

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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The swells are big and the winds are high
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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.



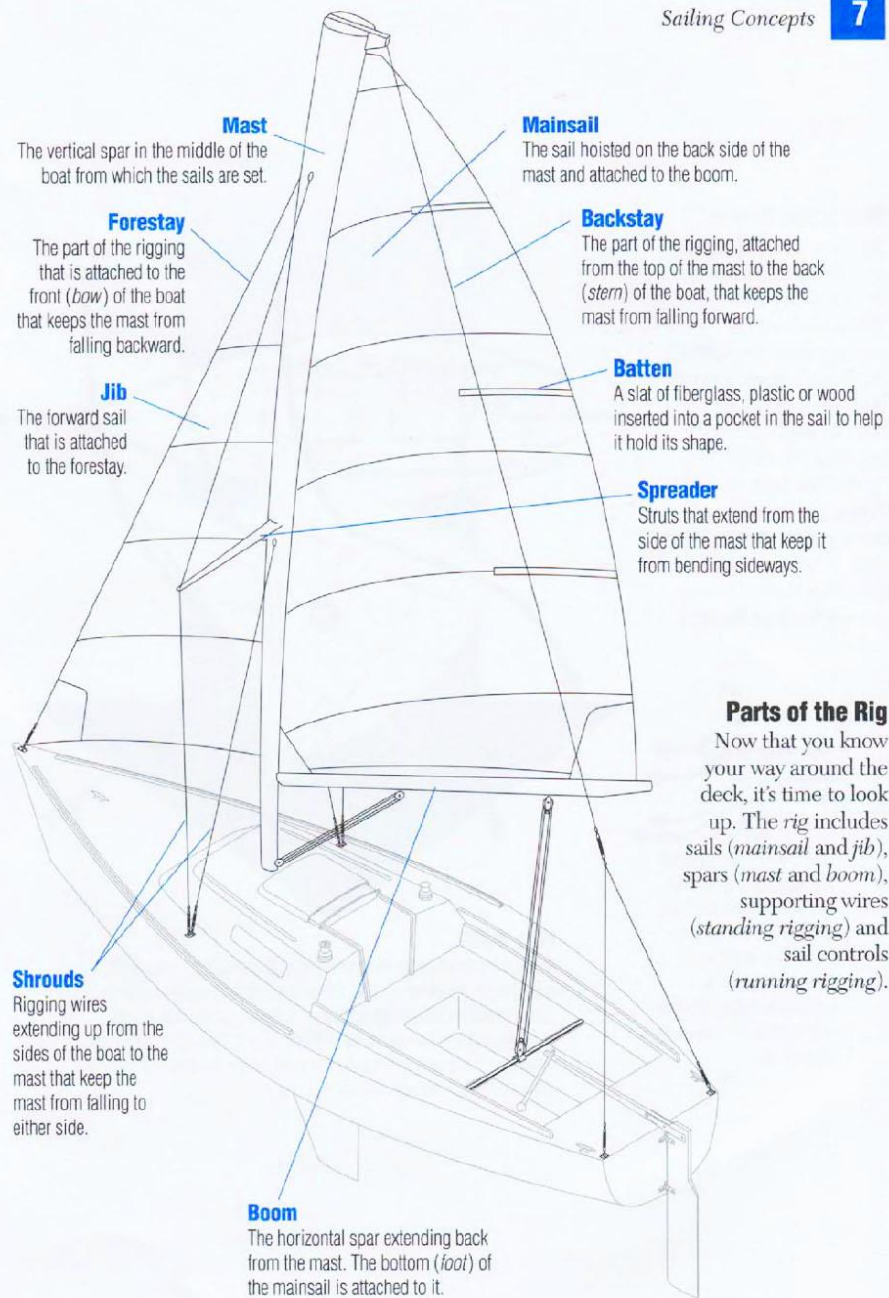
The **schooner** has two or more masts, with the tallest usually in back.



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 ??



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

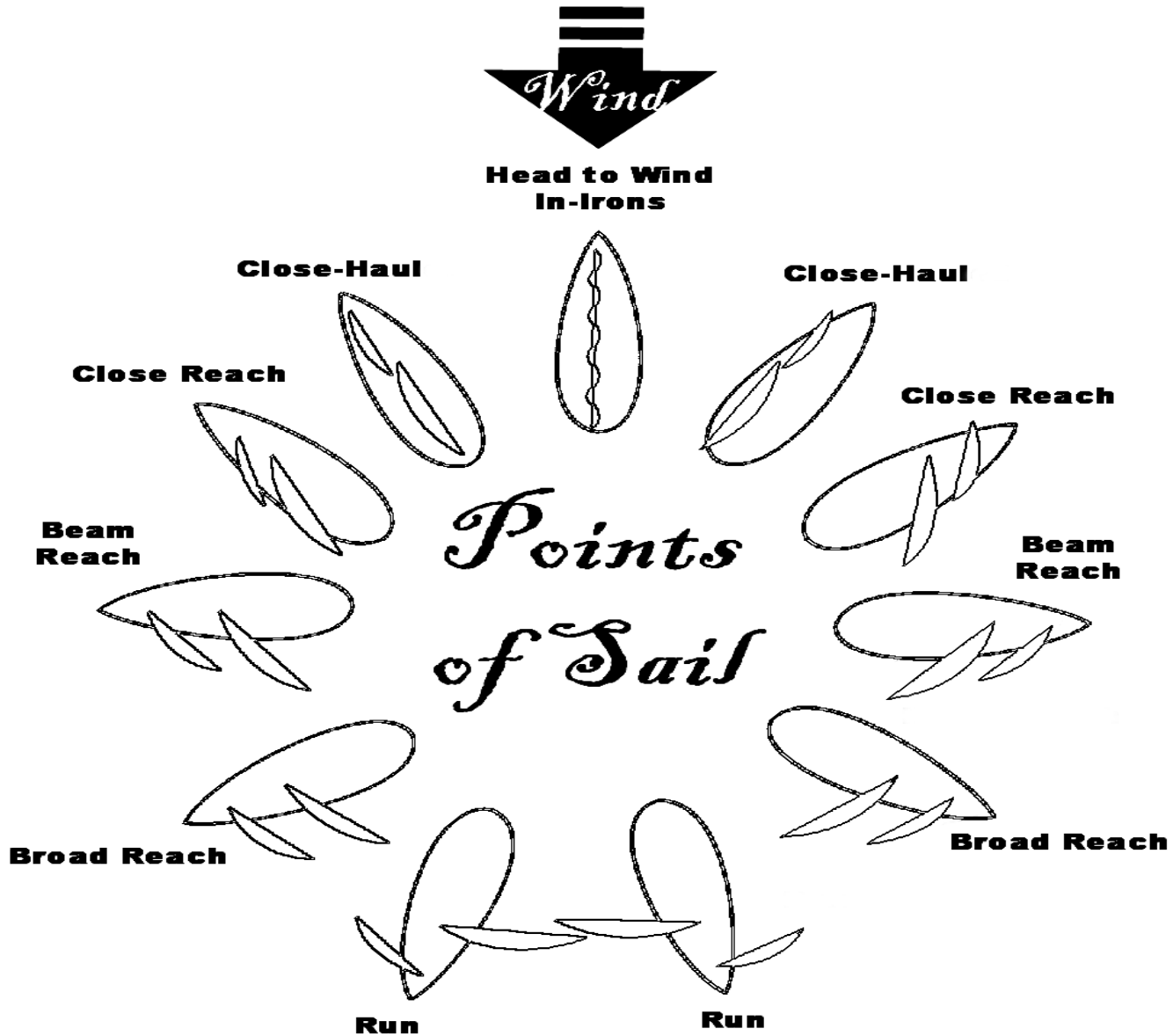
Reaching

Running

Points of Sail gives us more specific terms.

See *Basic Keelboat*, p. 15

Points of Sail



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.

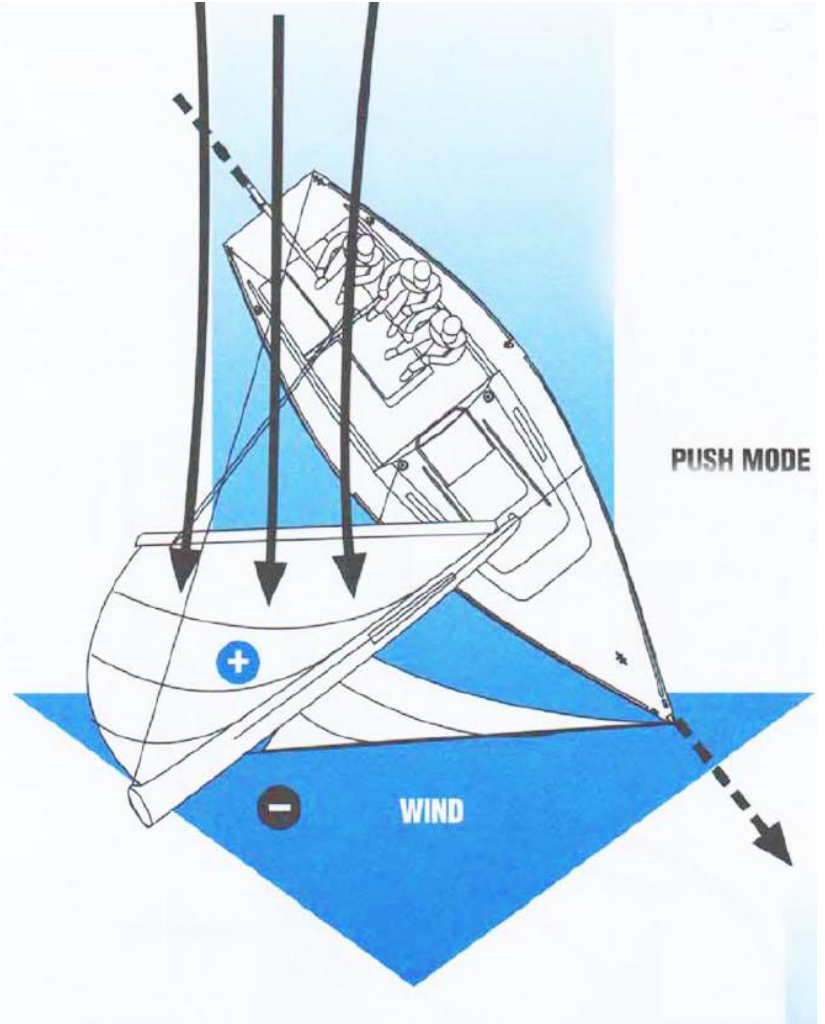
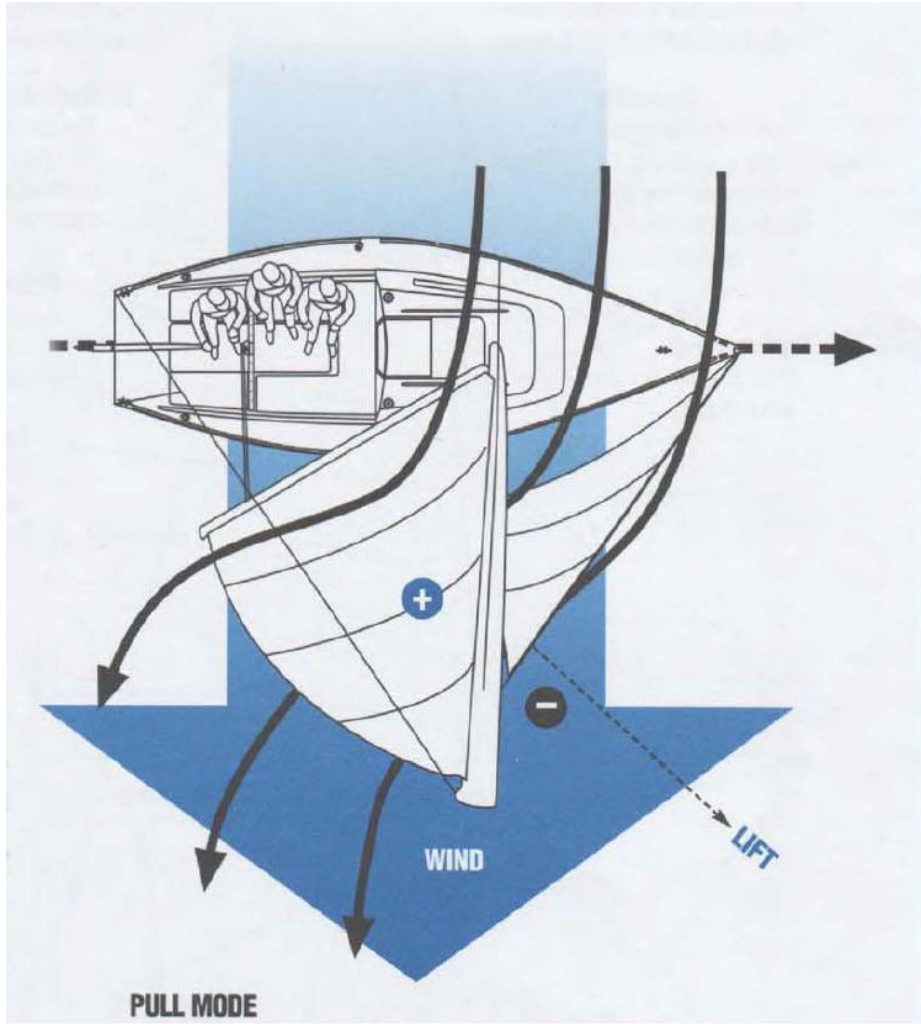
Basic Keelboat, pp. 16-17

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

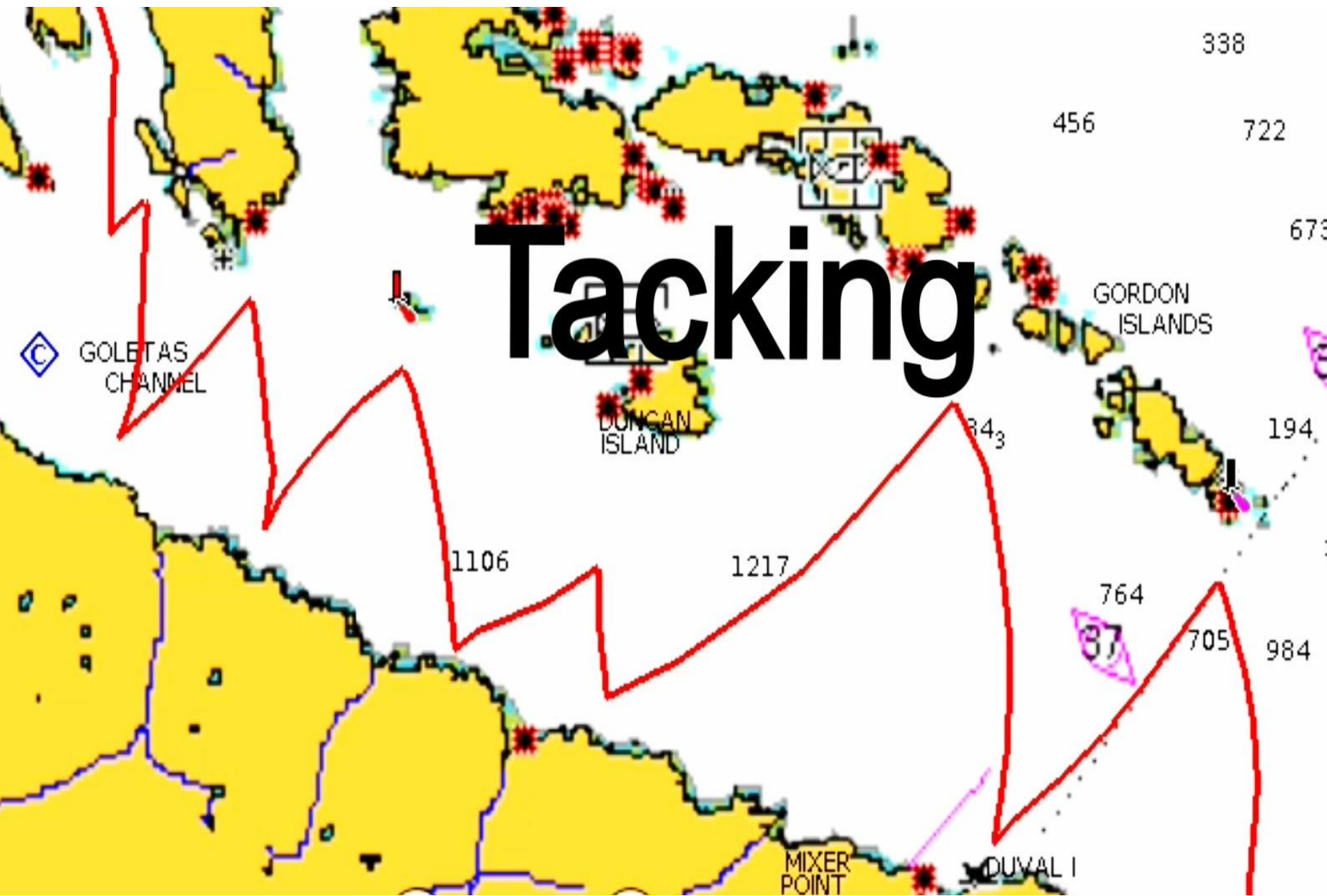
With wind in front:

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!