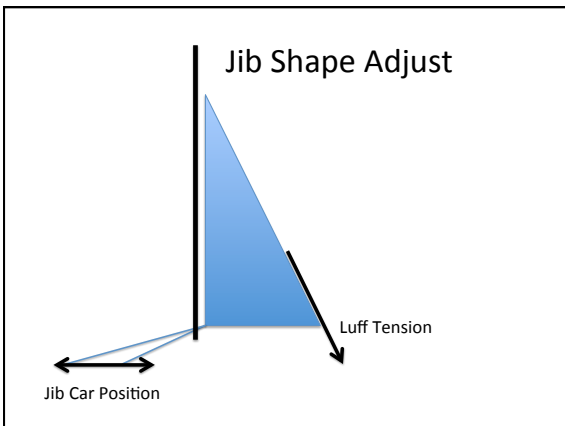
Mainsail Shape Adjust

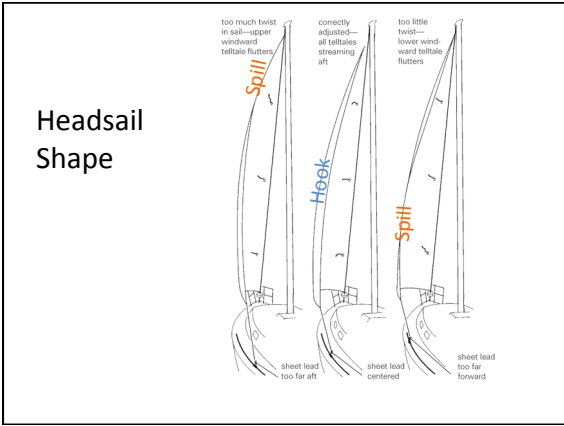






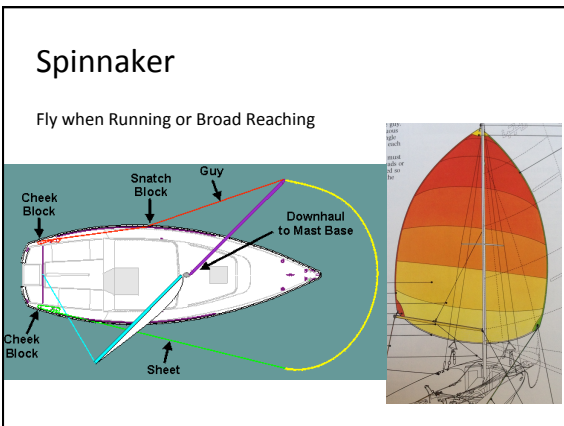






Generally Speaking...

	Upwind			Downwind
	Light Air	Medium Air	Heavy Air	
Traveller	To windward	Centered	To leeward	Centered
Boom Vang	Eased	Normal	Tight	Eased
Cunningham	Normal	Normal	Tight	Eased
Outhaul	Eased	Normal	Tight	Eased
Jibcar	Forward	Middle	Aft	Forward
Jib Luff	Normal	Normal	Tight	Eased



“Stopping” on Water – In Irons

- Point bow towards wind
 - Sails luffing
 - No steering capability
 - Drifting backwards
- To get going again to (Port / Starboard):
 - Back **jib** to (Starboard / Port)
 - Or **mainsail** to (Port / Starboard)
 - Tiller to (Port / Starboard)
 - Once boat turns, fill jib on (Port / Starboard)

“Stopping” on Water – Heave To

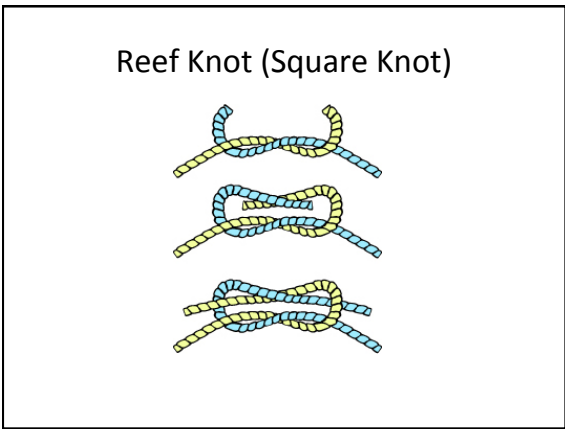
- Close hauled/Reach tack while jib remains backed
 - Adjust helm to maintain pointing
 - Mainsail sheeted in
 - Jib backed
 - “Sailing” forward ever so slowly
 - capable of steering
 - No sail luffing
- To start sailing simply let the jib fill on the correct side

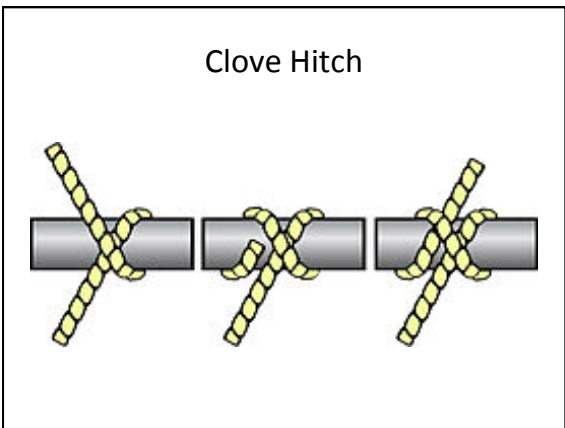
Rules of the Road

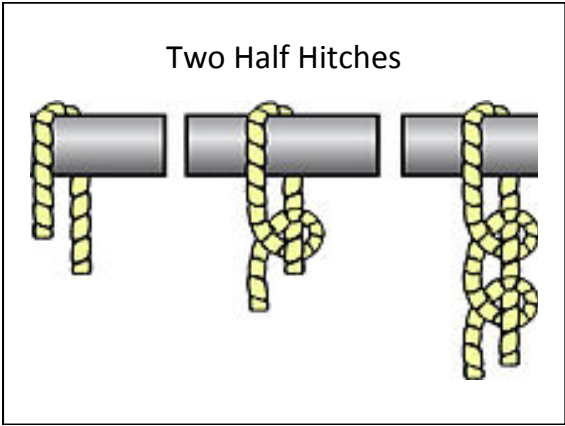
Right of Way Boat	Give Way Boat
Sailboat	Powerboat
Starboard Tack	Port Tack
Leeward	Windward
Rowboat	Sailboat
Commonsense	Risk/Endanger

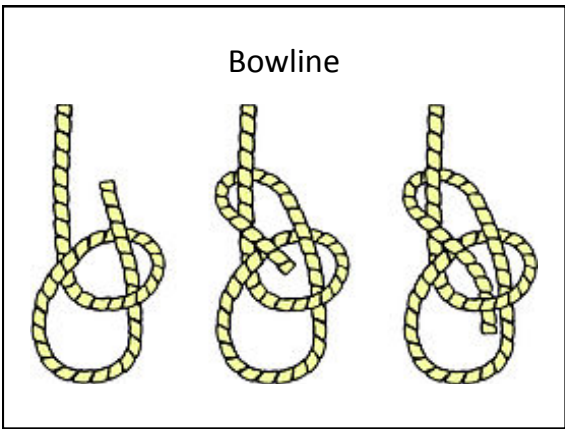
When you find yourself in a “Collision Course” remember 3T’s:
Tiller To Trouble

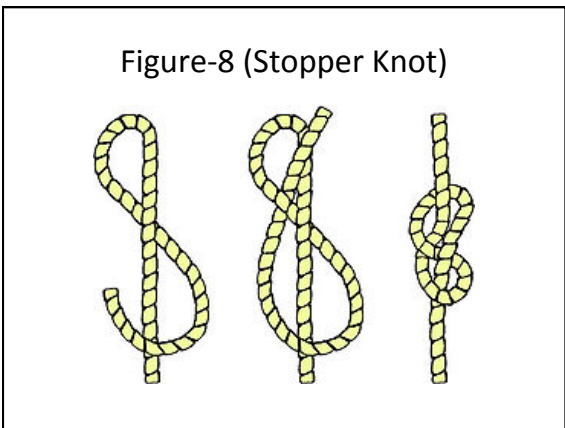
KNOTS
and Why Knots!



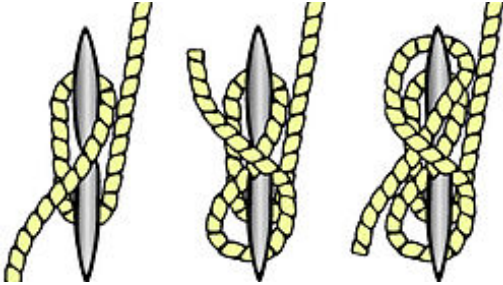




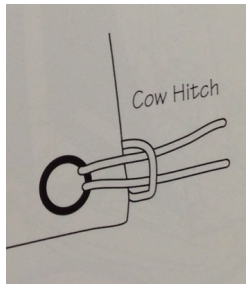




Cleat Knot



Cow Hitch



Let's Sail a Highlander!



Be Safe: on-Shore

- Watch for trip hazards on the docks
- Don't run on the docks
- Watch for other boats being rigged (masts, hoists, etc.)
- Watch ramp and hoist traffic
- Step on the boat centerline when boarding
- Use your hands to hold onto the boat

Be Safe: on-the Water

- Life Jackets
- Stay with the boat
- Don't wrap lines around your wrist
- Follow captain's directions
- Dress for the weather (hypothermia, heat stroke)
- Stay hydrated
- Sun protection (sun screen, hat,...)

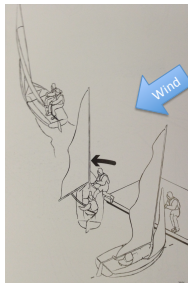
Rigging the Boat

- Uncover
- Put in the drain plug!
- Launch
- Bend on the main, jib, spinnaker
- Attach the tiller and rudder
- Raise the sails, (main then jib)

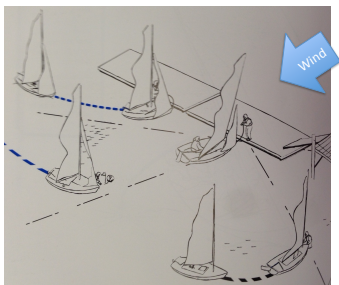
Cast Off ☺

- Skipper – on the helm
- Crew – untie from dock, push off, step onto/ into the boat carefully and sit
- Crew – sheet in the jib to help steer the boat
- Skipper – sheet in the main to steer and power the boat, steer with the tiller

Leaving Dock



Arriving at Dock



Flaking / Rolling



Reading List

- Sail Power
- Glean's Sailing Manual
- Manual of Sail Trim
- Sailing Smart
- Heavy Weather Sailing
- Handbook of Sailing
- Storm Tactics
- Sailing a Serious Ocean

Hardware

