

# SAILING PRIMER

"THERE ARE FOUR WAYS OF DOING THINGS: THE RIGHT WAY, THE WRONG WAY, THE NAVY WAY AND MY WAY. IF WE DO THINGS MY WAY WE'LL GET ALONG." --QUEEG

## PARTS OF THE BOAT

## POINTS OF SAIL (A.K.A. "WIND CLOCK")

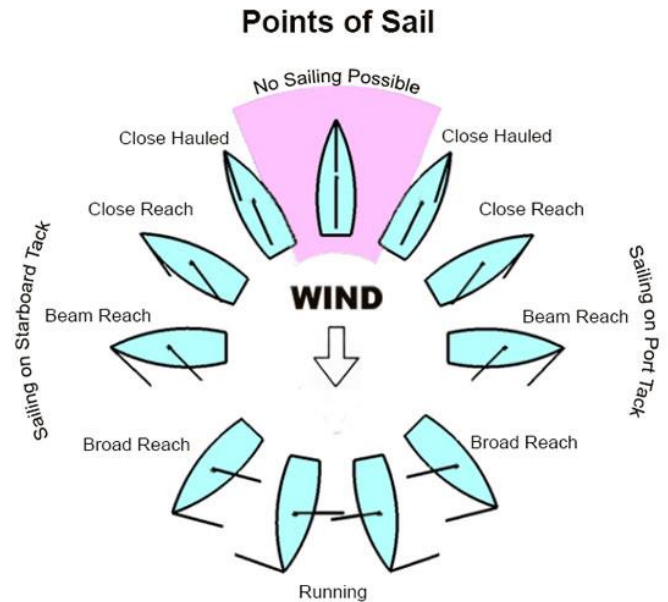
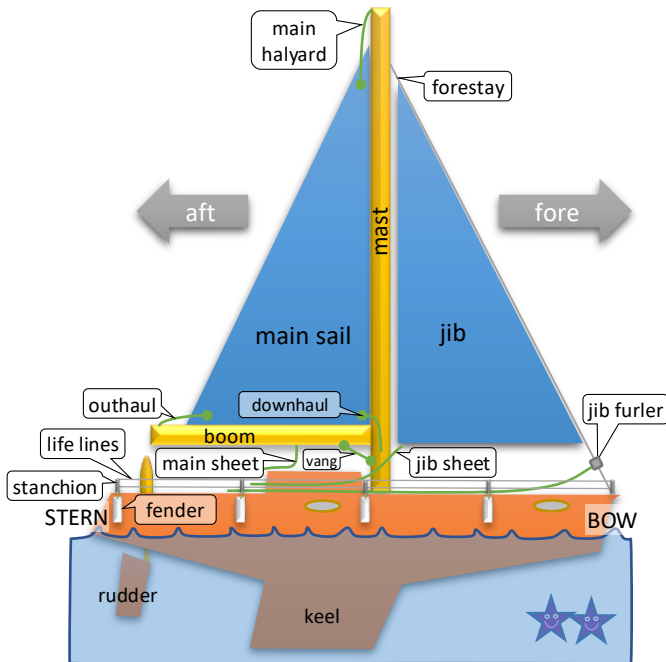
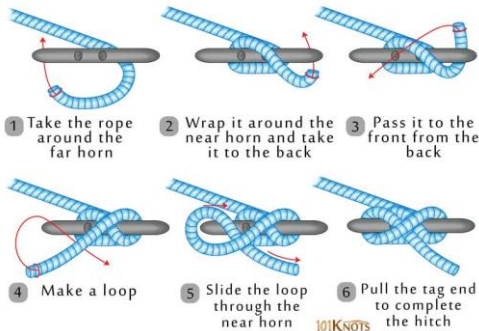


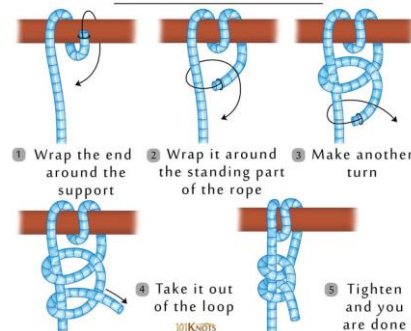
Illustration by SchoolofSailing.net

## KNOTS

### Cleat Hitch Instructions



### Round Turn and Two Half Hitches Tying Instructions



## WHAT TO WEAR

- ☐ Waterproof rain jacket or coat
- ☐ Waterproof rain pants
- ☐ Waterproof non-marking grippy (soft-sole) shoes / boots
- ☐ Waterproof hat and/or balaclava
- ☐ Waterproof gloves – warm and able to pull ropes
- ☐ Personal flotation device (PFD) – provided
- ☐ Thermal underwear – non-cotton
- ☐ Warm coat or sweater meant for outdoor activities
- ☐ Warm cap
- ☐ Sun hat with lanyard
- ☐ Sunglasses with retainer

**Dress almost like you're backpacking in cold rain, or snow skiing. Avoid cotton. Dress in layers. DO NOT OVER-PACK.**

**PERSON IN THE WATER: YELL. THROW FLOATING STUFF AT PERSON. ASSIGN A POINTER TO WATCH THE PERSON. EXECUTE RESCUE.**

# SAILING PRIMER

## WHAT TO PACK

- ☐ Food
  - ☐ ...including lunches and snacks under way
- ☐ Drink
  - ☐ Water – half gallon per person per day
  - ☐ Wine / beer / spirits
- ☐ Toiletries
  - ☐ Sunscreen
  - ☐ Earplugs for sleeping
  - ☐ Soap and/or shampoo
  - ☐ Tooth brush, toothpaste, floss
- ☐ Sheets & blankets or a sleeping bag
- ☐ Towel, ideally packable quick-dry camp towel
- ☐ Medicine
  - ☐ Nausea medicines (take in advance if needed)
  - ☐ Prescription medicine
- ☐ Multi-tool, e.g. sailing / rigging knife with serrated blade
- ☐ Flashlight (e.g. head-mounted w/ white & red lights)
- ☐ Cell phone / VHF radio (provided) / GPS (e.g. on phone)
  - ☐ Note: Use VHF channel 16 for emergencies.
- ☐ Spare batteries, chargers & cables
- ☐ Book or e-reader

Use a collapsible bag, like a duffel.      The boat has drinkable water, but it might taste like plastic.      DO NOT OVER-PACK.

## ROLES

<b>Skipper:</b> Responsible for the boat and crew.	<b>Helm:</b> Steers the boat.
<b>Crew:</b> Handles sheets and lines. Uses winches. "Roving fender" to cushion contact.	<b>Lookout:</b> Notifies helm of obstacles.
<b>Galley:</b> Prepares meals, cleans plates and puts them away.	<b>Navigator:</b> Identifies course to steer.

## DOCKING AND UNDOCKING

Undocking:

1. Helm and dock line crew gather to talk through the entire procedure.
  - a. Note wind and current direction.
  - b. Note nearby boats and other docks, especially downwind ones.
  - c. Last **dock line** untied should be the one under most load due to wind and/or current.
  - d. Decide when crew will board – before or after lines are loosened.
2. Helm and dock line crew execute.
3. **Everybody else remains quiet.** Helm gives orders to crew. Crew talks only to alert of imminent collisions.
4. After away from dock, a designated lookout looks for other boats in the way.
5. Crew pulls up **fenders** and **dock lines**, then stows them in the lazarette (under seat in cockpit).

Docking entails many of the same steps in reverse order. Key is to have the briefing to establish a complete plan well in advance.

## RAISING AND LOWERING SAILS

(DETAILS DEPEND SIGNIFICANTLY ON EACH BOAT.)

Raising sails	Main	Untie ties or unzip bag. Release <b>downhaul</b> , <b>vang</b> . Ease <b>main sheet</b> , <b>topping lift</b> . Release <b>reef lines</b> . With engine on, point the boat directly upwind and drive just fast enough to steer. Pull the <b>main halyard</b> to hoist the <b>main sail</b> . Tension <b>outhall</b> . Tension <b>downhaul</b> . Tension <b>vang</b> .
	Jib (furling)	Release the <b>jib furling line</b> but maintain light tension on it so it does not override inside furler. Pull the <b>jib sheet</b> to the downwind side, or on same side as <b>furling line</b> . Tension the <b>jib sheet</b> .
Sailing		Turn off engine. Put transmission into reverse, if appropriate, to prevent propeller from spinning.
Lowering sails	Jib	Turn on engine. Steer into wind. Release <b>jib sheet</b> but maintain tension. Pull in <b>jib</b> with <b>jib furler</b> .
	Main	Tighten <b>main sheet</b> , <b>topping lift</b> . Release <b>main halyard</b> , maintaining control. Flake <b>main sail</b> . Tie, or zip bag.

## MANEUVERS

(DETAILS DEPEND SIGNIFICANTLY ON EACH BOAT.)

Tacking	Helm shouts "Ready about!" Crew grabs <b>jib sheets</b> . Passengers brace for a hard turn. Crew answers "Ready!" Helm shouts "Tacking!", turns 90° across wind. As jib luffs, crew releases <b>working jib sheet</b> and pulls in <b>lazy jib sheet</b> .
Jibing	Helm shouts "Prepare to jibe!". <b>Crew moves out of way of the boom</b> . Crew grabs <b>main sheet</b> . Crew answers "Ready!". Helm shouts "Center the main!" Crew pulls in <b>main sheet</b> . Helm steers gradually across wind. When <b>boom</b> flips to other side, helm shouts "Jibe ho!". Crew lets out <b>main sheet</b> .
Reefing	Steer close hauled. Release <b>main sheet</b> and <b>vang</b> . Secure <b>reef tack</b> . Tension <b>halyard</b> . Tension <b>reef line</b> . Snug <b>vang</b> .

RULES OF THE ROAD: NOT UNDER COMMAND → RESTRICTED → CONSTRAINED → FISHING → SAILING (STARBOARD TACK → LEEWARD → OVERTAKEN) → POWER (STARBOARD) → SEAPLANES