

# Introduction to Sailing, Class 3



**Sailing in Portland  
Meetup Group**

**Introduction to  
Sailing Class**

# 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 3

My head it was a reeling, my feet got  
tangled up.

Those damn old sheets were everywhere,  
just trying to trip me up.

The halyard broke, the boom fell down, the  
main took off like a bird.

Mayday was my final cry as I dived beneath  
my berth.

# Yacht Club Bar Song, Verse 4

My sailing days are over, cause of that great  
scare.

You others take a warning, and don't you go  
out there.

There's winds and seas and swells so high,  
how can you stay afloat.

Be like me and drink to the sea and don't  
untie your boat.

# Yacht Club Bar Song, Chorus

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# Core Concept in Sailing (review)

## *How the Boat is Oriented to the Wind*

### Implications:

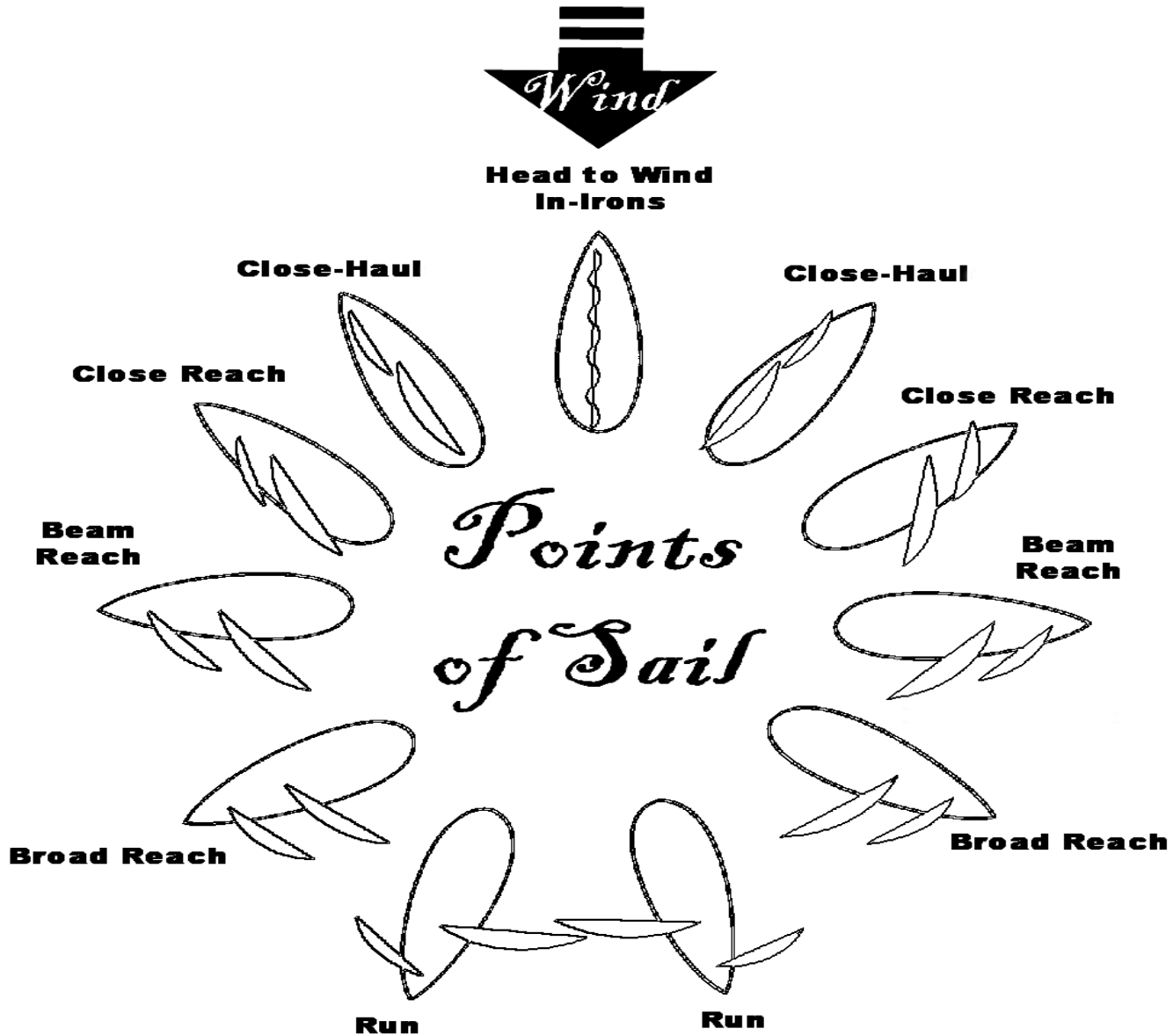
Must keep track of wind direction.

We need terminology to describe boat's orientation to wind.

Orientation of boat to the wind determines how far we trim out the sails.

See *Basic Keelboat*, p. 15

# Points of Sail (review)



# Tacking Commands (review)

## (Coming About)

*Basic Keelboat*, pp. 18-19

Commands:

Ready about? (or ready to tack?)

Ready!

Tacking (or hard alee, or helms alee)!



# Jibing Commands (review)

*Basic Keelboat*, pp. 20-21

Commands:

Ready to jibe?

Ready!

Jibe ho!

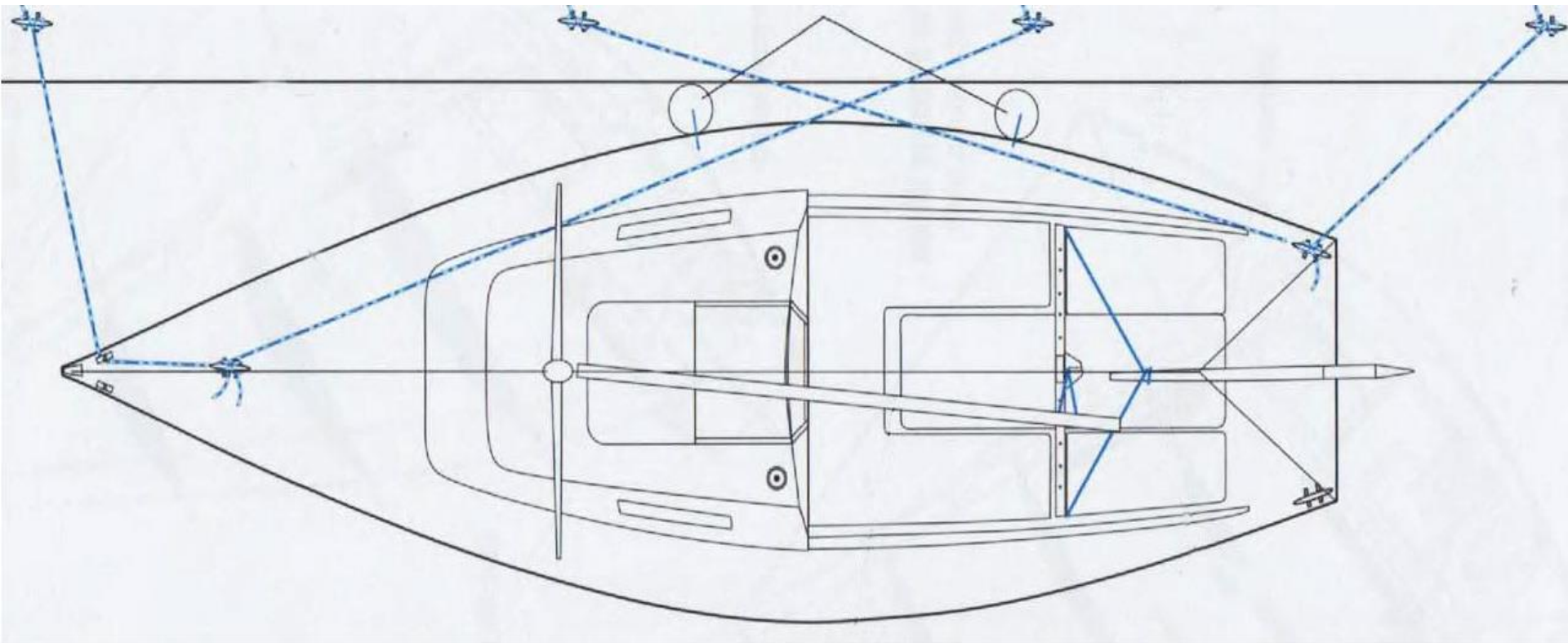
# **Going on a Sailing Event:** **What you Need to Know**

Read our group's page about "Going on a Sailing Event – What you Need to Know".

*[Click here to link to our group's page.](#)*

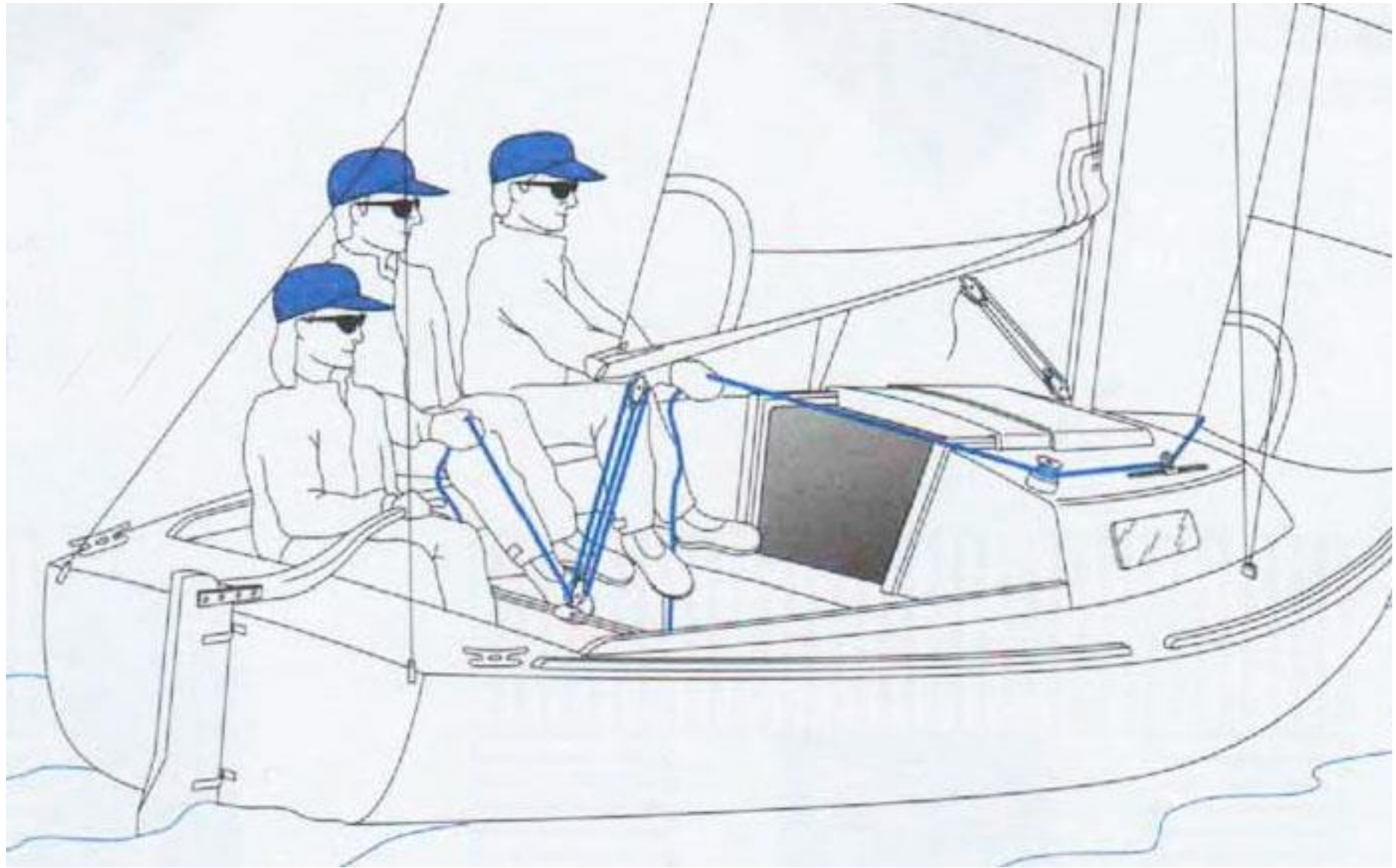
# **Tying/Un-Tying Boat to the Dock**

*Basic Keelboat, p. 49*



# **Crew Positions, Overall** **Responsibilities**

*Basic Keelboat, p. 36*



# Helmsman Responsibilities

- Keep Watch
  - Boats, Barges, Deadheads, Buoys, Shallow Water
- Stay on Point of Sail
- Sailing Downwind: Guard vs. Inadvertent Jibe
- Responding to Wind Shifts (*Basic Keelboat*, pp. 54-55)
- Sometimes commands Tacks/Jibes

# **Crew Responsibilities:**

## **Tailing and Grinding**

- Self-Tailing Winches vs. Non-Self-Tailing Winches
- Use of Winch Handles
- Handling Working Sheet and Lazy Sheet
- Tying off Working Sheet



# **Mainsheet Trimmer**

## **Responsibilities**

- Sail Trim
- Pulling in Mainsheet prior to Jibing
- Adjust Mainsheet Traveler

# **How to Trim the Sails?**

*Basic Keelboat*, pp. 10-14

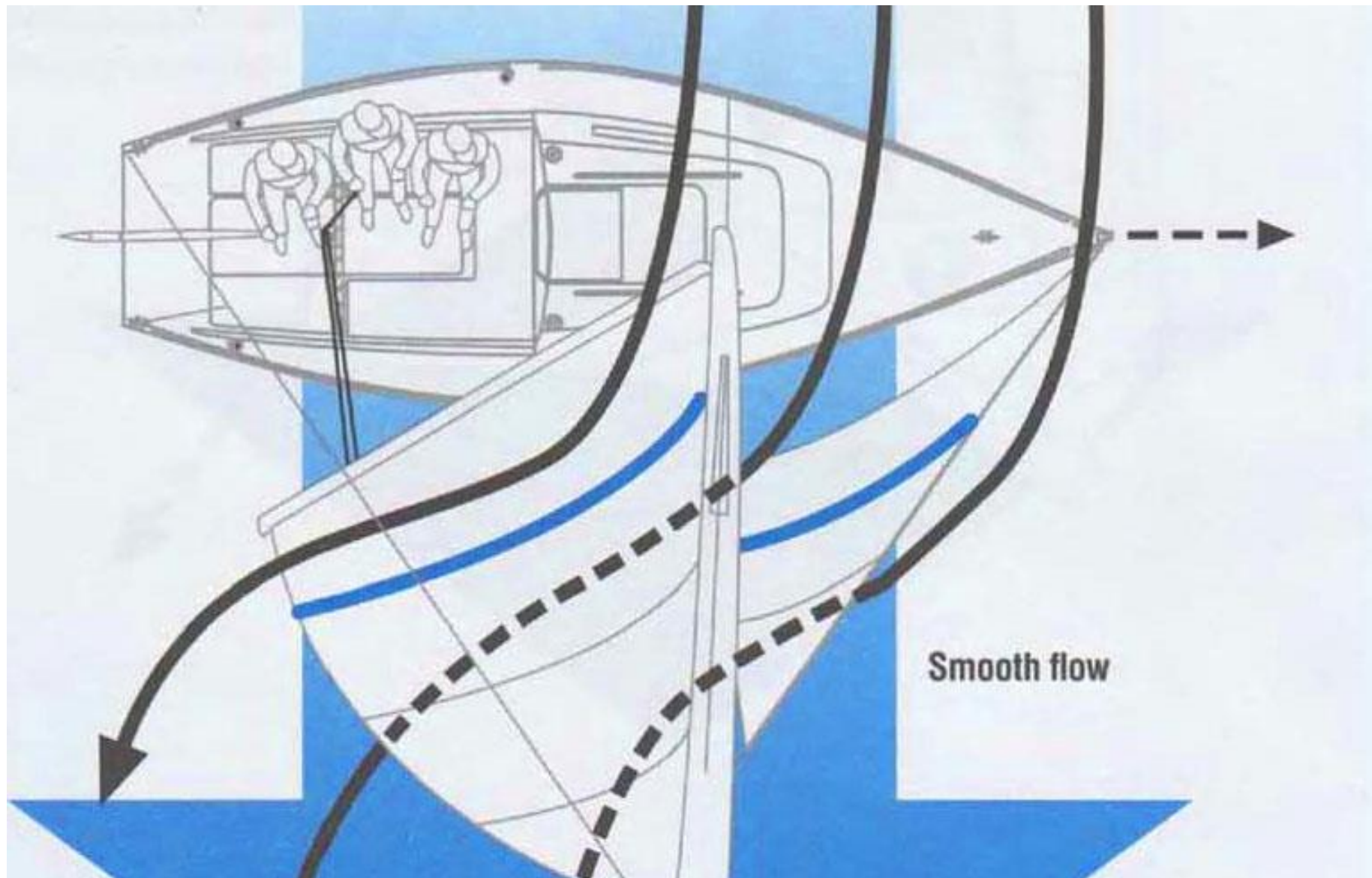
How to trim for Different Points of Sail?

Effect of Trimming Sails Too Loose?

Effect of Trimming Sails Too Tight?

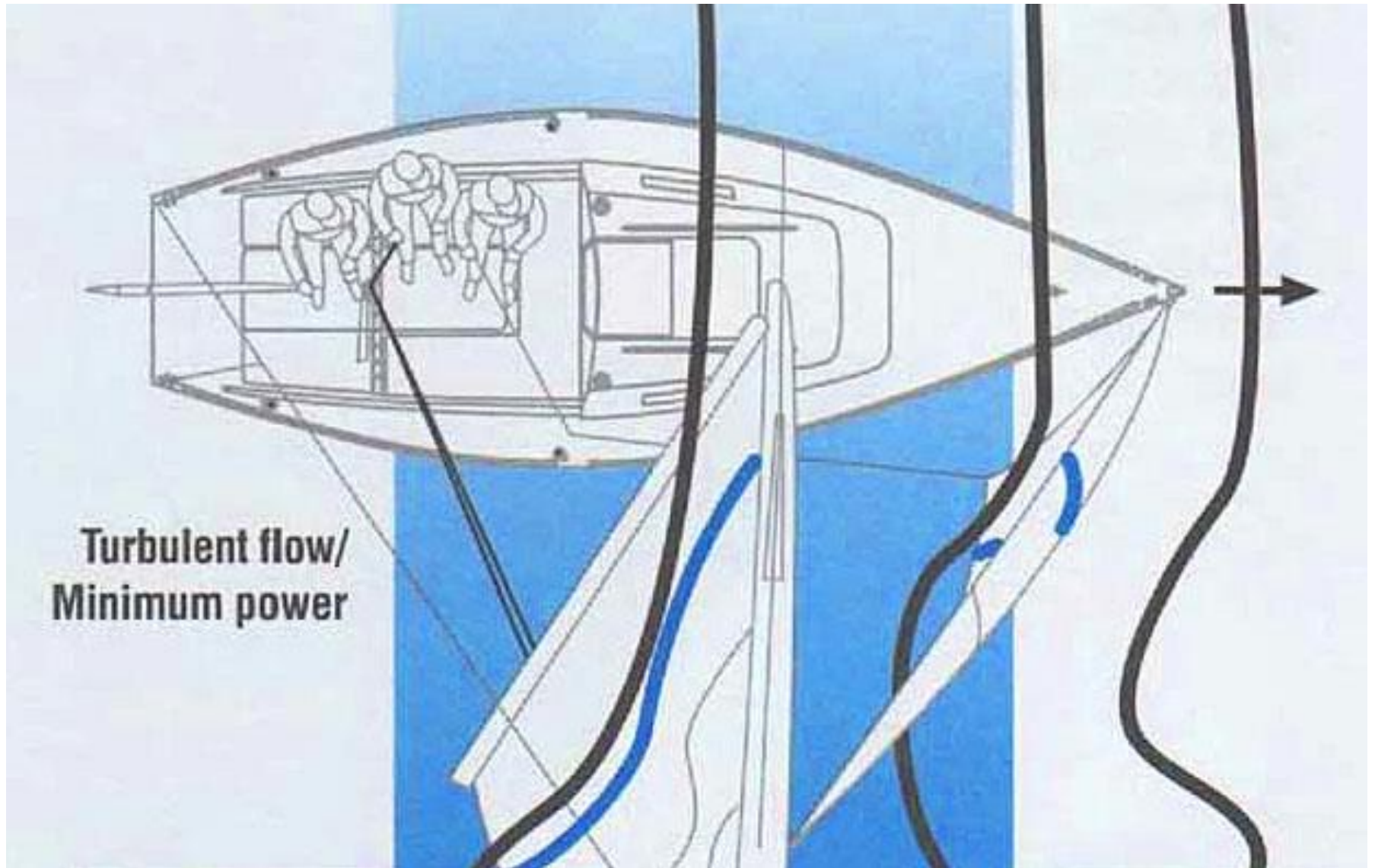
Telltails (*Basic Keelboat*, pp. 40-41)

*(Note: Need to distinguish between pull mode and push mode.)*





**Turbulent  
(stalled)  
flow**



**Turbulent flow/  
Minimum power**

# Other Crew Activities, Departing

Remove canvas, instrument covers

Hank-on headsail (*Basic Keelboat, p. 30*)

Tie/run jib sheets

Run main sheet

Attach halyards

Untie dock lines

Stow fenders

Close life-line gate

# Other Crew Activities, Returning

Open life-line gate

Deploy fenders

Positioned to step quickly off onto dock

Tie Boat to the dock, *Basic Keelboat*, p. 49

Fold/bag headsail

Remove/coil jib sheets

Flake mainsail, stow lazy jacks

Stow main sheet

Position canvas, instrument covers

# Different Captain/Crew Attitudes

Captains: Micro-Managers vs. Expect Crew to Think

Crew: Just-Tell-Me-What-To-Do vs. Trying-Hard-to-be-Independent



# **Importance of Clear Communication**

Tacking/Jibing

Leaving/Returning to Dock

Anchoring

Hoisting, Dropping Sails

Transiting Locks

# **What Could You Do Wrong?**

When helming?

When working the jib sheets?

# What could you Dislike?

Poor sailing Conditions

Heeling of the boat

Autocratic or Grumpy Captain

Your fellow sailors

Atmosphere, language, on the boat

# **Sail Balance**

*(if not already covered)*

*Basic Keelboat, p. 52*

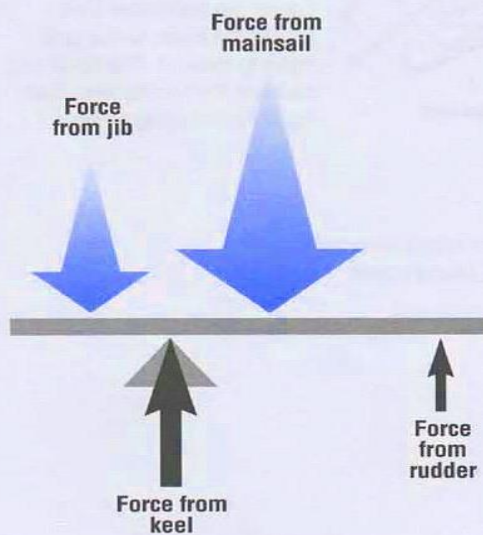
Weather helm vs. lee helm

## Balance

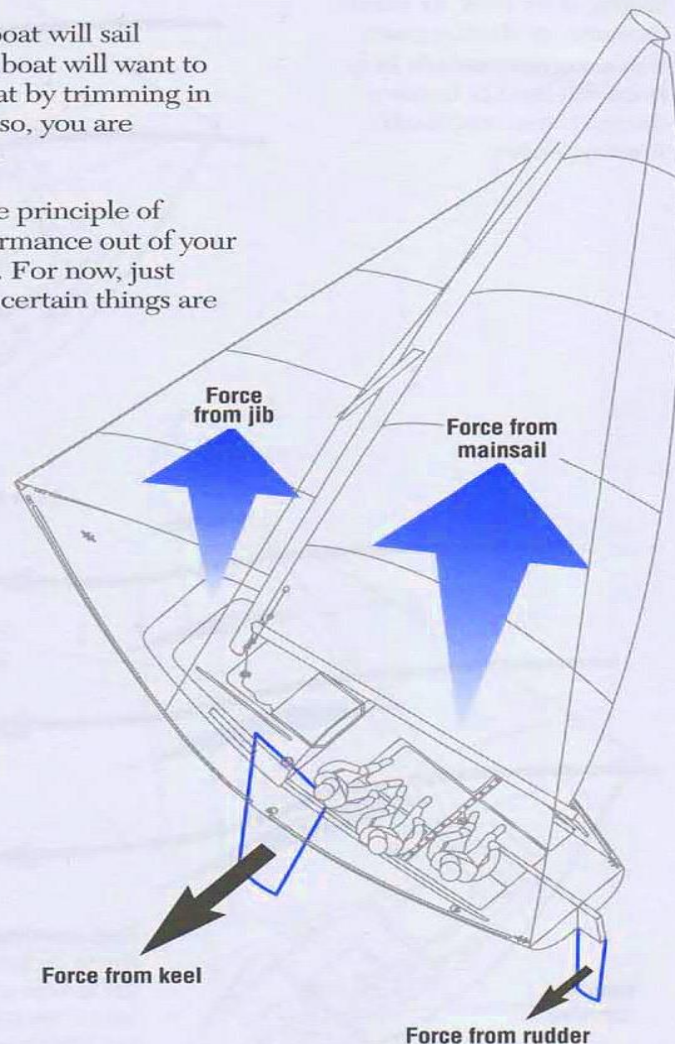
You can steer a boat with its sails instead of its rudder because of a principle called *balance*. A sailboat is a collection of forces in motion, not all of which are headed in the same direction. There are forces exerted by the mainsail and the jib, both of which pull the boat forward and sideways. There are opposing forces exerted by the water on the keel and rudder.

When all of these forces are *in balance*, the boat will sail forward in a straight line. If they are not, the boat will want to turn. This is why you are able to steer the boat by trimming in or easing either the mainsail or jib. By doing so, you are consciously throwing the boat *out of balance*.

As your sailing skills improve, you will use the principle of balance more and more to get the best performance out of your boat and execute more advanced maneuvers. For now, just understanding balance will help explain why certain things are happening on your boat.



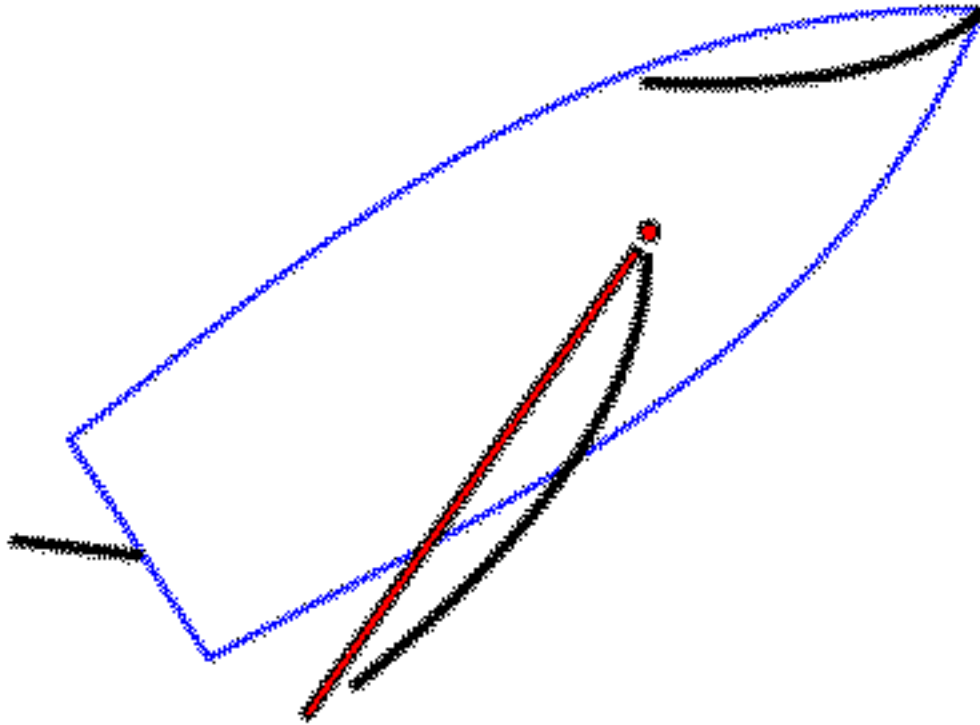
Forces on a sailboat act like weights on a see-saw (above), with the keel supporting the middle. If the force from one sail outweighs the other, the see-saw will tip (the boat will turn).



# Heaving To

*(if time allows and if not already covered)*

*Basic Keelboat, p. 45*



# Study Questions

Go over 2<sup>nd</sup> half of study questions.

# **Videos?**

*(If time allows; if we want a short diversion)*



# **After-Class Training Options Today**

- Sailing on Boats Going Out?
- Going aloft – Climbing Ubiquity Mast
- Practice Skills on Boats (see next slide)
- Finish Learning Knot, How to Coil a Line

# Practice Skills on the Boats:

- Move safely around the boat
- Use primary sheet winches
- Hold shrouds, ready to step off boat
- Tie the boat to the dock
- Hank on sails
- Unfurl/furl roller-furling headsails
- Hoist and drop sails
- Fold/bag headsail, flaking mainsail

# Also Know, Be Able To

- Know terms for major parts of the boat, boat equipment
- Coil lines <== **Be able to do this!**
- Tie Basic knots <== **Be able to do this!**