

**Introduction to
Sailing
February 20, 2023**



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Goals for the Course

- **Introduce students to the art and process of sailing**
- **Enable students to participate, with confidence, in crewing activities on a sailboat**
- **Enhance the overall sailing experience**
- **Have fun!**

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Today's Agenda

- 1. Introductions**
- 2. Sign-up for:**
 - **Dockside Sessions**
 - **On-The-Water Lesson**
- 3. Lesson - Points of Sail**
- 4. Knot Lesson – The “Figure 8” Knot**
- 5. Preparation for next week**

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Introductions

- 1. How long have you lived in Laguna Woods?
Where did you move here from?**
- 2. Your history with sailing (if any)?**
- 3. Tell us something about yourself.**

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Class Organization

Today – The Wind Circle, Points of Sail

Feb 27 - Feeling the Wind, Sailing Etiquette, Crew Roles

Mar 6 - Using the Wind (Sail Trim, Tacking, Jibing), Parts of the boat

Mar 13 – Mechanics of Sailing, Going For a Sail

Mar 20 - Rules of the Road

Mar 27 – Handling Emergencies, Review what we have learned

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Sign-Up for Dana Point Sessions

- **Dockside Learning Sessions (Tuesdays or Wednesdays)**

1. March 7th or 8th , 9 – 10:15 or 10:30 – 11:45

2. March 14th or 15th , 9 – 10:15 or 10:30 – 11:45

- **On-The-Water Learning Session (Saturday 1 – 3:30)**

- March 11 (Starts at 12:30)

- March 18

- March 25

- April 1

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-BREAK-

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Points of Sail

Laguna Woods Yacht Club Sailing Academy

Introduction to Sailing
February – March 2023



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Using points of sail to harness the wind

From *Sailing Made Easy* p. 18

- **The direction of the wind dictates the direction a sailboat can sail.**



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Using points of sail to harness the wind

From *Sailing Made Easy* p. 18

- The direction of the wind dictates the direction a sailboat can sail.

- **Understanding the points of sail is vital to understanding how to orient yourself relative to the wind.**



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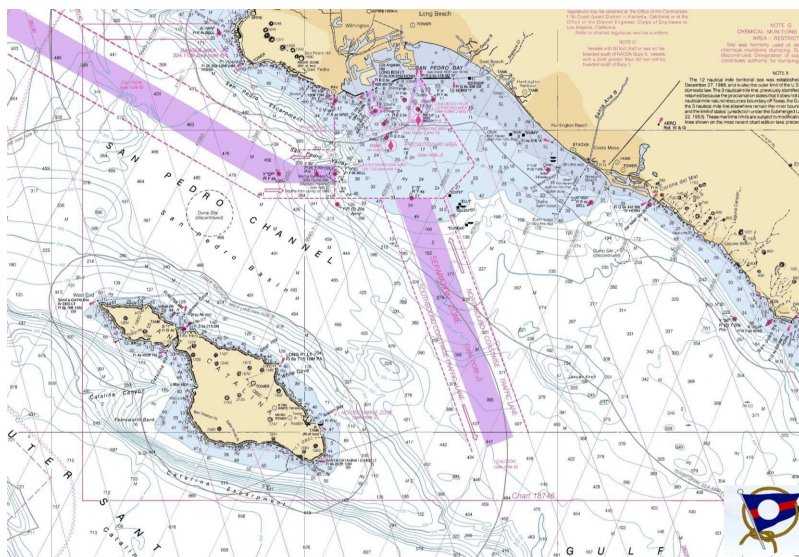
Using points of sail to harness the wind

From Sailing Made Easy p. 18

- The direction of the wind dictates the direction a sailboat can sail.
- Understanding the points of sail is vital to understanding how to orient yourself relative to the wind.
- **The points of sail describe the range of courses a sailboat can and cannot travel.**



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Why points
of sail are
important

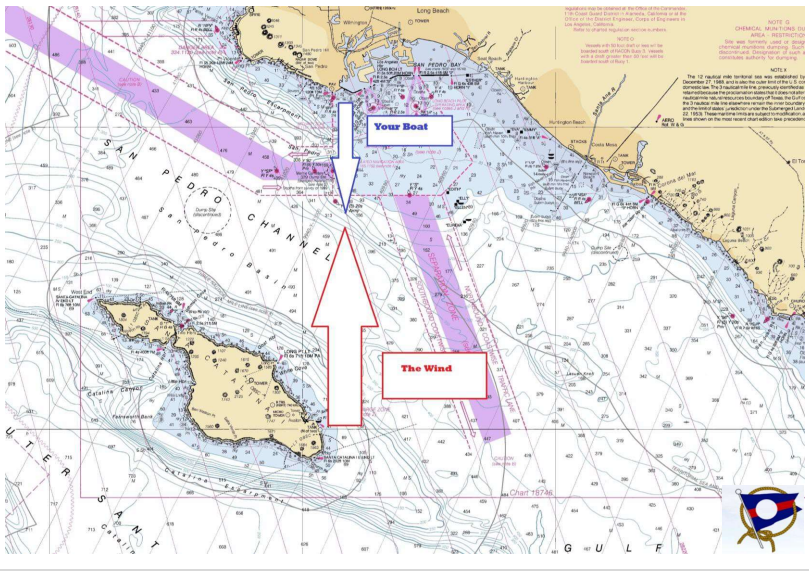
12

Suppose you want to sail from San Pedro to Avalon . . .

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. . . but you'd be sailing directly into the wind.

14




If you know the points of sail you can still set a course for your destination

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The moral of the story

The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails.

-William Arthur Ward



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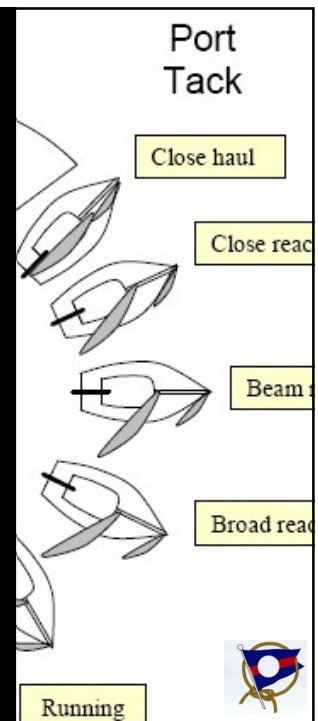
Objectives for this unit

- **1** Learn the names of each of the points of sail and other wind metrics
- **2** Introduce the masthead fly and understand how it relates to points of sail
- Next week we will learn how to “feel” the wind



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*Objective 1:
Naming the points
of sail using the
wind circle*

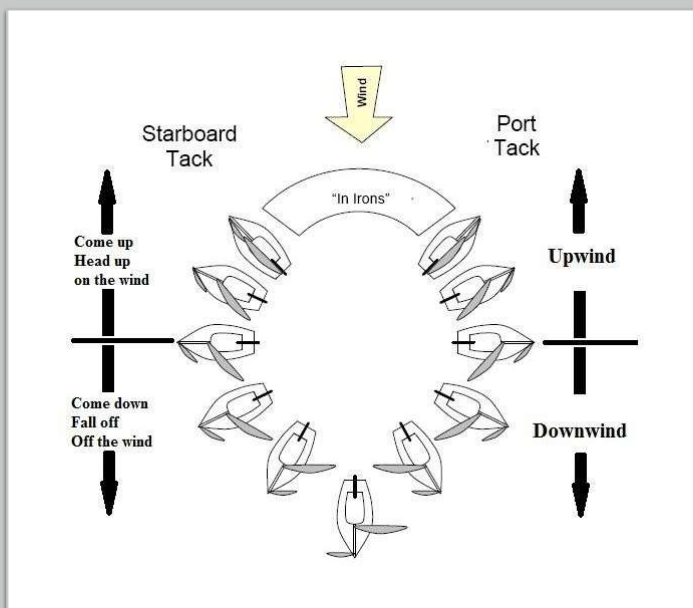


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Before learning the points of sail, let's learn some basic wind vocabulary



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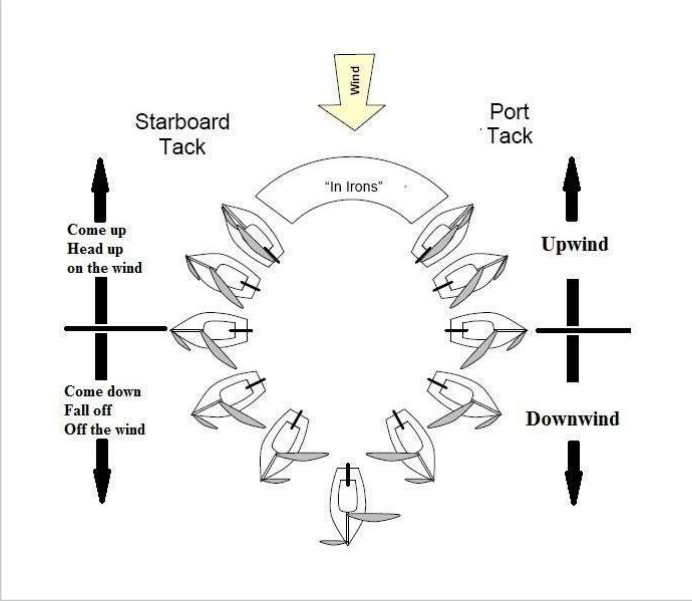
Wind terms - 1

Upwind: facing toward the wind

Downwind: facing away from the wind




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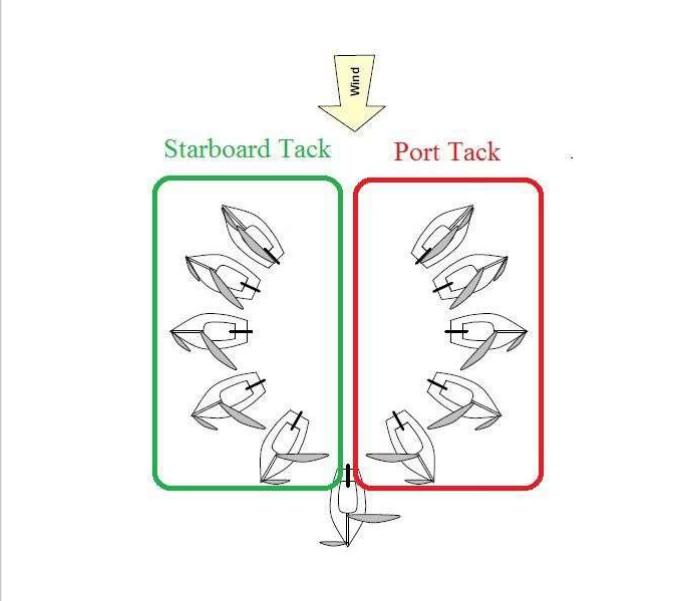
Wind terms - 2

Come up/head up: turn toward the wind

Come down/fall off: turn away from the wind




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Wind terms – 3

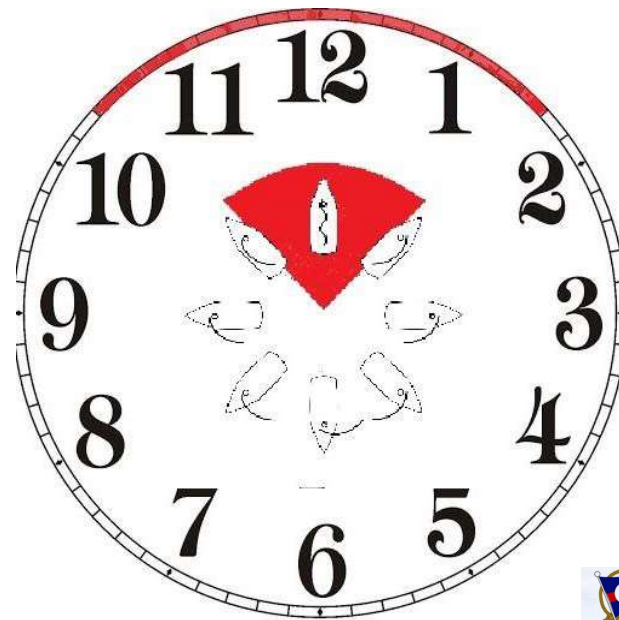
Port tack: wind is coming across port side (boom to starboard)

Starboard tack: wind is coming across starboard side (boom to port)

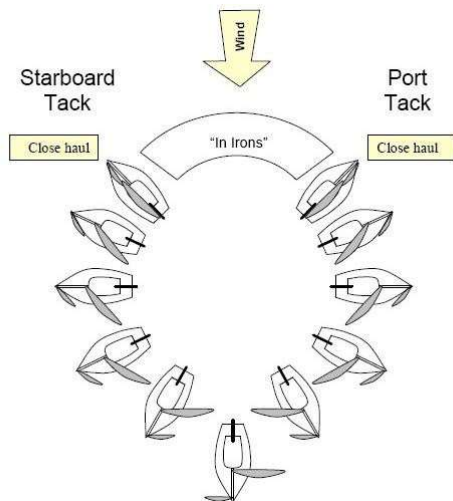


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Hint: an easy way to learn points of sail is to visualize them on a clock face with the wind coming from 12:00



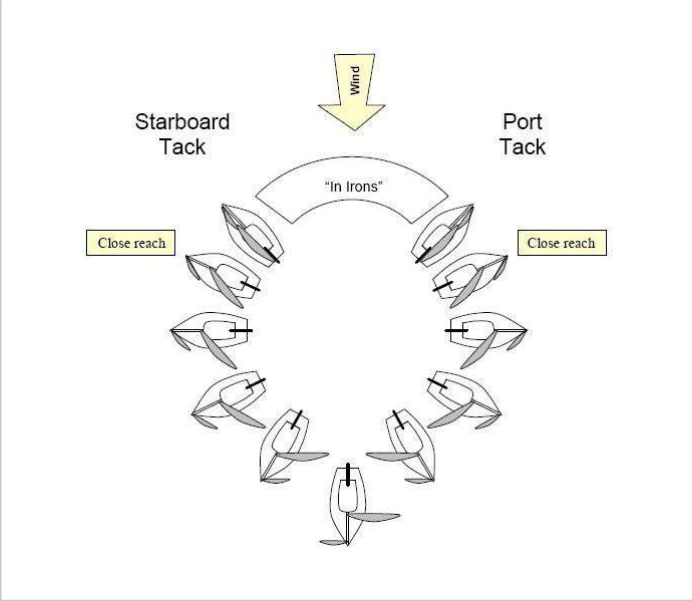
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Close Hauled


wind coming
across the bow;
about 45° off
(away from) the
wind (1:30/10:30
on the clock)

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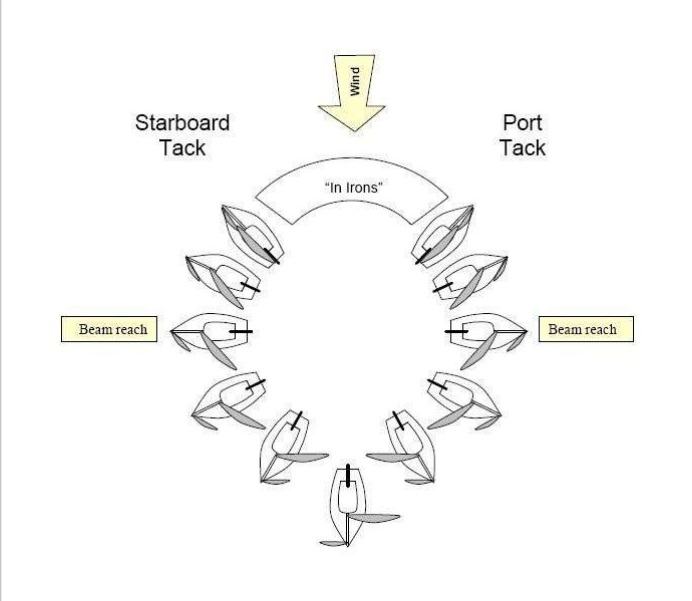


Close reach

wind off the bow;
about 48-88°
off (away from) the
wind (2:00/10:00
on the clock)




25

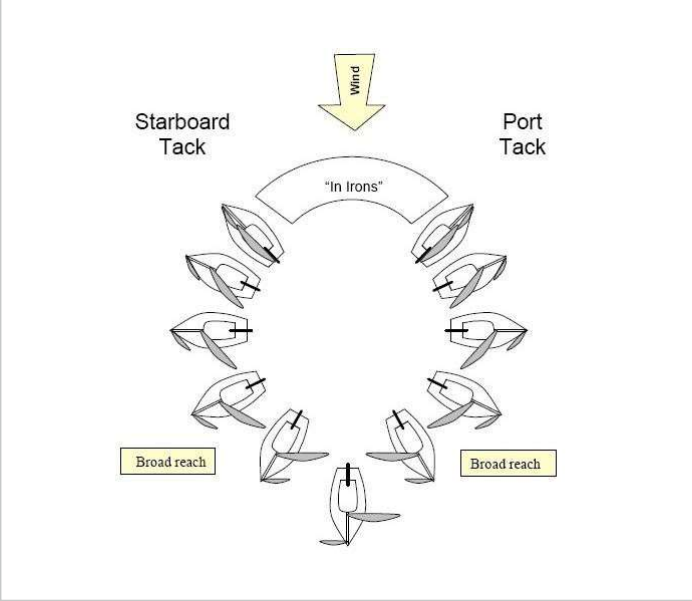


Beam reach

wind coming
across beam;
about 90° off
(away from) the
wind (3:00/9:00 on
the clock)




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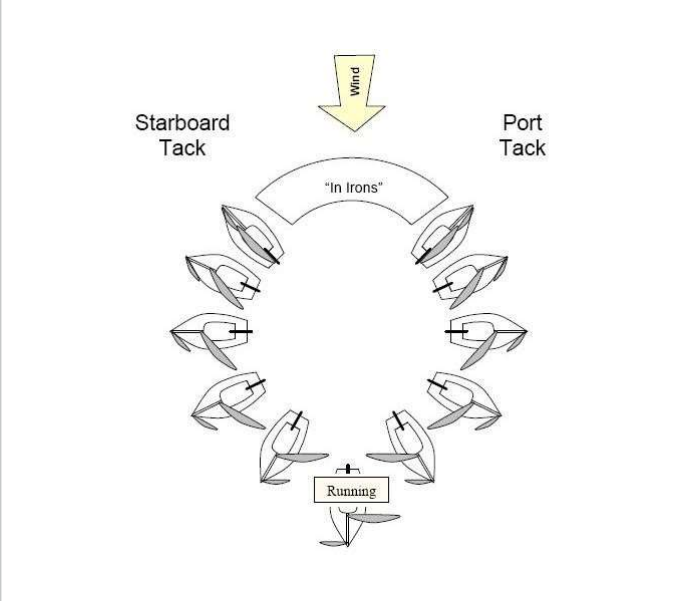
The diagram illustrates the Broad reach sailing position. A yellow arrow labeled "Wind" points downwards from the top center. A semi-circular arc at the top is labeled "In Irons". On the left side, the text "Starboard Tack" is written, and on the right side, "Port Tack" is written. At the bottom, two yellow boxes labeled "Broad reach" are positioned on either side of a central boat icon. The boat is shown with its sails set, and the overall arrangement of boats forms a circle.

Broad reach

wind on the quarter;
about 92-178° off (away from) the wind (4:00/8:00 on the clock)




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The diagram illustrates the Running sailing position. A yellow arrow labeled "Wind" points downwards from the top center. A semi-circular arc at the top is labeled "In Irons". On the left side, the text "Starboard Tack" is written, and on the right side, "Port Tack" is written. At the bottom, a yellow box labeled "Running" is positioned below a central boat icon. The boat is shown with its sails set, and the overall arrangement of boats forms a circle.

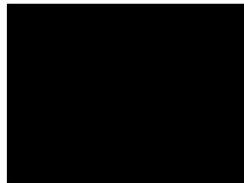
Running

wind coming over the stern;
180° off (away from) the wind (6:00 on the clock)



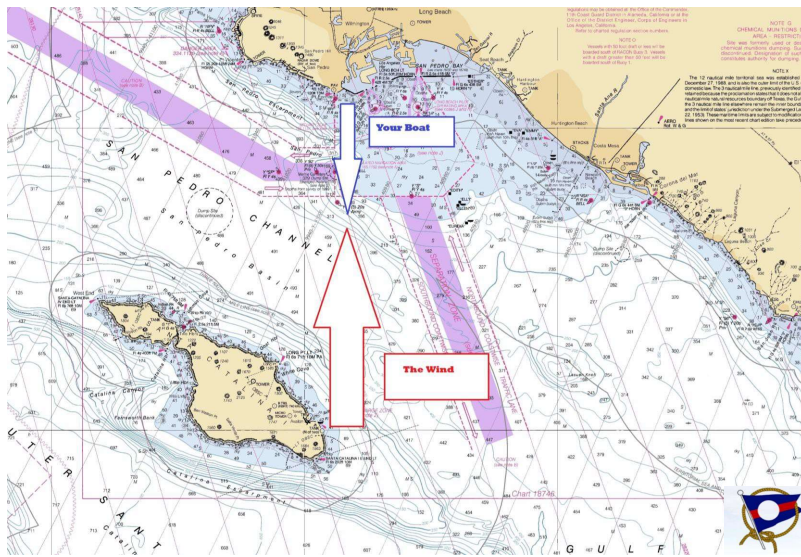
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Points of Sail Summary



<https://www.youtube.com/watch?v=tYo5tvoju0I>

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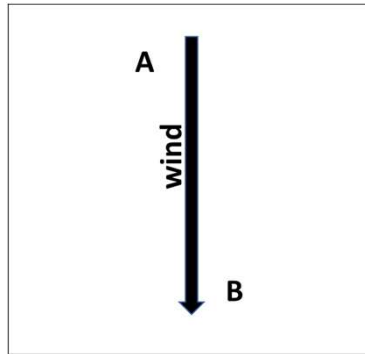
If you know the points of sail you can still set a course for your destination

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Points of Sail Quiz

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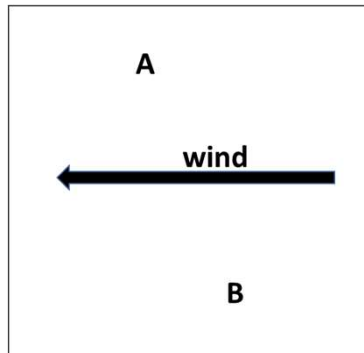
Point of Sail Quiz – Case #1



Sailing	Up/Down Wind	Point of Sail	Tack
A to B	Downwind	Broad Reach	Port
B to A	Upwind	Close Hauled	Starboard
	Upwind	Close Hauled	Port

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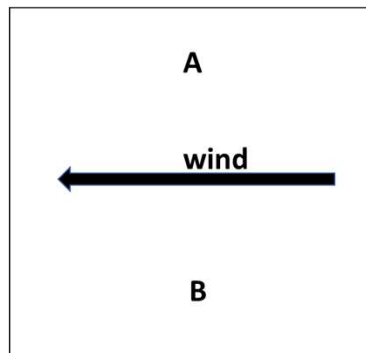
Point of Sail Quiz – Case #2



Sailing	Up/Down Wind	Point of Sail	Tack
A to B	Upwind	Close Reach	Port
B to A	Downwind	Broad Reach	Starboard

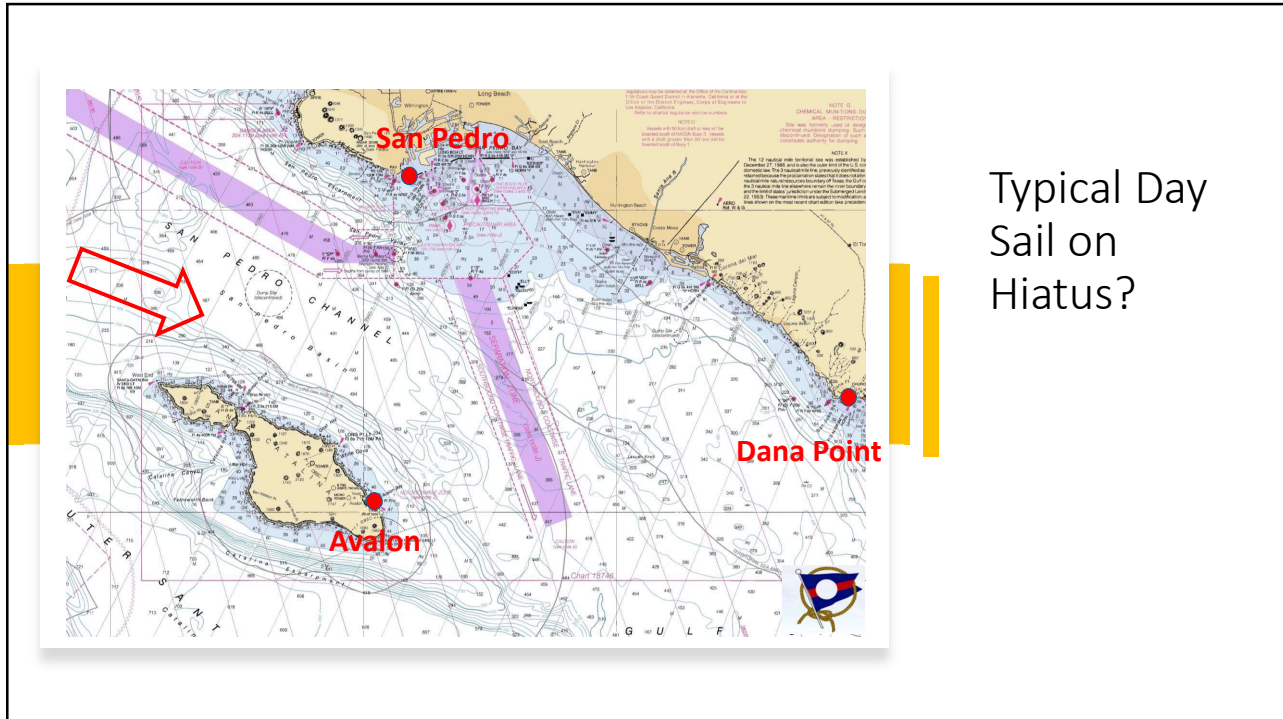
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Point of Sail Quiz – Case #3



Sailing	Up/Down Wind	Point of Sail	Tack
A to B		Beam Reach	Port
B to A		Beam Reach	Starboard

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*Objective 2:
Introducing the
masthead fly and
understanding how
it relates to points
of sail*




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The masthead fly shows the direction of the apparent wind.

MASTHEAD FLY

The masthead fly is a small wind vane at the top of the mast that shows the direction from which the apparent wind is coming. Look at the masthead fly to determine what point of sail you are on so you can trim your sails correctly to the course you want to steer. If the arrow's tail is inside the vee formed by the two arms, you are in the no-sail zone



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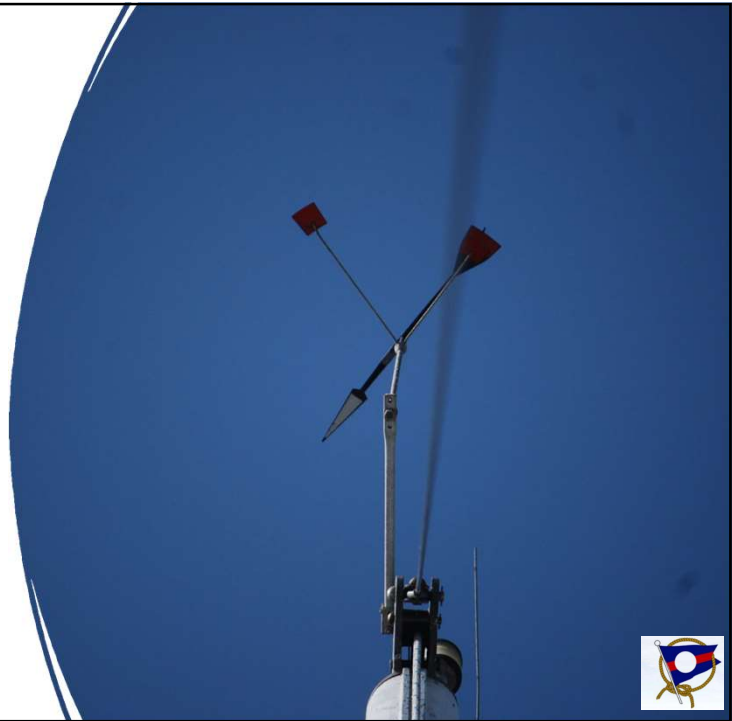
The following slides taken aboard Hiatus will give you a helm's eye view of the masthead fly for different points of sail



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Close Hauled **Port** Tack

- The vane is lined up exactly with the edge of the no sail zone
- The vane is pointing to **port**, meaning the wind is coming from port, hence you are on **port tack**



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Close Hauled **Starboard** Tack

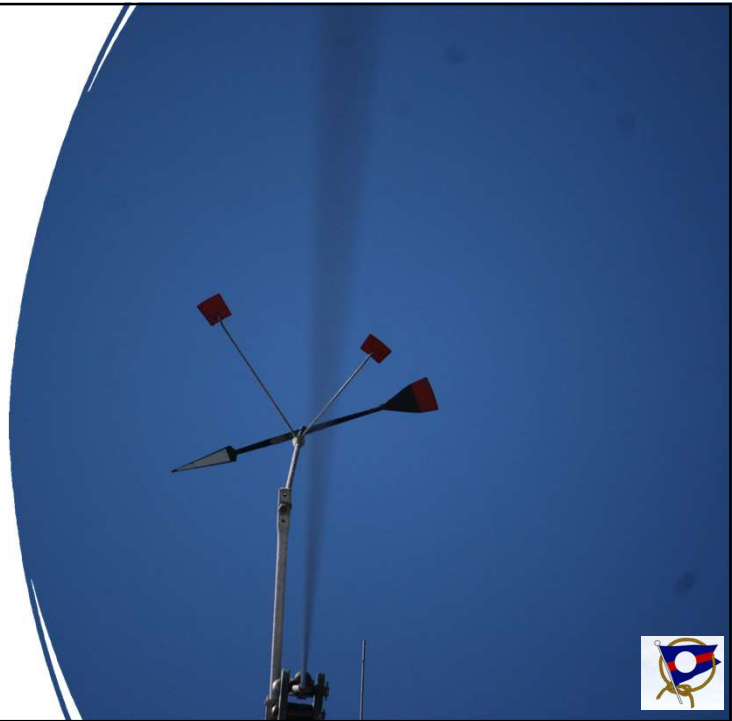
- The vane is lined up exactly with the edge of the no sail zone
- The vane is pointing to **starboard**, meaning the wind is coming from starboard, hence you are on **starboard tack**



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Close Reach **Port** Tack

- The vane has fallen off from the edge of the no sail zone
- The vane is pointing to **port**, meaning the wind is coming from port, hence you are on **port tack**



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Close Reach **Starboard** Tack

- The vane has fallen off from the edge of the no sail zone
- The vane is pointing to **starboard**, meaning the wind is coming from starboard, hence you are on **starboard tack**



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Beam Reach **Port** Tack

- The vane has fallen off about 45° from the edge of the no sail zone
- The vane is pointing to **port**, meaning the wind is coming from port, hence you are on **port tack**



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Beam Reach **Starboard** Tack

- The vane has fallen off about 45° from the edge of the no sail zone
- The vane is pointing to **starboard**, meaning the wind is coming from starboard, hence you are on **starboard tack**



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Broad Reach **Port** Tack

- The vane has fallen off about 45° from a beam reach
- The vane is pointing to **port**, meaning the wind is coming from port, hence you are on **port tack**



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Broad Reach **Starboard** Tack

- The vane has fallen off about 45° from a beam reach
- The vane is pointing to **starboard**, meaning the wind is coming from starboard, hence you are on **starboard tack**



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Summary

- The wind's direction controls what courses you can – and cannot – sail
- If you know the points of sail you can determine the best course to get to your destination.



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Summary

The basic points of sail are

- Close hauled
- Reaching (close, beam and broad)
- Running



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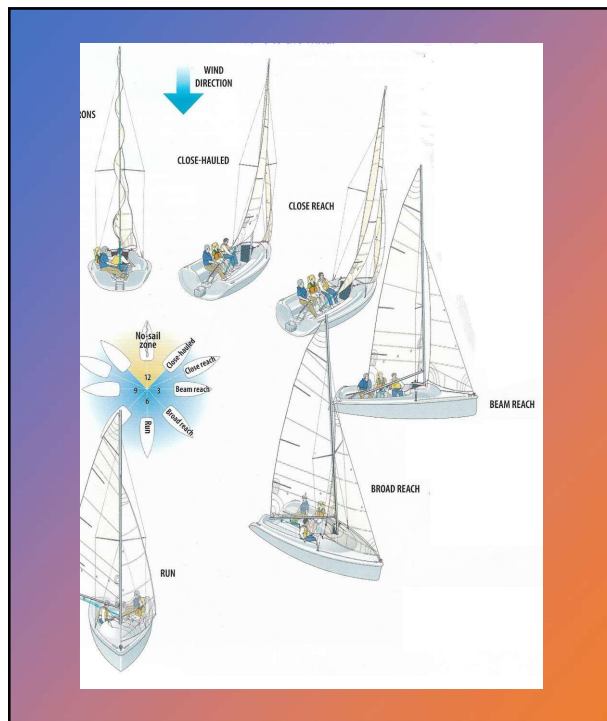
Summary

For now, concentrate on memorizing the points of sail relative to the direction of the wind.

In a future lesson, you'll learn more about how to adjust sail trim for any given point of sail.



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Learning the points of sail, and how the sails look and the boat feels on each one, is fundamental to becoming a competent sailor.

Questions?



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Knot Lesson

The “Figure 8” Knot

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“Figure 8” Knot



<https://youtu.be/ZEVITakUbmU>

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