

Sailing Class OTW Session 7

Sixth Sailing Outing

Goals:

Continue To:

- Practice Basic Sailing Skills
- Increase Your Sailing Awareness

New for Today:

1. Practice a MOB pattern when sailing downwind.
2. Practice a MOB pattern when sailing upwind.

New Exercise for Today—MOB Patterns:

(See *Basic Keelboat*, pp. 72-73)

1. When sailing downwind, practice sailing a MOB pattern:
 - Circle pattern (tack)
 - Figure eight pattern (tack, bear-off, tack)
2. When sailing upwind, practice sailing a MOB pattern:
 - Quick stop pattern (tack, backwind headsail, jibe)
 - Figure eight pattern (tack, bear-off, tack)

Optional: Throw overboard a float or buoy to retrieve.

Continue Trying to Practice Basic Sailing Skills and Increase Awareness:

- Strive for constant awareness of point of sail that you are sailing.
- 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.
- 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 for which the boat is trimmed.