

Fundamentals of Sailing Refresher



Laguna Woods Yacht Club



Moves your menu in or out

Mutes and Unmutes your microphone

Hand - Raise your hand to speak



Webinar Fundamentals

- o Mute your microphone!
- o Raise your hand!
- o Ask a question

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sail·ing (sāl'ing)

1. *n.* the fine art of getting wet and becoming ill while slowly going nowhere at great expense.



Why are we doing this?

- o Get everyone back up to speed when the class resumes
- o We've got a lot of time on our hands, what better way to spend it!

Content

- o Wind and the Points of Sail
- o Terminology
- o Boating Etiquette
- o Getting Underway
- o What makes the boat go...

Becoming a Sailor Magic

- o “Each time I drop the mooring there is magic. . . when I realize that through cunning and skill I have tricked the wind into moving my boat.”

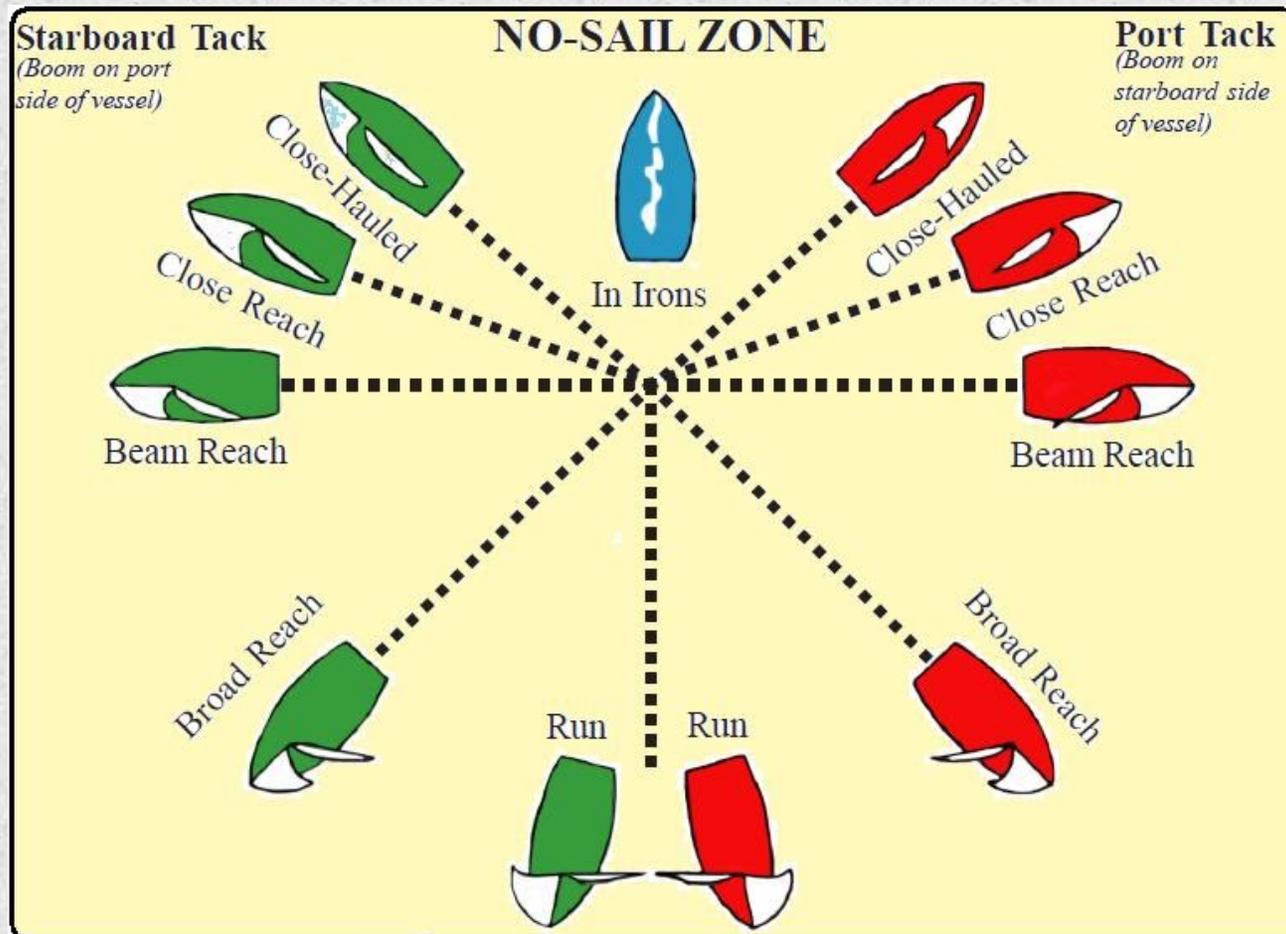
Definition of a Sailor

- o “A sailor is one who can handle a vessel of almost any type quietly and competently. [And] can read the *water*, the *current*, the *waves*, the *clouds* and even the *smells*.”
[italics mine]
- o Much like having one’s thumb on the pulse of the universe.

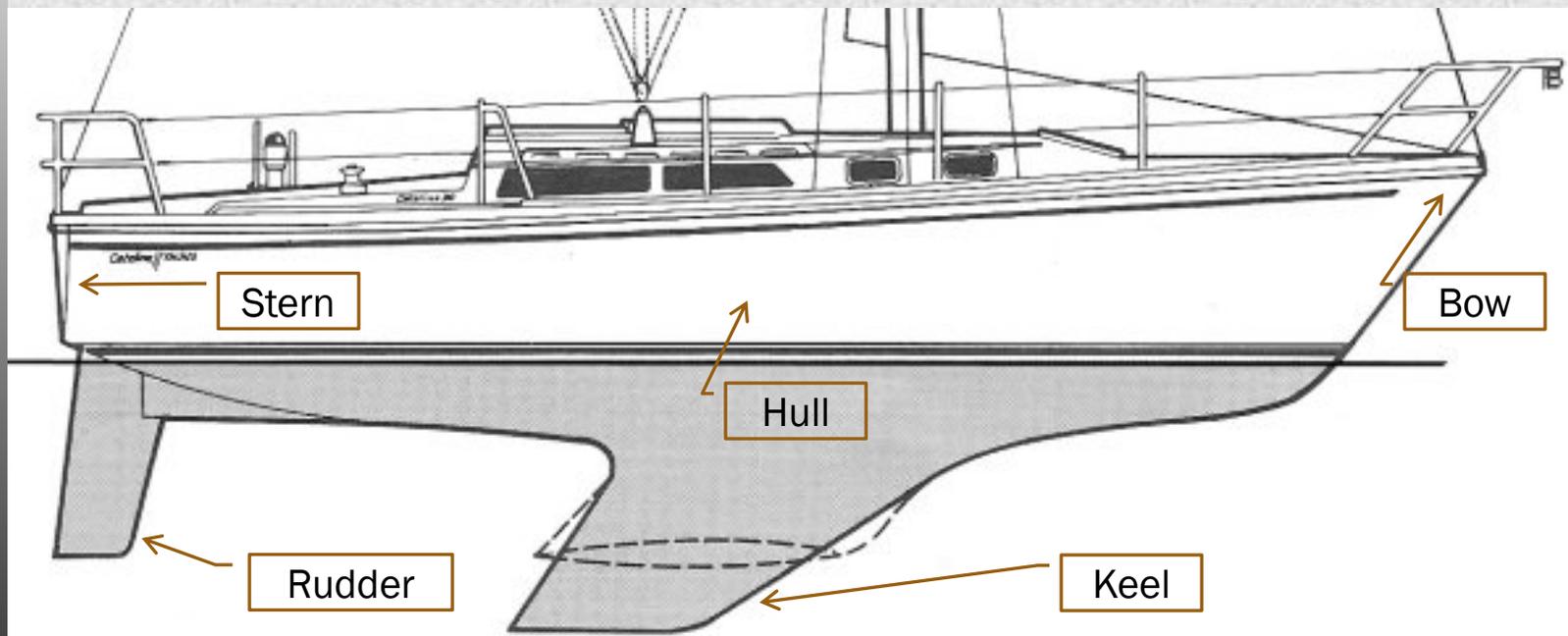
Developing a Wind Sense

- o A wind sense begins with knowing from whence the wind blows, its **direction**, and its intensity, its **strength**.

Points of Sail



Terminology





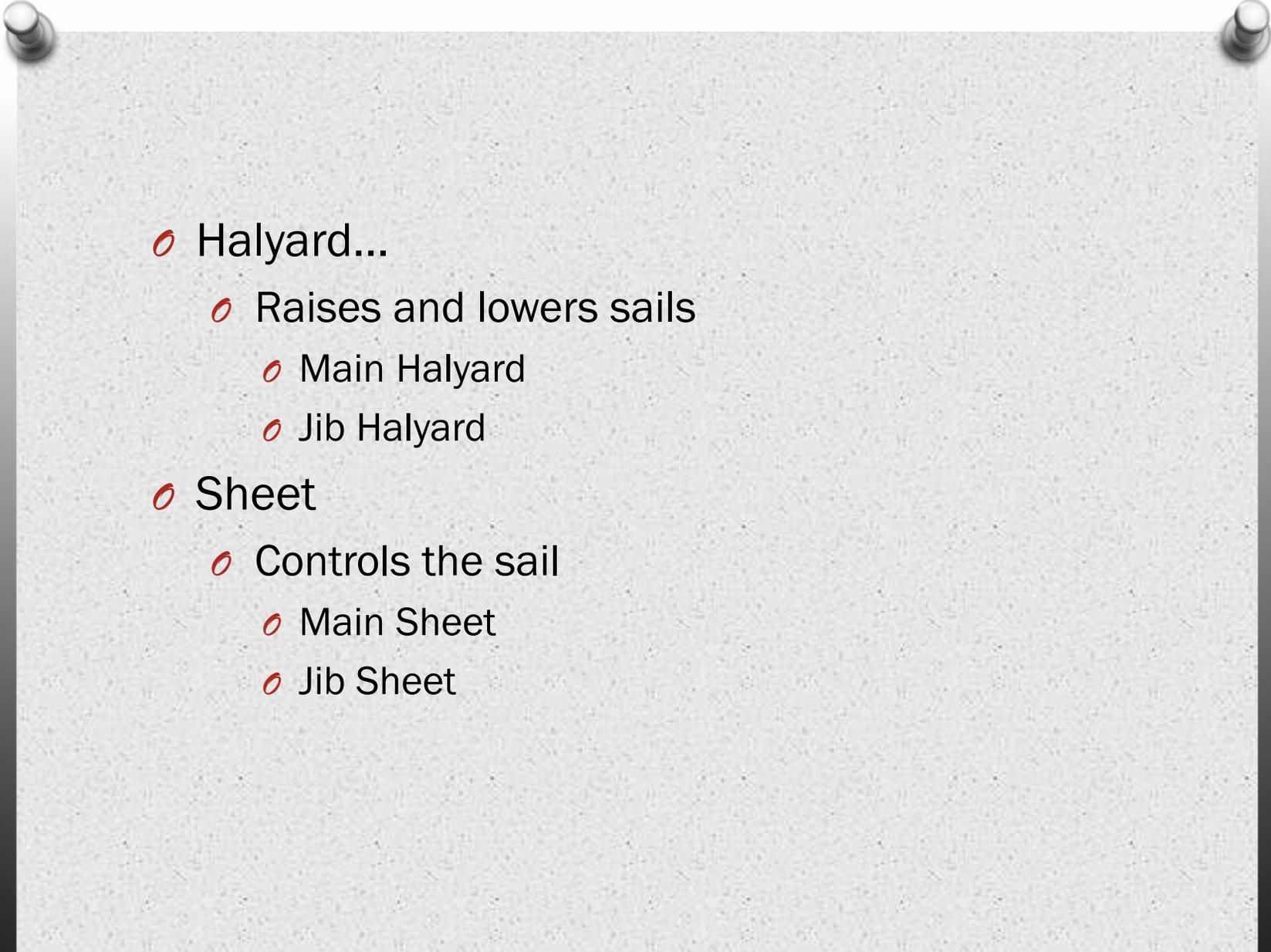
Main Halyard

Reefing Line

Mainsheet

Port Jib Sheet

Stbd. Jib Sheet



- o Halyard...

- o Raises and lowers sails

- o Main Halyard

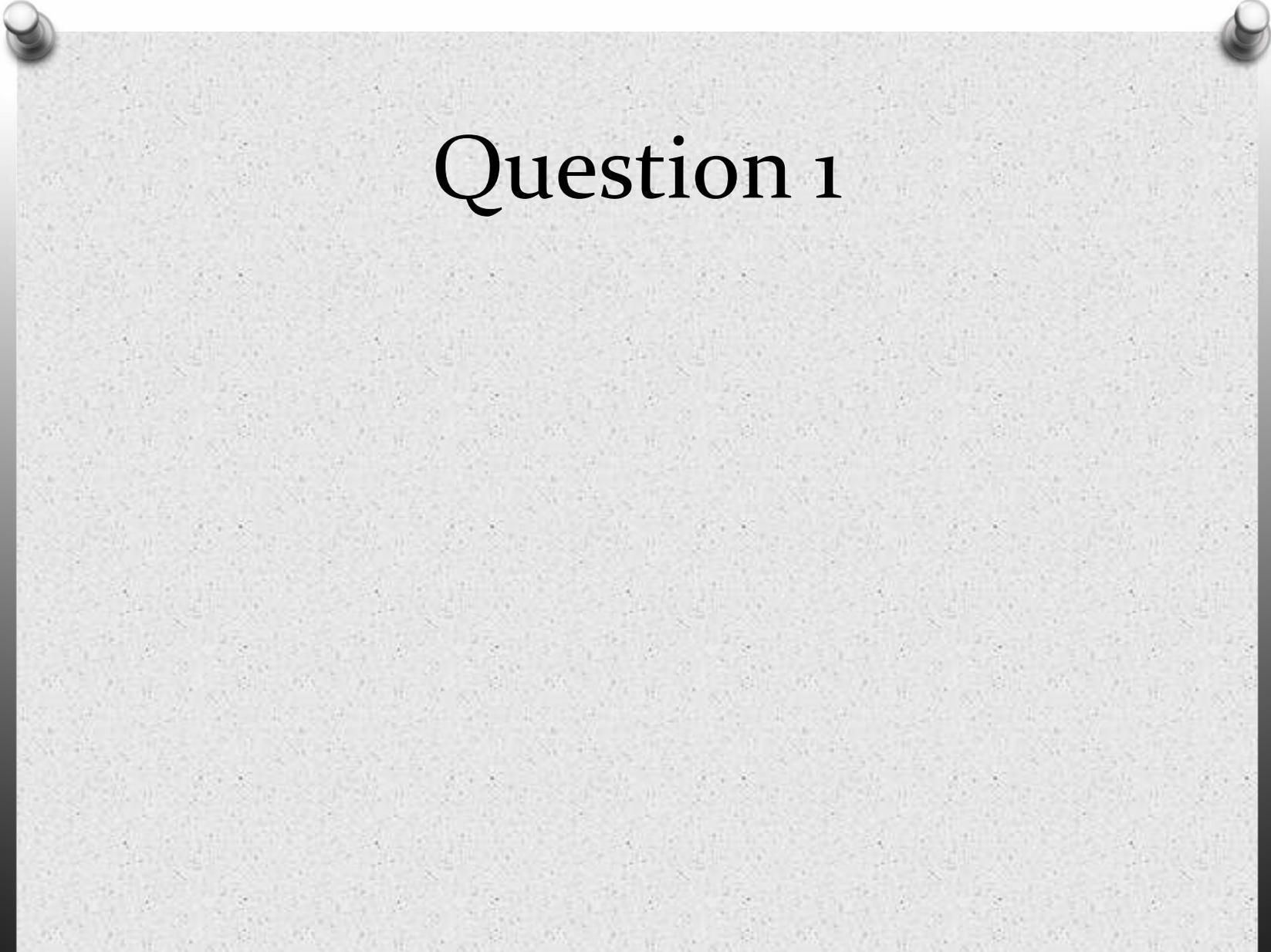
- o Jib Halyard

- o Sheet

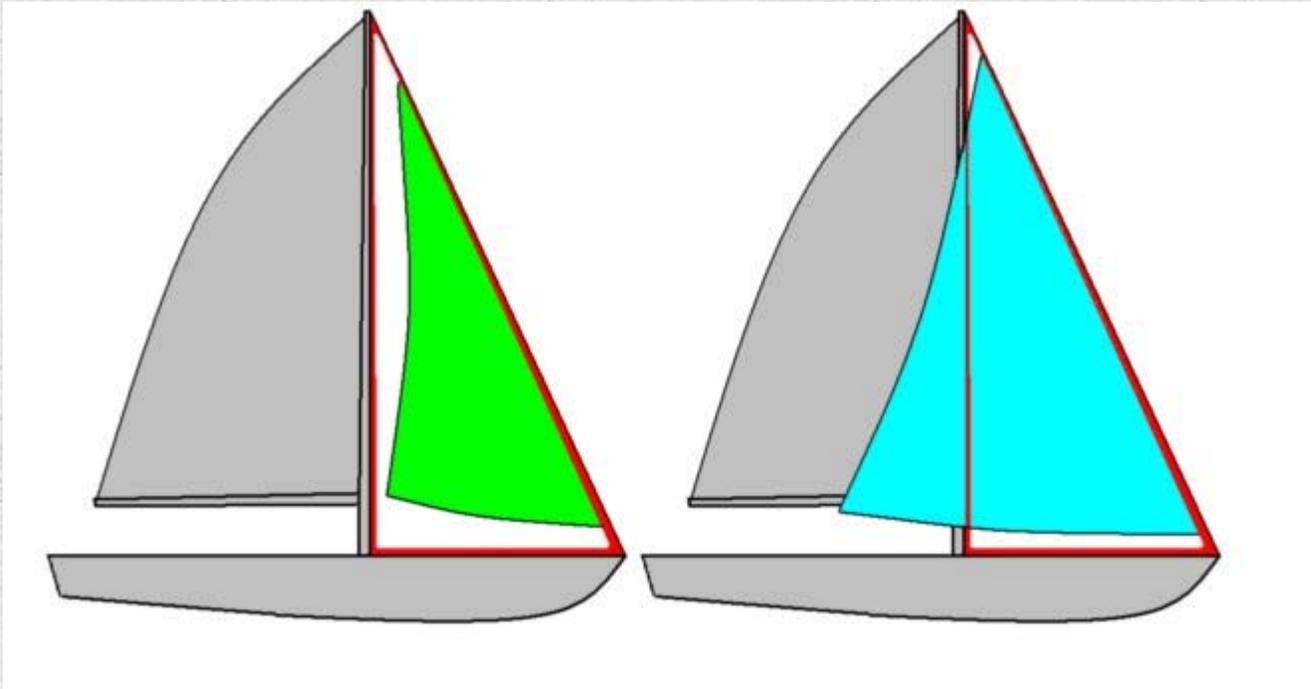
- o Controls the sail

- o Main Sheet

- o Jib Sheet



Question 1

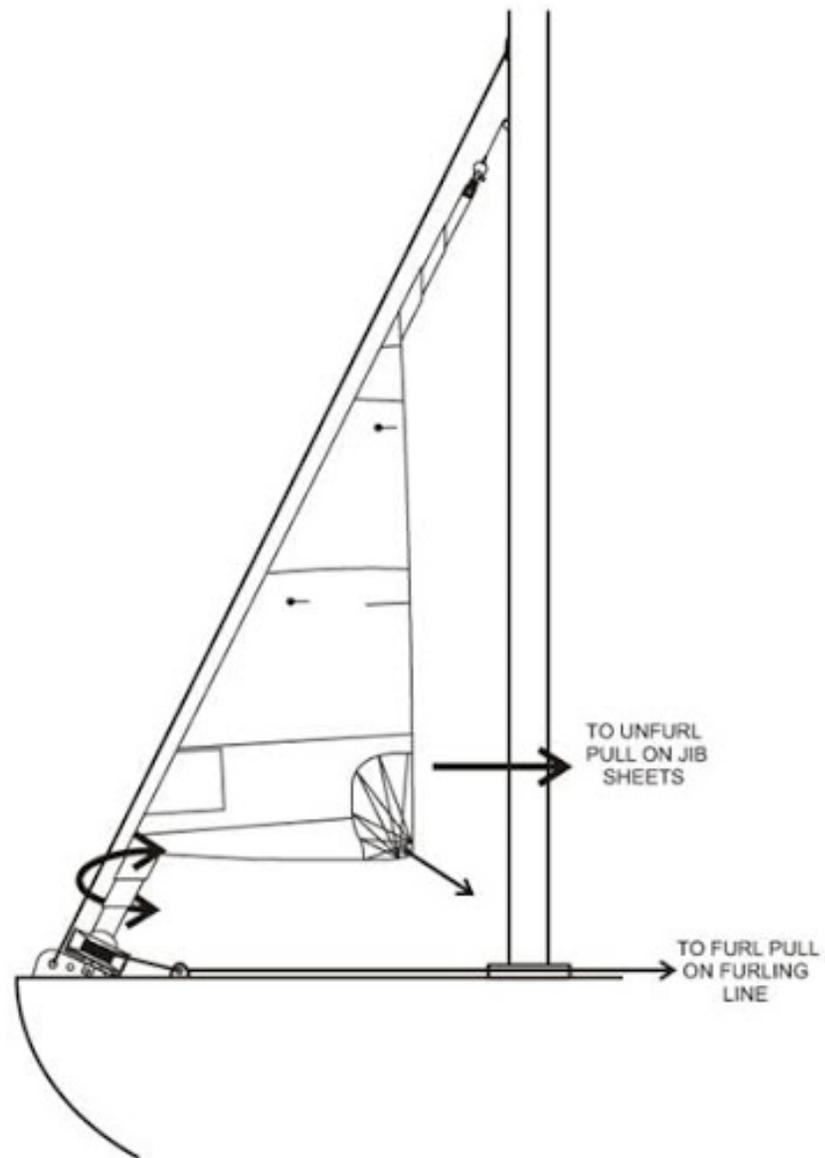


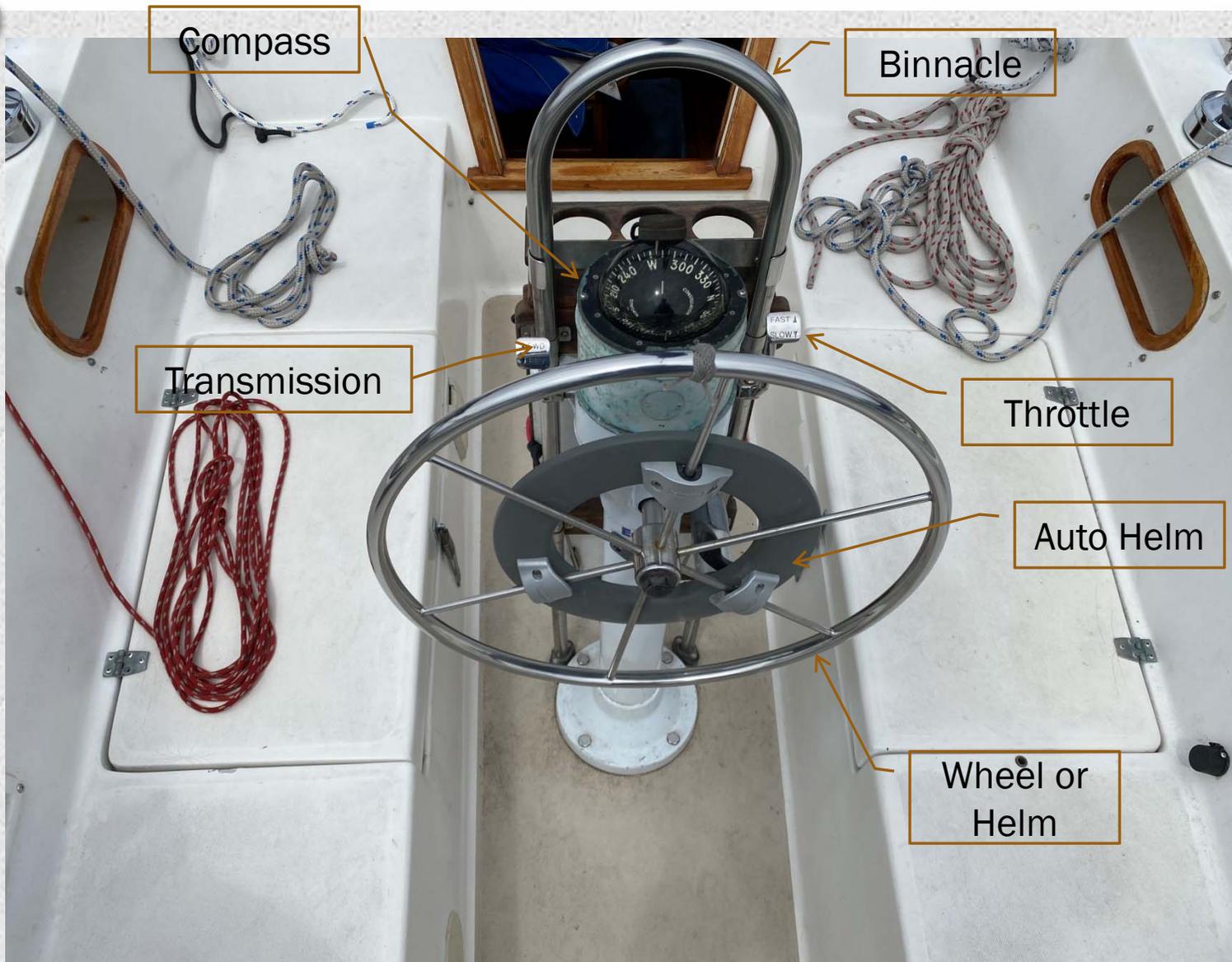
Jib

Genoa



Jib Furling
Line





Compass

Binnacle

Transmission

Throttle

Auto Helm

Wheel or Helm



Main Halyard

Mainsheet

Reefing Line

Boom Vang



Traveller

Mainsheet

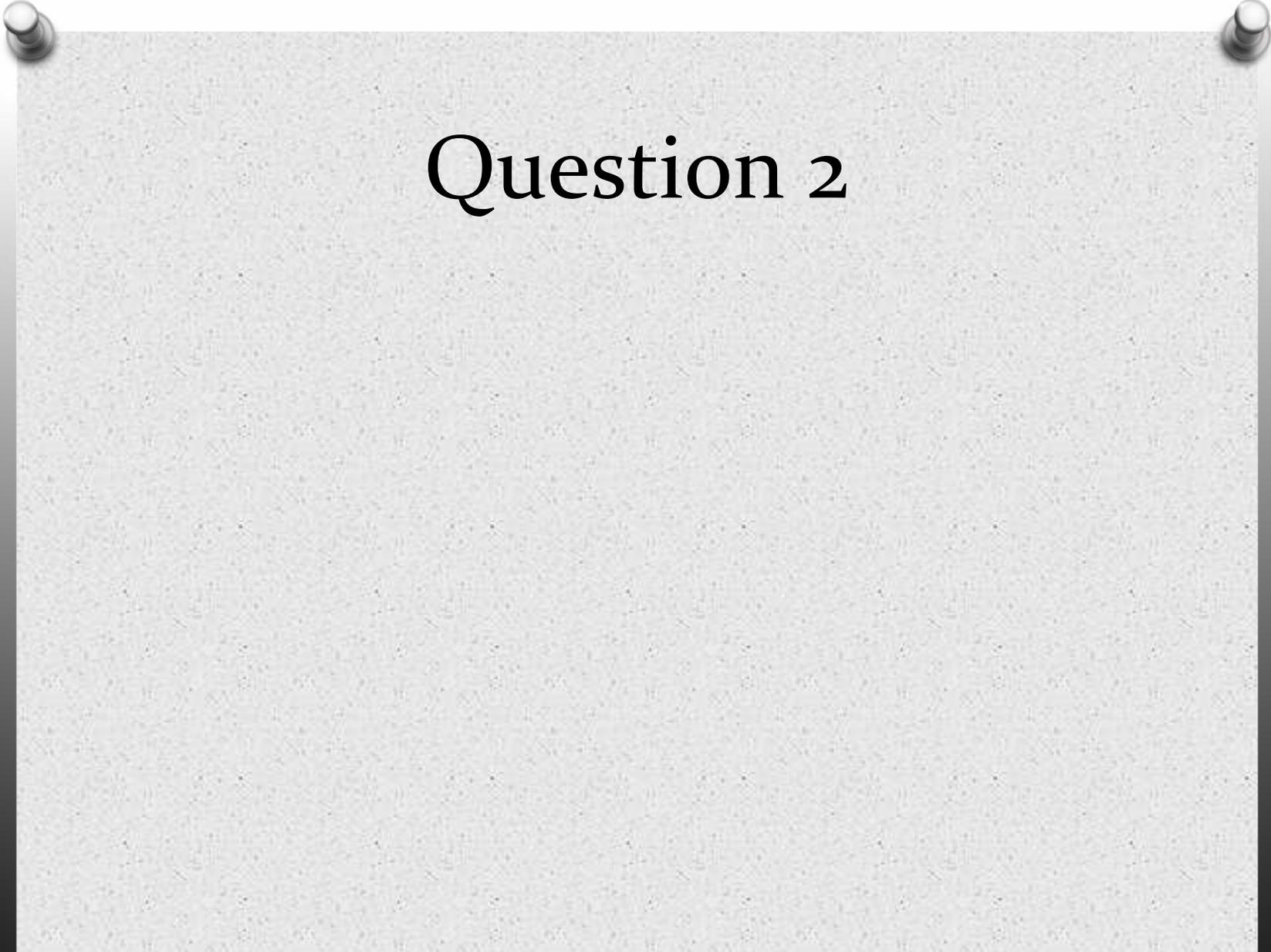


Boom
Vang

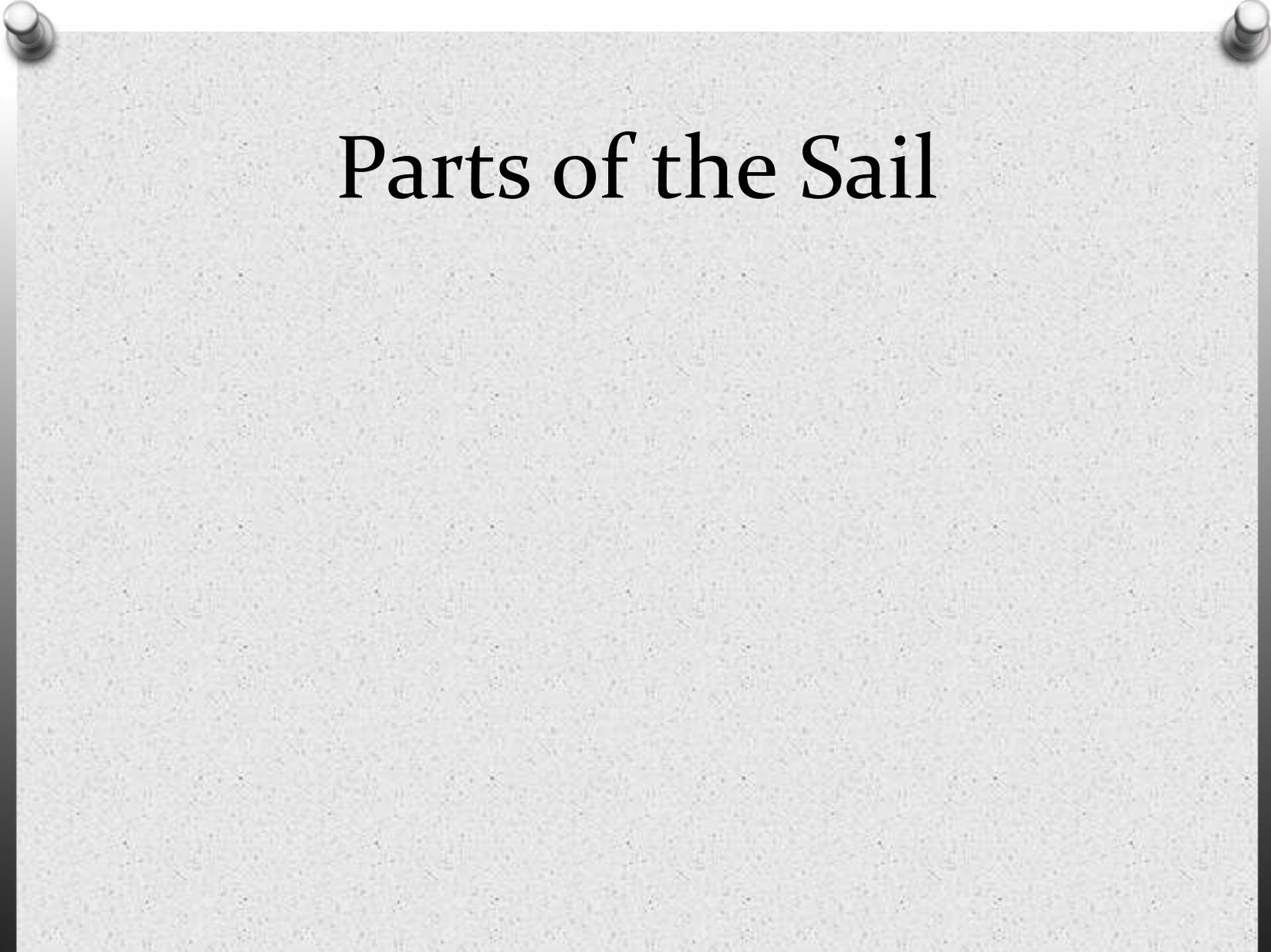


Clutch

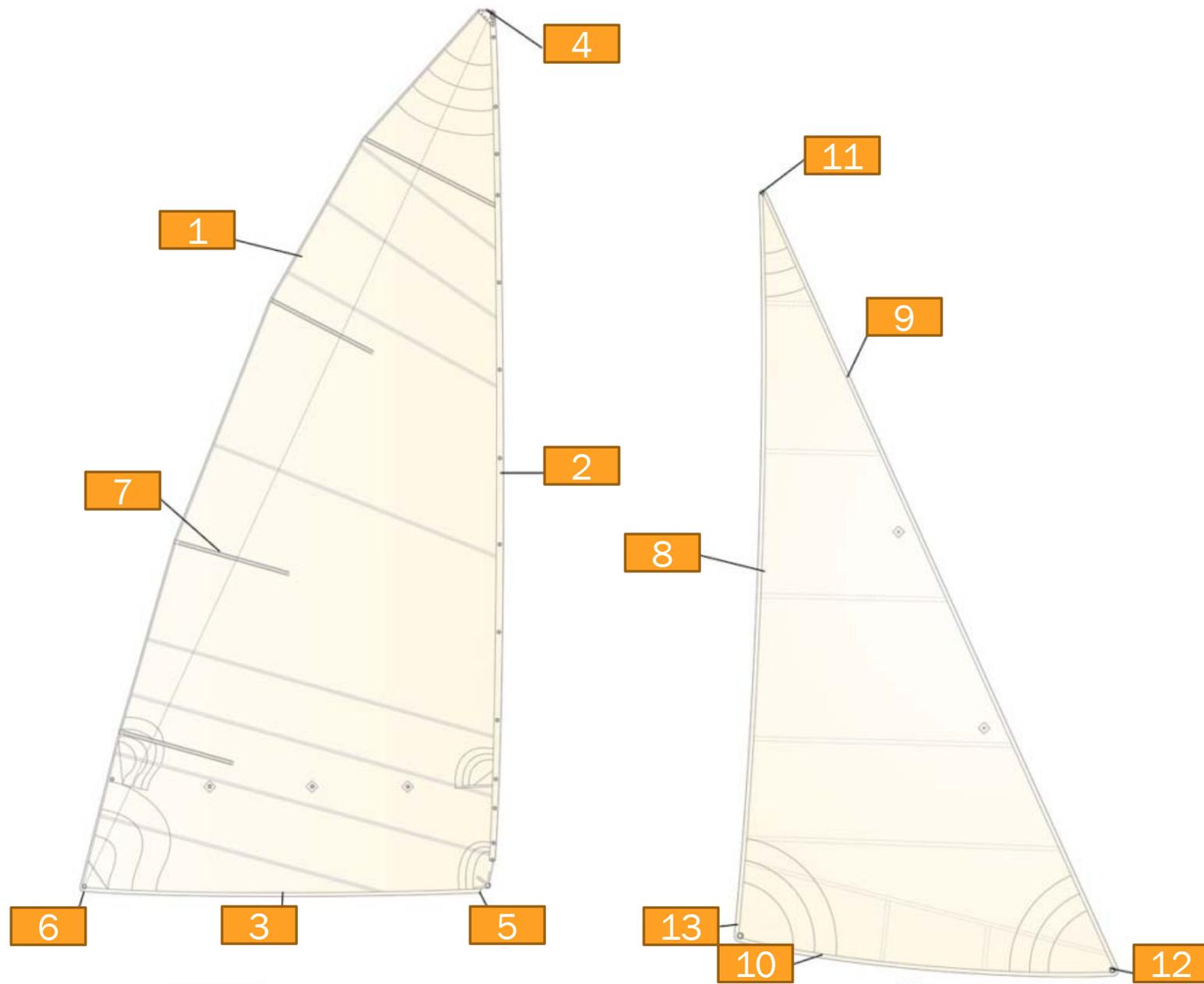




Question 2



Parts of the Sail



MAINSAIL

JIB

PREPARING FOR YOUR SAIL...



- ❖ ASK PERMISSION TO BOARD
- ❖ Bring only what is necessary
- ❖ Pack in a soft sided bag
- ❖ Ask what you can do to help prepare the boat for sail
- ❖ Bring your own food/drink
- ❖ Bring something to share



YOUR SAFETY & COMFORT MATTER!

and will improve if you have the proper shoes and clothing for your sail

Footwear should have a non-marking rubber sole, preferably w/closed toes



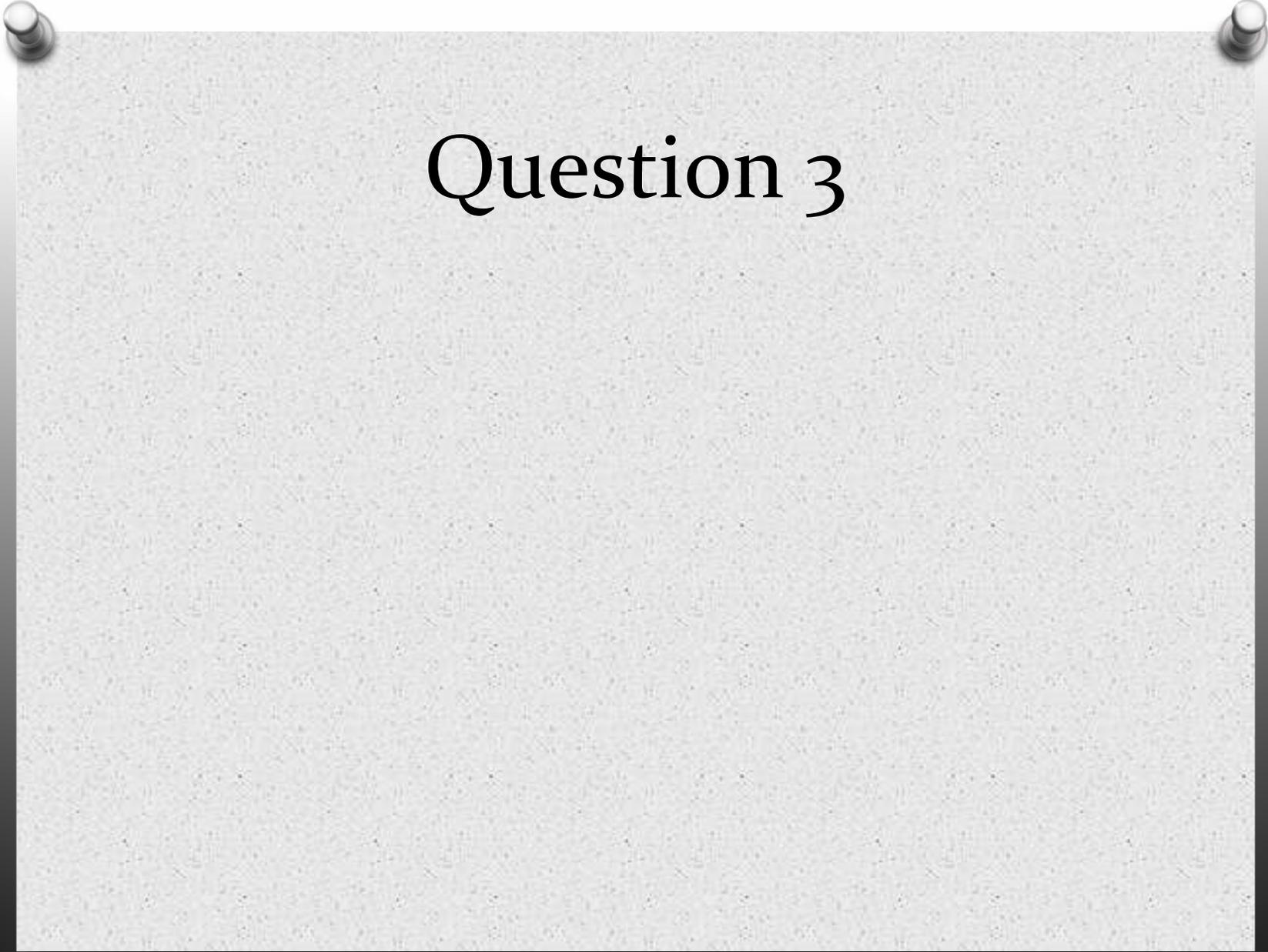
❖ Wear comfortable clothing that you can easily move around in

❖ Wear a hat to block the sun and minimize loss of body heat
(beanie in the winter months)

❖ Dress in layers and be prepared for all conditions:

- Shirt
- Sweater/sweatshirt
- Fleece vest or jacket
- Down vest or jacket
- Waterproof/windproof outer layer
- PFD
- Sunscreen
- Chapstick
- Water bottle
- Sailing gloves
- Sunglasses with tether
- Buff





Question 3

Getting Underway

First things first...

- o Is this a good day...?
 - o Weather
 - o Physically and psychologically ready
 - o Seasick
 - o Clothing
 - o Time

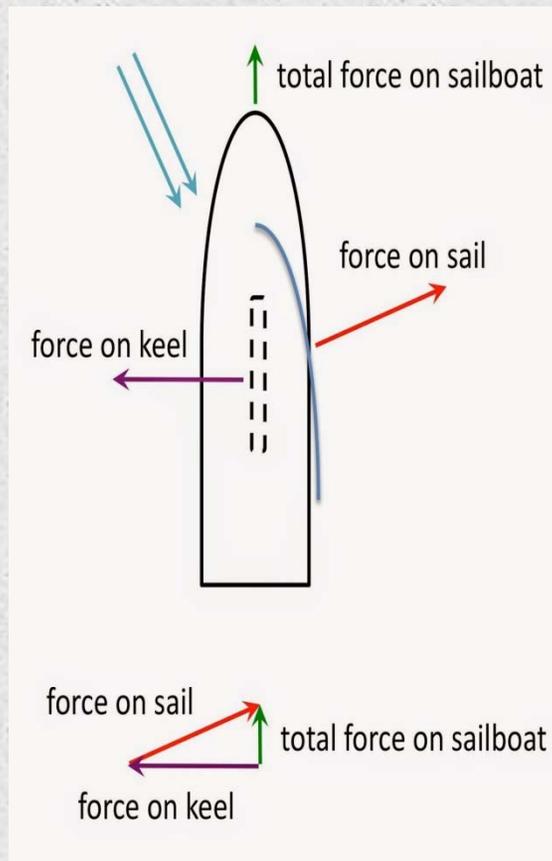
Safety

- o What do I need to know?
 - o Should I wear a PFD? (yes)
 - o Where's the First Aid Kit?
 - o Lifelines
 - o Is there a radio onboard? (And do I know how to use it?)

Other Stuff...

- o Is my gear stowed?
- o Do I have sunscreen?
- o Do I have water?
- o How do I use the head?

How Wind Makes the Boat Go



Sail Trim Basics

- o Let out the sail until it luffs, and then sheet it in until it stops luffing (lift mode).
- o If you let it out and it doesn't luff, you are sailing downwind (very broad reach or run). Set the sail perpendicular to the wind (push mode).

Sail Trim Basics

- o When in doubt, let it out.
 - o An under-trimmed sail is obvious – it luffs.
 - o An over-trimmed sail can look fine (unless you know how to use telltales).

Sail Trim Basics – Telltales

Genoa

- o Adjust the genoa until both the inner and outer telltales are streaming straight back
- o (this doesn't work downwind).

Sail Trim Basics – Telltales

Genoa

- o If the genoa is too loose, the **inside** telltale will flutter. Trim in or fall off.
- o If the genoa is too tight, the **outside** telltale will flutter. Ease or head up.

Sail Trim Basics – Telltales

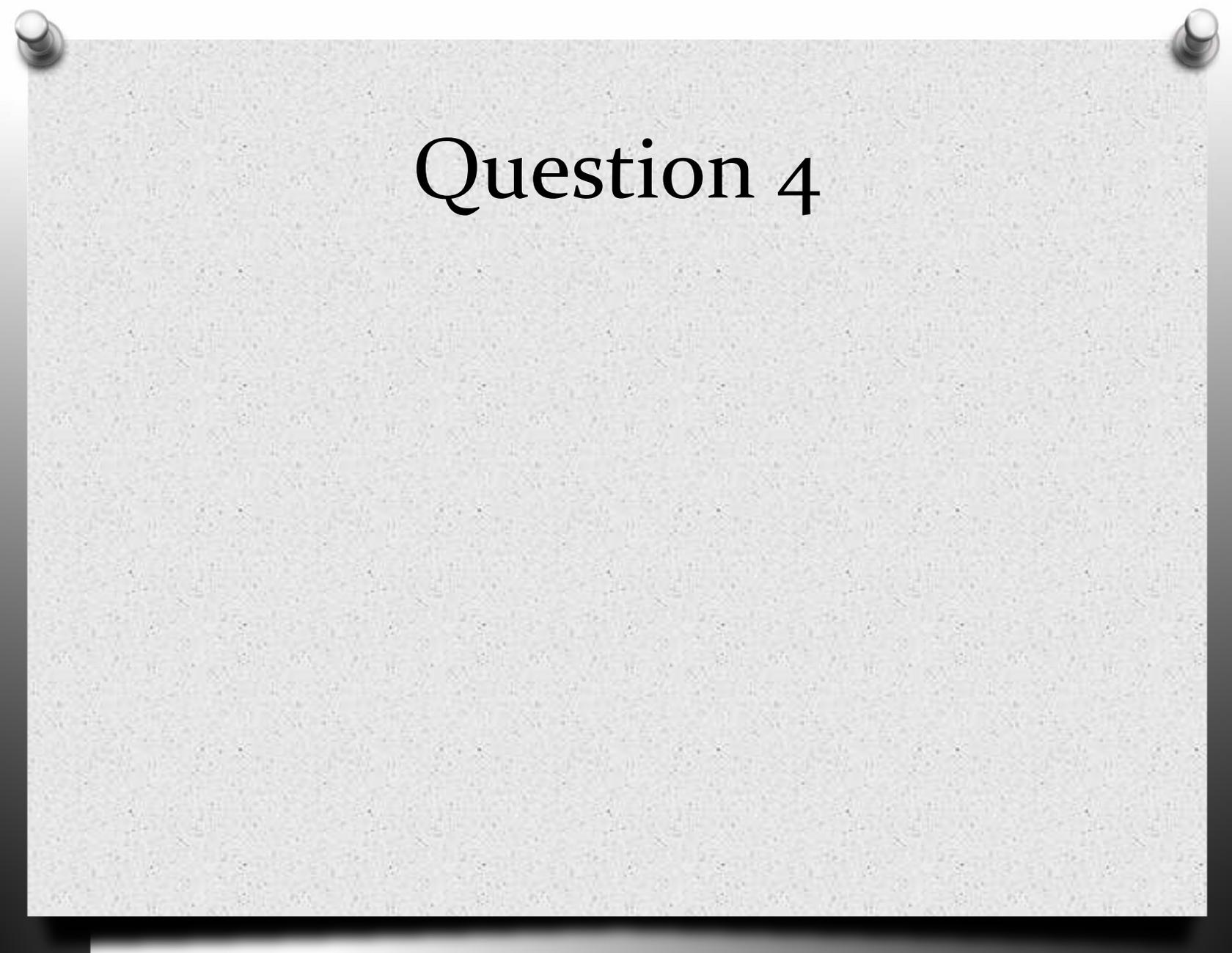
Genoa

- Basically, you move the sail toward the fluttering telltale, or you turn the boat away from the fluttering telltale.

Sail Trim Basics – Telltales

Mainsail

- o Adjust the mainsail until the telltales are streaming straight back.
- o If they are wrapped to the leeward side of the sail, ease.
- o If they are bending toward the windward side, sheet in (or travel up).



Question 4

Congratulations!
You're well on your way to becoming
an "Old Salt"

Photo # NH 63037 "Old Salts" on board USS Hartford, Winter of 1876-77

