

Sailing Class OTW Session 4

Third Sailing Outing

Goals:

Continue to:

- Practice Basic Sailing Skills
- Increase Your Sailing Awareness

New for Today:

- Experiment with Adjusting Sail Balance

New Exercise for Today—Sail Balance:

- On a Close Reach:
 - Tighten jib and slacken main to create lee helm
 - Slacken jib and tighten main to create weather helm
 - Trim jib and main to try to create a neutral helm
- Optional More Advanced Exercise:
 - On a close reach trim for a balanced helm and tie off the helm.
 - Steer the boat by trimming the sails: Back off a little, come up a little, then try to tack the boat using sail trim along.

Continue Trying to Practice Basic Sailing Skills and Awareness:

- 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 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:
 - No “drunken sailor” helming—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.