Introduction to Sailing, Class 1

Sailing in Portland Meetup Group

Introduction to Sailing Class
Sailing in Portland

- Making our Meetup Group Better
- Check out our Group’s Pages!
- Group Finances are Transparent
- Help the Event Organizers
- Become an Event Organizer
Introductions

• Me
• Leslie
• Leslie’s House
• Others - Organizers
• S/V June Bug
• S/V Ubiquity
Introductions - YOU

Some of you are new to sailing.
Some of you have lots of experience.
Some of you are boat owners, :-) or :-( ?

Poll to find Low-IQ people vs. High-IQ people in the room.
Sailing and Singing

• Who are Lin and Larry Pardey?
• Listen to them sing their “Yacht Club Bar” song, from “Storm Tactics” DVD.
• Then we will sing together the first verses of the song.
Yacht Club Bar Song, Chorus

I love to sit around the yacht club bar
    and talk about the things we’re going to do.
I love to sit around the yacht club bar
    because it doesn’t move.
The swells are big and the winds are high
    but that don’t bother me.
Cause I never get lost and my tummy doesn’t toss
    It’s a wonderful life on the sea.
Yacht Club Bar Song, Verse 1

My boat it is a big one boys. My crew it is the best.

We race around the entrance buoy beating all the rest.

We’re the first ones home with a bent elbow and a powerful salt spray thirst.

We sit around and drink all night and see who comes in first.
Yacht Club Bar Song, Chorus

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and talk about the things we’re going to do.
I love to sit around the yacht club bar
because it doesn’t move.
The swells are big and the winds are high
but that don’t bother me.
Cause I never get lost and my tummy doesn’t toss
It’s a wonderful life on the sea.
What did Lynn and Larry mean by the words in the “Yacht Club Song”? 
Course Goals

Fun, Challenge
Learn Basic Sailing Knowledge:
  Terminology
  Theory
  Techniques
  What to do on a sailboat
Result: You are more useful as crew, or a better captain, on a sailboat.
Course Components

Three Class Meetings:
Class 1: Sailing theory and terminology
Class 2: Sailing techniques and skills
Class 3: Preparation for on-water sailing

On-Dock Component
Sailing Component
Class Meeting Structure

Sing “Yacht Club Song”, ~3-5 min.

Cover Course Material, ~90 min.

Practice tying knots, perhaps see some short sailing videos, photos
Optional Potluck/Lunch

• Chance to Socialize

• Help yourself to Drinks in Coolers in back

• Start ~12:00

• May send out S/V June Bug, other boats, ~12:30/12:45
Sailing on the Boats

Not a formal part of class, but will try to get some of you out on sailboats

After-class

Other options in SIP

To go bring appropriate footwear, clothing.
Further Learning/Experience

• Where else can you learn about sailing, or get sailing experience? – See resources pages for the Sailing in Portland Meetup Group.

• Possible follow-up classes on more advanced topics, combined with sailing practice after class.
Why Sailing?

Why not do only power-boating instead?

“Life is too short for sailing” – a power-boating friend of mine.

How do power-boating and sailing differ?

Why do sailing?

What are the advantages and disadvantages of sailboats compared to powerboats?
Types of Sailboats

• How to differentiate different types?
• What could be different?
• Rigs: sloop, cutter, ketch, yawl, schooner, catboat, masthead sloops, fractional sloops
• Keels and rudders
• Basic Keelboat, pp. 80-81
The **cutter** is a sloop with its mast near the middle of the hull, allowing space to fly a second jib.

The **yawl** has two masts. Its mizzen (smaller) mast is behind the rudder post.

The **ketch** is another two masted boat. The mizzen (smaller) mast is in front of the rudder post.

The **schooner** has two or more masts, with the tallest usually in back.

The marconi-rigged **sloop** is the most common modern rig. It’s excellent for sailing upwind.
Terminology: Parts of a Boat

- *Basic Keelboat*, pp. 6-7
- Basic parts of a boat
- Parts of the sailing equipment/rig (see next slide)
- Go to look at the boats, maybe after class ??
**Sailing Concepts**

**Mast**
The vertical spar in the middle of the boat from which the sails are set.

**Mainsail**
The sail hoisted on the back side of the mast and attached to the boom.

**Forestay**
The part of the rigging that is attached to the front (bow) of the boat that keeps the mast from falling backward.

**Backstay**
The part of the rigging, attached from the top of the mast to the back (stem) of the boat, that keeps the mast from falling forward.

**Jib**
The forward sail that is attached to the forestay.

**Batten**
a strip of fiberglass, plastic, or wood inserted into a pocket in the sail to help it hold its shape.

**Shrouds**
Rigging wires extending up from the sides of the boat to the mast that keep the mast from falling to either side.

**Spreader**
Struts that extend from the sides of the mast that keep it from bending sideways.

**Boom**
The horizontal spar extending back from the mast. The bottom (foot) of the mainsail is attached to it.

**Parts of the Rig**
Now that you know your way around the deck, it's time to look up. The rig includes sails (mainsail and jib), spars (mast and boom), supporting wires (standing rigging) and sail controls (running rigging).
Core Concept in Sailing

How the Boat is Oriented to the Wind

Implications:

Must keep track of wind direction.

We need terminology to describe boat’s orientation to wind.

Orientation of boat to the wind determines how we adjust (trim) the sails.
Orientation to the Wind

*Basic Keelboat*, p. 15

Can we sail in all directions?

General Terms:

- Beating
- Reaching
- Running

Points of Sail gives us more specific terms.
Points of Sail

See Basic Keelboat, p. 15
Terminology for Changing our Heading

Always relative to what we are focused on: where the wind is coming from

“Head up”, “Heading up”, “Come up”, “Bring it up”, etc.

“Head down”, Heading down”, “Back off”, “Fall off”, etc.

Basic Keelboat, pp. 16-17
Even the Sails Act Differently Depending on the Point of Sail

*Basic Keelboat*, pp. 8-9

“Pull Mode” vs. “Push Mode” (See next slide)

Do Bernoulli Effect exercise with spoon under faucet, for those who have not done it.
How far You Trim Out the Sails
Depends on the Point of Sail

*Basic Keelboat*, pp. 10-14
Turning the Boat so that the Wind is on the Other Side

With wind in front:
- Tacking, or Coming About

With wind in back:
- Jibing
Tacking
Tacking (Coming About)

Basic Keelboat, pp. 18-19

Commands:

Ready about? (or ready to tack?)
Ready!
Tacking (or hard alee, or helms alee)!
Jibing

*Basic Keelboat*, pp. 20-21

Commands:

- Ready to jibe?
  - Ready!
- Jibe ho!
Terminology: Sails and Major Control Lines

Most sails have:

- 3 corners, each with a name
- 3 sides, each with a name

*Basic Keelboat*, pp. 28-29

Halyards – To raise sails
Sheets – To trim sails
Inspect the boats to identify halyards, sheets
Study Questions

Prepare answers to first half of study questions, 1-46, for next class meeting.
Videos??

*(If time allows; if we want a short diversion)*
Knots!

(Basic Keelboat, pp. 58-60)

1) Figure 8 Stopper Knot
2) Cleat Hitch
3) Round Turn and Two Half-Hitches
4) Bowline

For each knot: Discuss uses, practice tying.

Also: Learn to coil a line!