

Sailing Class OTW Session 1

Sailing Skills: Practice on the Boats or on the Docks

Skills to Practice on the Boats:

- Moving safely around on the side decks and foredeck
 - “One hand for the boat, one hand for yourself”
- Using winches
- Hanking on sails
- Unfurl, furl, roller-furling headsails
- Hoisting and dropping sails
- Folding/bagging headsail, flaking mainsail

Skills to Practice on the Dock or In the House:

Knots:

- Bowline to tie jib sheets to clew
 - Figure eight to tie stopper knot to prevent loosening jib sheets
 - Cleat hitch to tie dock lines to cleats
 - Round turn with two half hitches to tie dock lines to dock if dock has no cleats
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- Coiling lines
 - Whipping line ends

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Boat Inspection Guide

From USPS Sail OTW Guide:

Interior Inspection:

- Thru-hulls
- Fire Extinguishers
- VHF radio
- First aid kits
- Yukon Jack (just kidding)
- Anything else that you want

Engine compartments are open and I am available if you want to learn anything about these excellent little diesel engines.

Throwable MOB devices

Sailing Hardware, Rigging:

(Identify the Equipment and Understand how it is Used.)

- Mainsheet
 - To which winch does it terminate?
- Main halyard
- Traveler
- Mainsail outhaul (Goes to cockpit in S/V Ubiquity, terminates on boom on S/V June Bug)
- Lazy jacks (on S/V June Bug)
- Boom vang
- Boom topping lift
- Headsail/Jib halyard
- Jib sheets – How to run
- Additional halyards, spinnaker halyard?
- S/V Ubiquity: Removable staysail stay – Where it stows in sloop configuration and where it sets up in cutter configuration.
- Staysail sheets – How would they run and terminate?
- Standing rigging – Forestay, backstay, shrouds (side stays), adjustable backstay (on S/V June Bug) running backstays (on S/V Ubiquity)
- Purpose of each winch
- Self-tailing winches vs. non-self tailing winches
- Anchors, how to deploy