





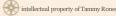


and will improve if you have the proper shoes and clothing for your sail

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





**ASKYOURSELF — Do you want to:

- Stand on the bow and/or at the mast?
 - Pull sheets or ease lines?
 - Crank winches?
 - Drive the boat?
 - Coil lines?

**Are you comfortable moving around while underway?





CREW ROLES

Skipper	First Mate
Helm	Main trimmer
Reef & Vang	Starboard trimmer
Port trimmer	Furler
Lookout/spotter	Pleasure seeker

Limited seating means certain spots in the cockpit are "working" positions, while other spots are better suited to "passive" participation



SKIPPER

- Person ultimately responsible for the safety of the boat and welfare of all aboard
- Successful sailing requires teamwork from the Skipper and the Crew. This will ensure that all maneuvers, such as leaving a mooring, hoisting sails, changing tacks, reefing, or entering a marina, can be completed with maximum enjoyment, minimum stress.



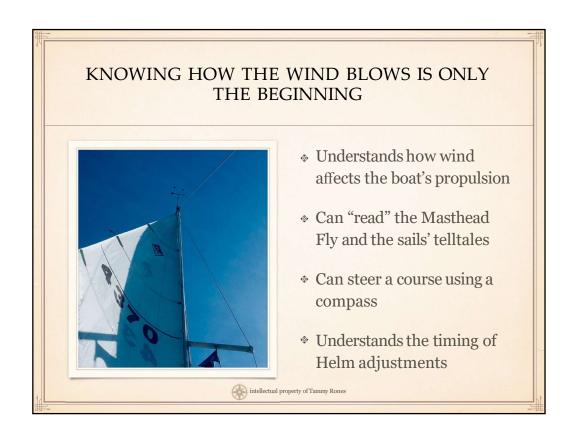


FIRST MATE

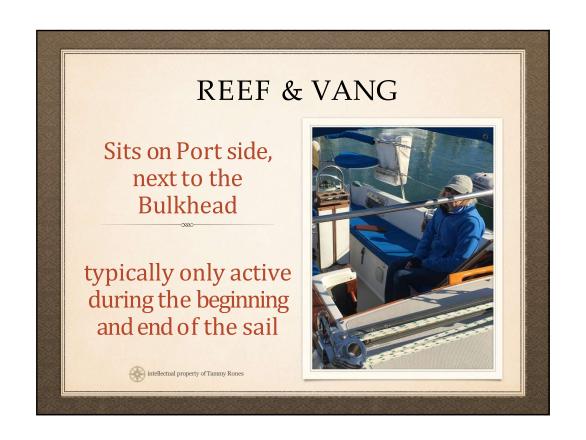
- The First Mate is second in command and must be capable of assuming full command should the Captain become incapacitated.
- On Hiatus, a member of the crew familiar with the boat and the Skipper's preferences
- Able to coach and direct other crew in a positive manner

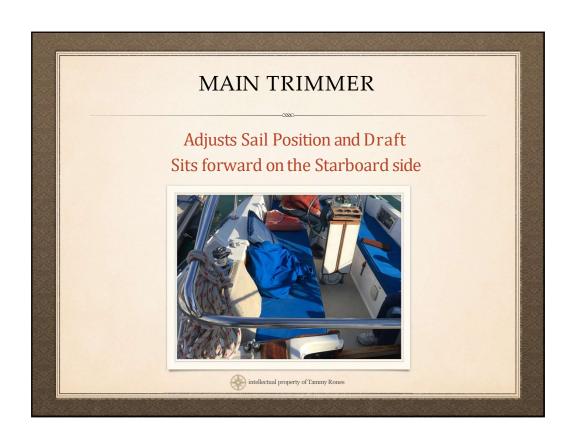


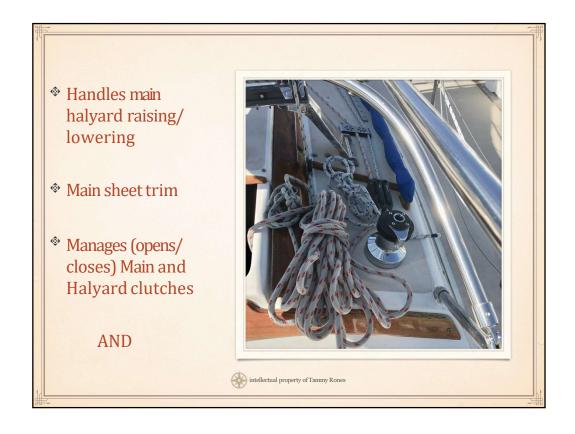






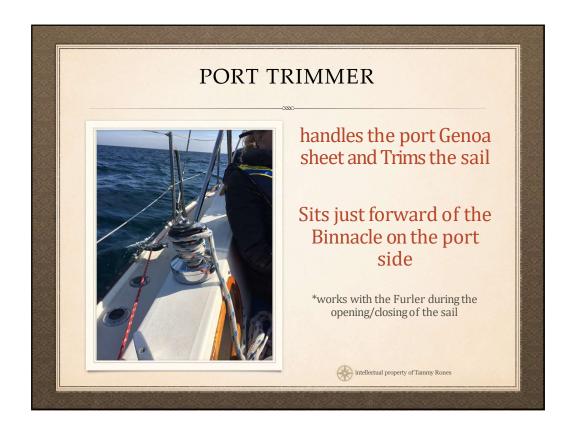












FURLER

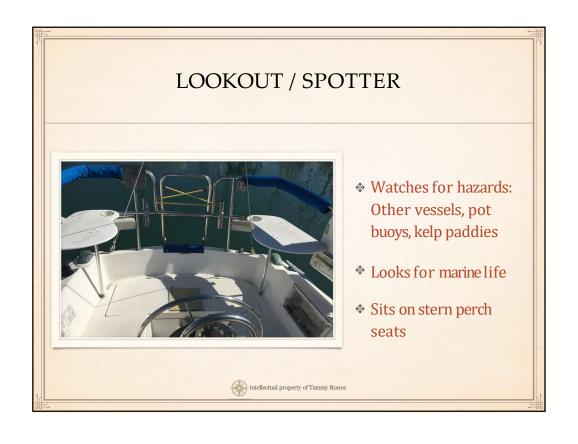
releases the Furling line when the Genoa is opened and pulls

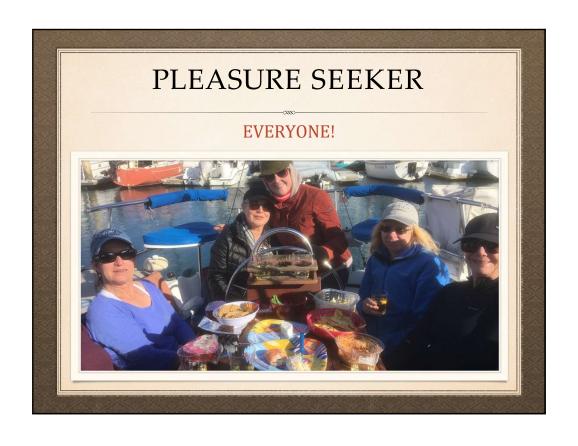
the Furling line when the Genoa is taken in

Typically only active at start and end of the sail

Can be seated on the port Stem Perch seat

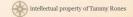






ENDING A SAIL / SECURING THE BOAT

- The sail isn't complete once you tie off at the dock; you have to secure the boat before you leave
- Lower and flake the mainsail and cover it
- Coil and stow lines
- Stow cushions, radio, horn, winch handles
- Cover winches, combings, instruments and binnacle
- Remove trash
- Insert slats and lock companionway



KNOWLEDGE REVIEW

- What do you ask when you approach the boat, and why?
- Name 3 items of appropriate attire, and 3 that aren't well suited to sailing - and why
- Where should you sit if you want to be involved in trimming the Mainsail?
- Where should you sit if you want to be involved in trimming the Genoa?
- * What should you do after the boat is in the slip?



RECAP: SAILING ETIQUETTE AND CREW ROLES

You now Know:

- What to ask when planning your day (i.e. is there a happy hour post sail? Can you contribute food/drink?)
- © Common practices when arriving at the boat
- What to bring with you and how to pack it
- Where to sit or stand while underway, and what responsibilities go with each physical location
- How to help secure the boat post sail

