

## **Basic Skills and Knowledge for Crewing on Sailboats**

### Basic Knowledge:

- Points of sail
- Helming a close haul
- Helming a broad reach
- Trimming sails
- Tacking/jibing procedures
- Some basic sailing terminology – parts of boat, equipment
- Know to wear non-marking shoes, to bring PFD (if you have one)

### Knots:

- Bowline to tie jib sheets to clew
- Figure eight to tie stopper knot to prevent loosing jib sheets
- Cleat hitch to tie dock lines to cleats
- Round turn with two half hitches to tie dock lines to dock if dock has no cleats

### Skills to Practice or Visualize on the Boat at the Dock:

- Move safely around the boat
- Tie the boat to the dock
- Hank on sails
- Unfurl, furl, roller-furling headsails
- Hoist and drop sails
- Trim the mainsail
- Use winches, trim the jib
  - Helm for different points of sail—Take the helm and visualize helming a 1) close haul, and 2) broad reach
- Fold/bag headsail, flake mainsail
- Coil lines