

CAMP FULLER
SAILING

BEGINNERS BOOKLET

Congratulations, you are about to take the first step in becoming a confident and knowledgeable sailor. You will undergo thrilling adventures that will never be forgotten. What you are about to experience will challenge you mentally and physically. Over the next time period you will learn to depend on yourself and others. While in the boat, the skipper and their crew will form a family and will work as one unit.

FOCUSES:

CREW

- Safety rules.
- Knowledge of rigging and stowing with skippers help.
- Parts of the boat.
- Sail a straight course.
- Successfully come about.
- Tie an eight knot and a cleat knot.
- Written exam.

BEGINNER

- Safety rules.
- Knowledge of rigging and stowing.
- Parts of the boat.
- Points of sail on and off the water.
- Sail a straight course on all points of sail.
- Successfully come about and gybe.
- Tie an eight, cleat, square and bowline knot.
- Written exam.
- Bribes are excepted (i.e. soda, chips and cash)

LINGO:

- 1) Heading up - When you push the tiller toward the sails.
- 2) Heading down - When you pull the tiller away from the sails.
- 3) Luffing - When the sails are flapping in the wind.
- 4) Thingy - Anything you don't know the name for.

SAFETY RULES:

- Always wear life jacket on the docks and in boats.
- Always wear shoes.
- Do NOT throw rocks.
- No playing with the dock hose.
- No swimming in the sailing area because Toby will run you over.
- No unauthorized people in the power boats.
- Always keep your hands in the boat or you will end up like the legendary Jessica Dorf who only has six fingers now.
- **AND FINALLY DO NOT SING THE BARNEY SONG.**

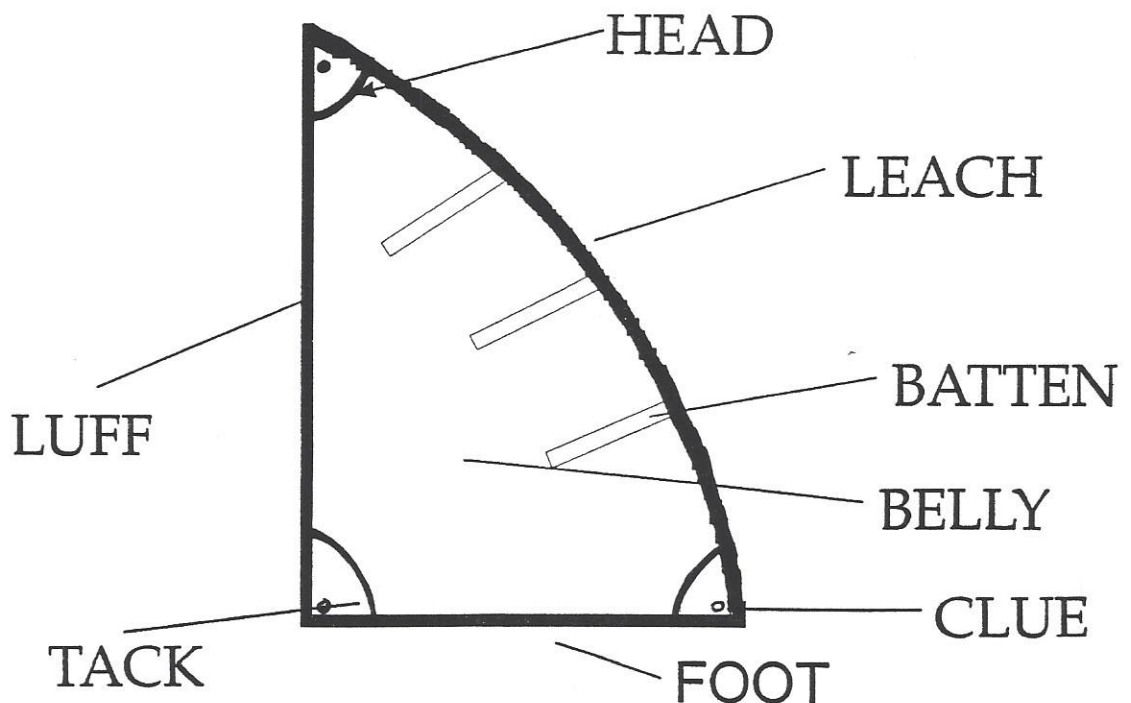
RIGGING

- 1) Put in the plug
- 2) Lower daggerboard
- 3) Unclip Tiller
- 4) Attach jib sail
- 5) Attach main sail
- 6) Raise jib sail
- 7) Raise main sail
- 8) Coil lines
- 9) Cast off

STOWING

- 1) Tie up the boat
- 2) Uncoil lines
- 3) Lower main sail
- 4) Lower jib sail
- 5) Unattach main sail
- 6) Unattach jib sail
- 7) Clip tiller
- 8) Raise daggerboard
- 9) Pull out plug

PARTS OF THE SAIL



PARTS OF THE BOAT

Sides of the Boat

- 1) Starboard - The right side of the boat.
- 2) Port - The left side of the boat.
- 3) Bow - The front section of the boat.
- 4) Stern - The back section of the boat.
- 5) Windward - The side of the boat which the wind is coming over.
- 6) Leeward - The side of the boat the sails are on.

Parts in the Hull

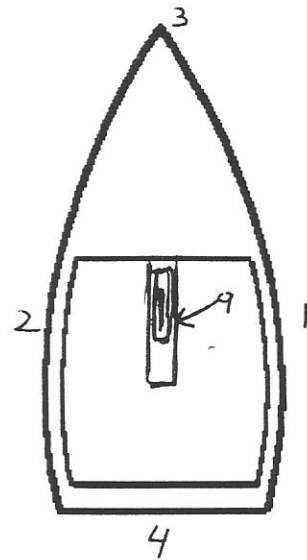
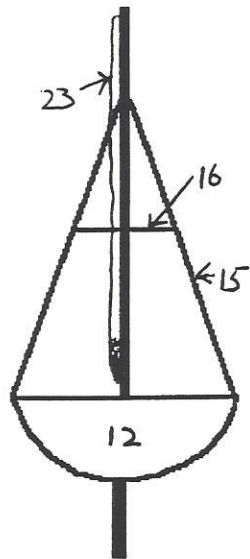
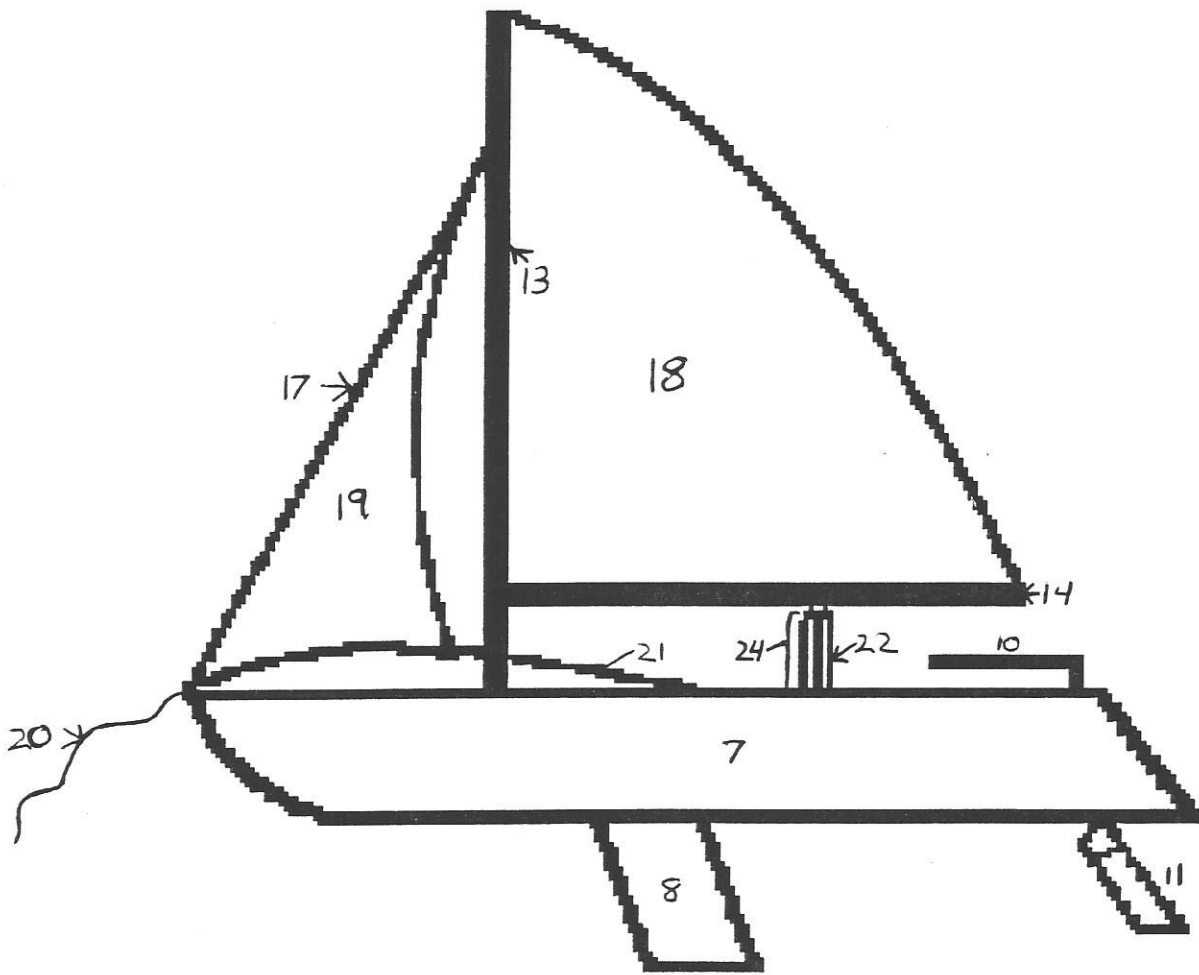
- 7) Hull - The body of the boat.
- 8) Daggerboard - The board in the center of the boat to create stability.
- 9) Daggerboard Trunk - The section of the boat that holds the daggerboard.
- 10) Tiller - The wooden stick used to control the rudder.
- 11) Rudder - The underwater steering mechanism for the boat.
- 12) Transom - The back board of the boat (where the name is).

Framework of the Sails

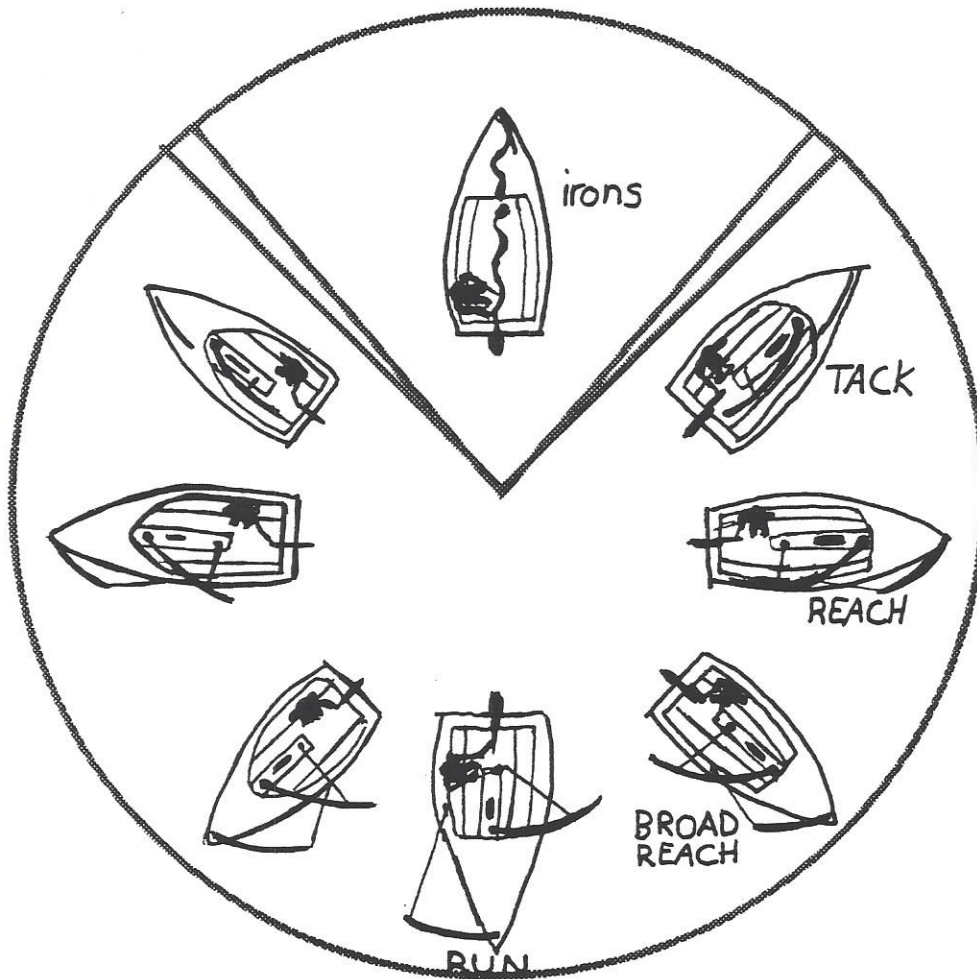
- 13) Mast - The vertical pole on which the main sail is raised on.
- 14) Boom - The horizontal pole which the foot of the main sail is attached to.
- 15) Shrouds - The metal wires which hold the mast up.
- 16) Spreaders - The metal poles which hold the shrouds out.
- 17) Forestay - The metal wire which the jib is attached to.
- 18) Main Sail - The sail attached to the mast and boom .
- 19) Jib Sail - The sail attached to the forestay.

Lines on the Boat

- 20) Painter - The line attached to the bow of the boat used to tie up to the dock/mooring.
- 21) Jib Sheets - The lines controlling the jib sail.
- 22) Main Sheet - The line controlling the main sail.
- 23) Halyards - The lines used to raise and lower sails..
- 24) Traveller - The system of pulleys and the main sheet controlling the main sail.



POINTS OF SAIL



Irons - When the bow of the boat is pointing into the wind and the sails are luffing in the center of the boat

Tack - When the boat is closest to the wind without luffing. The sails should be all the way in

Reach - When the wind is coming directly over the side of the boat. The sails should be half way out.

Broad Reach - When the wind is coming over the back corner of the boat. The sails should be 3/4 of the way out.

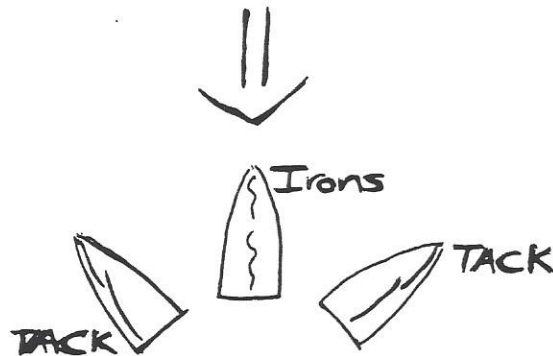
Run - When the wind is directly over the stern of the boat. Your sails should be all of the way out and wing on wing.

TACKING AND GYBING

Tacking (Coming About)

Many times when you are sailing there is a need to change direction. One way of changing direction is to tack. This is done when the boat goes from one tack to another.

- 1) You must be sailing on a tack!
- 2) Warn your crew by yelling "READY ABOUT!"
- 3) When crew is ready yell "HARD TO LEE!"
- 4) Then head up into irons (at this time you should be in the center of the boat with the tiller behind your back).
- 5) While in irons release the jib sheet
- 6) Continue to head up until the main sail fills (at this time you should be on the other side of the boat).
- 7) Pull in jib sheet on the other side.
- 8) Sail off on opposite tack.



Gybing

Another way of changing direction is to gybe. This is done when the boat goes from a broad reach to a broad reach or a run to a run.

- 1) Sail on to a broach reach or a run.
- 2) Warn your crew by yelling "PREPARE TO GYBE"
- 3) While heading down hold on to the traveller (at this time you should be in the middle of the boat with the tiller behind you).
- 4) Head down until you see the jib sail start to switch sides.
- 5) When you see this yell "GYBE HO!" and guide the main sail across.
- 6) When main sail has switched sides you should be on the opposite side.
- 7) Sail off on new run or broad reach.

