

# Sailing Class OTW Session 3

## Second Sailing Outing

**Goals:**

- Practice Basic Sailing Skills**
- Try to Increase Your Sailing Awareness**
- Try Heaving-To**

### Basic Sailing Procedures to Practice on the Boats:

- Tacking/Jibing using standard commands
- Chicken Jibe
- Heaving-To: Go into a hove-to configuration at least once.
  - Enter via tacking
  - Optional (in light winds), enter via jibing.

### What Each Participant Should Focus On:

- Strive for constant awareness of point of sail that you are sailing.
  - Look up at the wind vane (at the masthead) occasionally.
- Observe the telltales on the jib and on the mainsail.
- When observing telltales, look for evidence of too much or too little sail twist: Telltales at different heights will be behaving differently.
- When trimming sails:
  - In “pull mode”: Try to get the telltales streaming back smoothly as much as possible.
  - In “push mode”: Trim the boom (and the imaginary headsail boom) to about perpendicular to the apparent wind.
  - When helming focus on not steering like a drunken sailor—dampen your movements in frequency and amplitude. Make small course corrections. Try to stay on the point of sail you intend and are for which the boat is trimmed.
- Apparent wind: Observe how strength of apparent wind changes on different points of sail.
- Gusts: Observe how direction of apparent wind changes when gusts increase the wind strength, and then when the wind strength eases.

### Heaving-To Maneuver:

- Basic procedure is simple: Come about without releasing the headsail.
- Optional procedure (in light winds): Enter via jibing.
- Tweak the resulting hove-to motion and orientation to the wind by adjusting:
  - Sheetng of headsail and mainsail.
  - Size of headsail and mainsail.
  - Rudder position
- See how much you can slow the boat’s forward movement.
- See if you can stabilize the boat about 60 deg. off of the wind.