

# YMCA Camp Fuller Sailing Association

## Beginner Sailing Packet

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Welcome to Sailing, the best program area at Camp Fuller! This packet contains priceless information for all beginner sailors. Learn it, love it, live it.

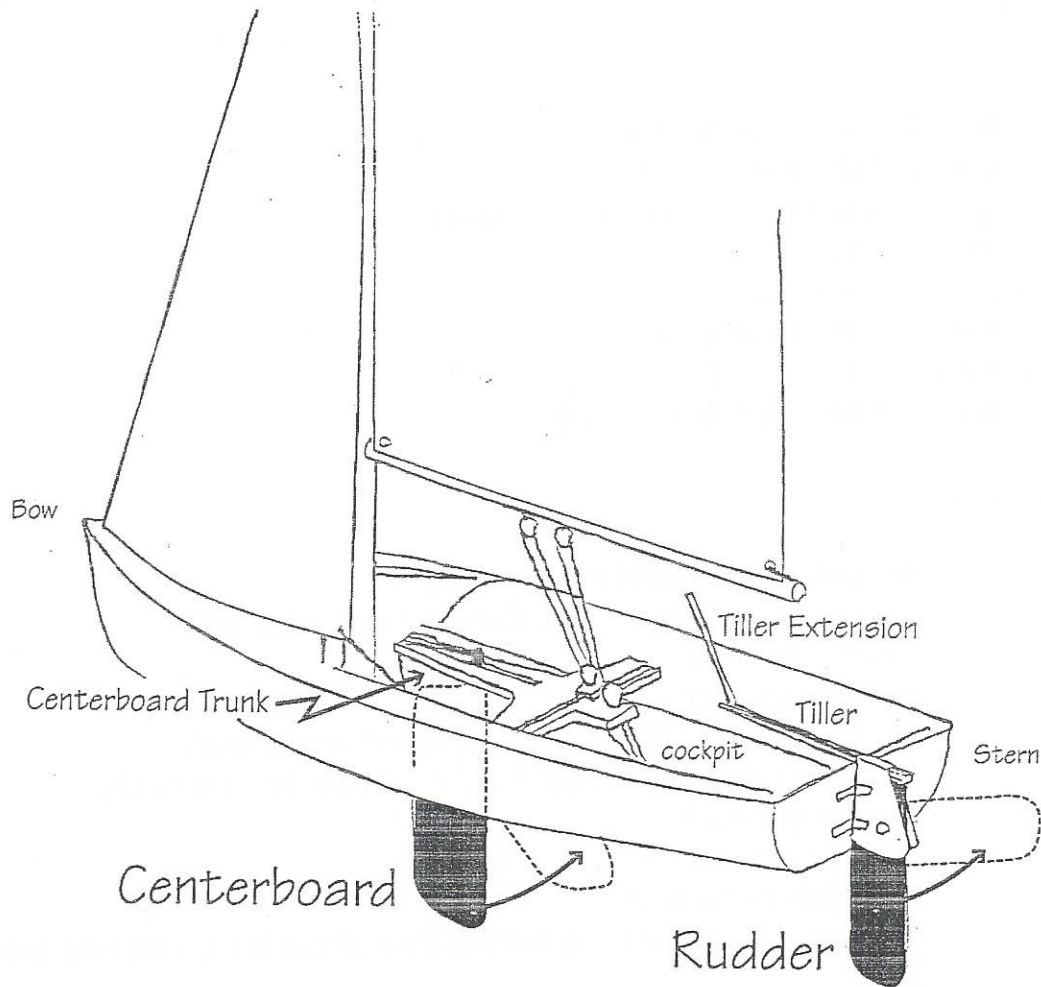
### **Safety Rules**

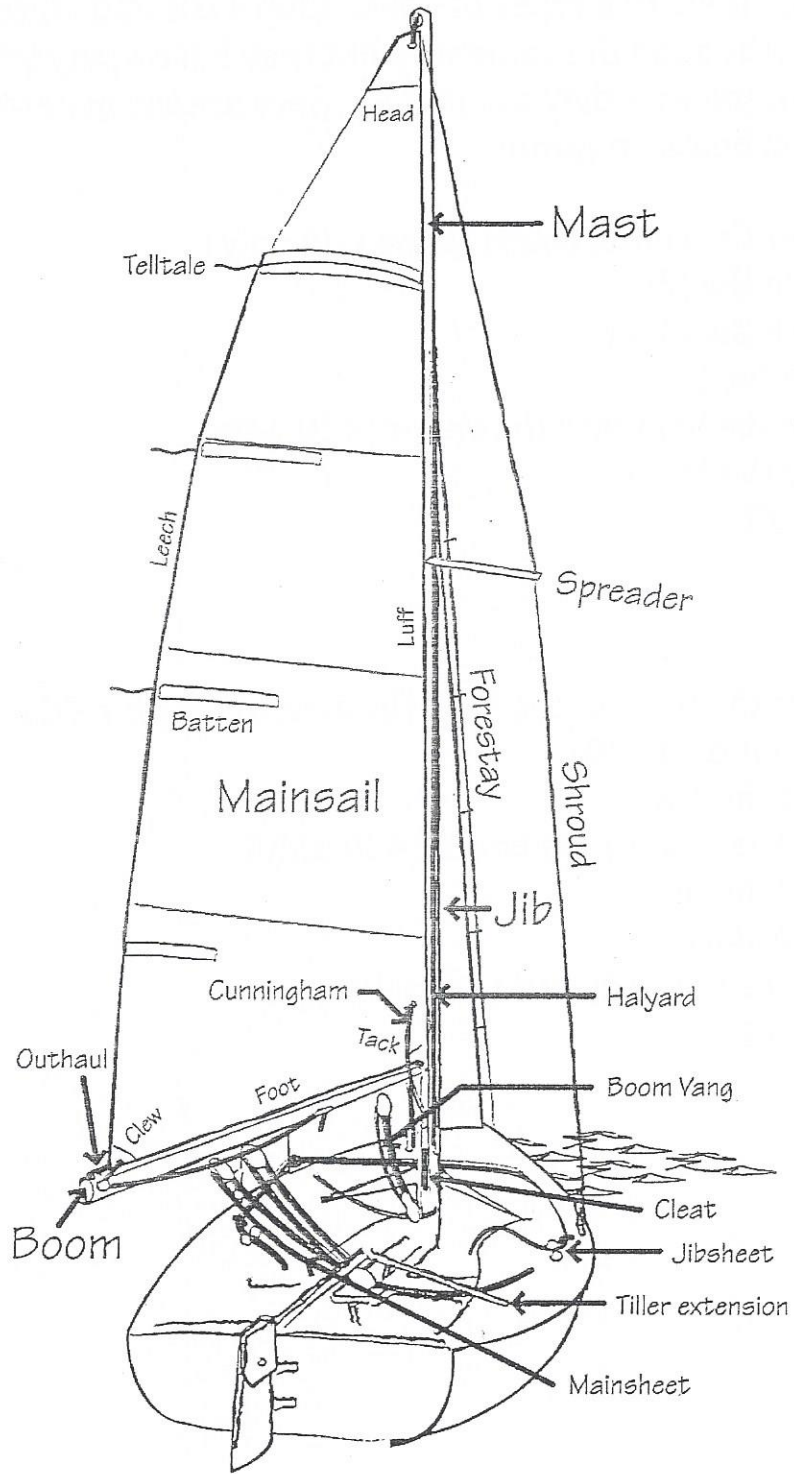
1. Wear lifejackets when on the water
2. Keep your hands inside the boat
3. Do not get into any boat without an instructor
4. No throwing rocks
5. No running on the docks
6. No swimming in the sailing area
7. Stay away from the Third Bay
8. No collisions! (tiller towards trouble)

### **Parts of the Boat**

<b>Mast:</b>	tall pole in the middle of the boat
<b>Boom:</b>	horizontal pole attached to the mast and main sail
<b>Bow:</b>	front of the boat
<b>Stern:</b>	back of the boat
<b>Tiller:</b>	stick attached to the rudder used to steer the boat
<b>Painter:</b>	line at the bow of the boat, used to attach the boat to the mooring or dock
<b>Port:</b>	left side of the boat
<b>Starboard:</b>	right side of the boat
<b>Forestay:</b>	metal wire running from mast to bow of the boat; supports the jib
<b>Shrouds:</b>	metal wires running from the mast down to either side of the boat
<b>Rudder:</b>	underwater board at the stern of the boat used to turn the boat
<b>Centerboard:</b>	underwater board in the center of the boat; keep the boat stable
<b>Main Sheet:</b>	line connected to the middle of the boom used for main trim
<b>Jib Sheet:</b>	lines attached to the clew of the jib, used to control jib sail trim
<b>Hull:</b>	body of the boat
<b>Gooseneck:</b>	metal piece that connects the boom to the mast

- Cockpit:** center area of the boat where the crew sits
- Main Sail:** large sail connected to the mast and boom
- Main Sheet:** line connected to the middle of end of boom used for main trim
- Jib Sail:** small sail connected to forestay forward of mast
- Jib Sheets:** Lines attached to the clew of the jib, used to control the jib's sail trim
- Jib Hanks:** A fitting on the luff of the jib that attaches it to the forestay





## Rigging a Boat

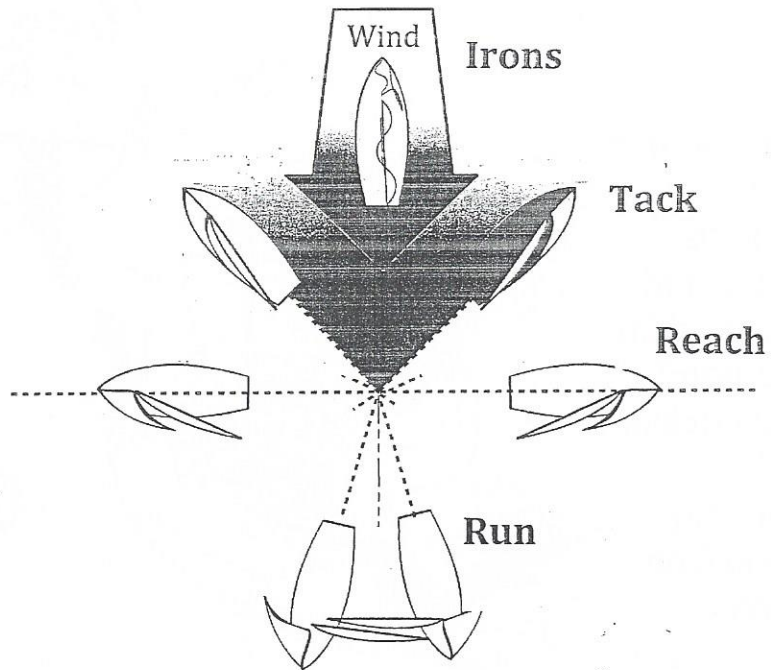
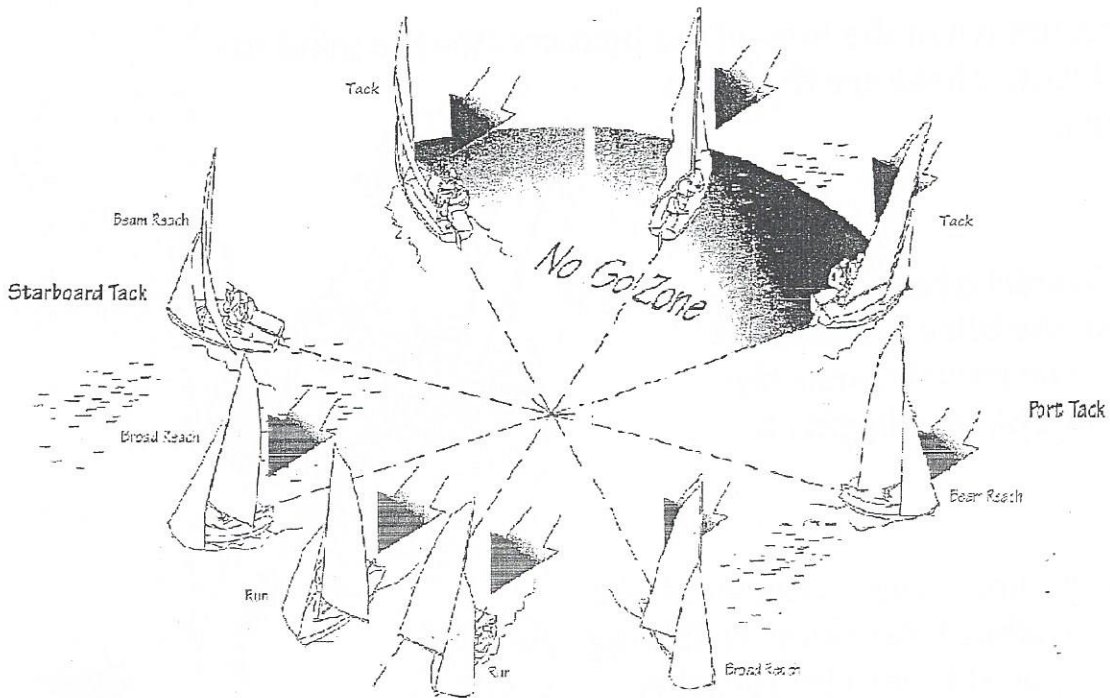
On camp, we have two types of boats: Club 420s and Mercury Cape Cods. They are both sailed the same way but they have many key differences, one being in the way they are rigged. Here are the general steps for rigging most boats on camp:

1. Lower the centerboard (Cape Cod only)
2. Attach the Jib
3. Attach the Main
4. Raise the Jib
5. Move the boat into the water (420 only)
6. Raise the Main
7. Cast Off

## Stowing

1. Secure the front of the boat (by a mooring for a CC or by holding the front on a 420)
2. Lower the Main
3. Bring the boat to the beach (420 only)
4. Lower the Jib
5. Detach sails
6. Raise the Centerboard (CC only)
7. Roll sails

# Points of Sail



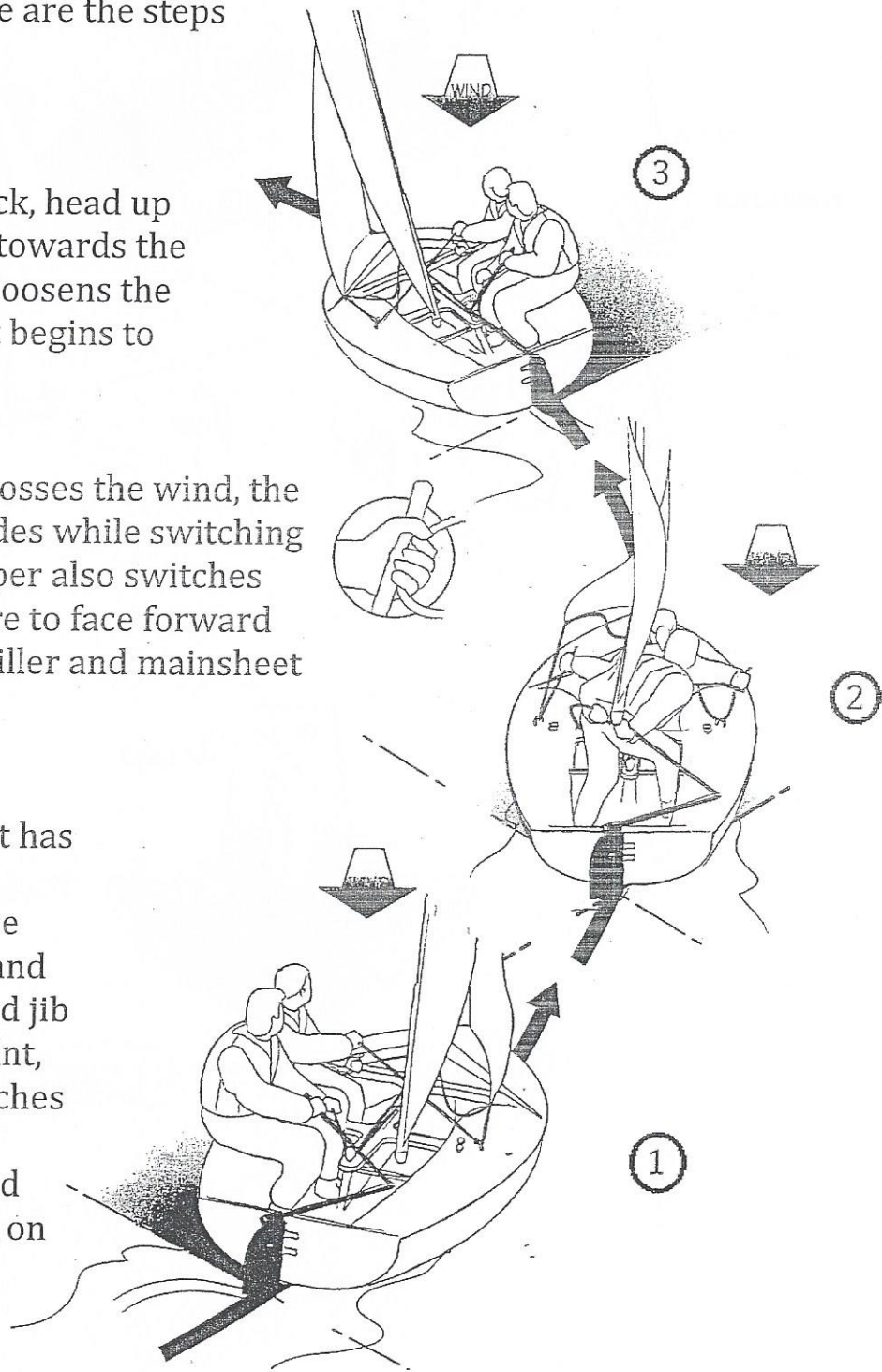
## Tacking Procedures

A tack occurs when the bow of the boat crosses the wind to change tacks. These are the steps for tacking.

1) To start a tack, head up (push the tiller towards the sail). The crew loosens the leeward jib as it begins to luff.

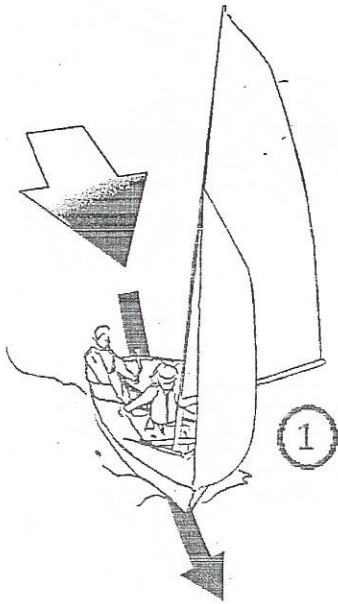
2) As the boat crosses the wind, the crew switches sides while switching the jib. The skipper also switches sides, making sure to face forward and holding the tiller and mainsheet in one hand.

3) Once the boat has crossed to the opposite tack, the crew sits down and trims the leeward jib sheet. At this point, the skipper switches the tiller and mainsheet behind their back to sail on the new course.

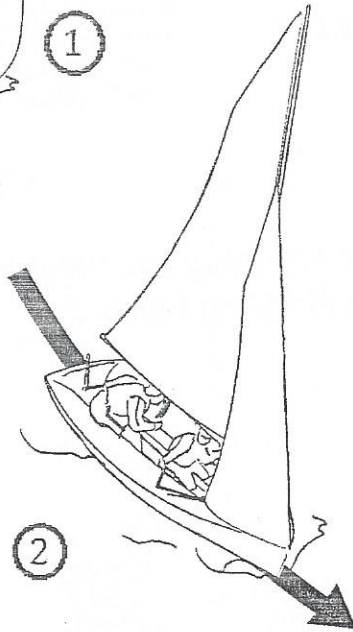


## Gybing Procedures

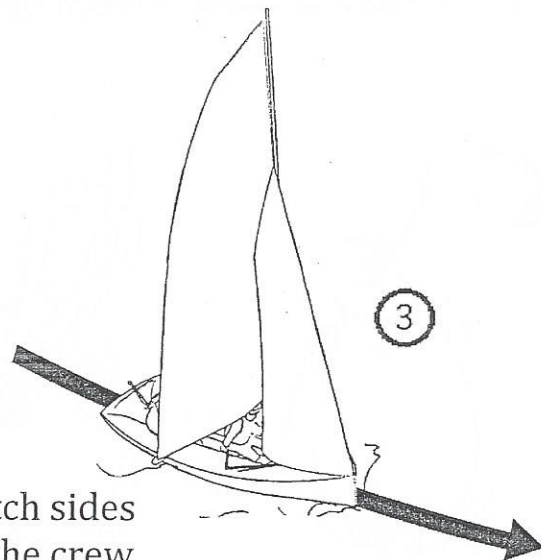
A gybe occurs when the stern of the boat crosses the wind and is done when sailing downwind. Make sure to gybe from a run to a broad reach, and duck to avoid the boom.



1) When beginning a gybe, the crew should hold both jib sheets in their hands while the skipper grabs the traveler system to prepare for the gybe.



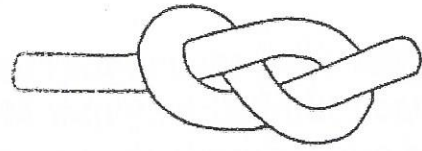
2) The skipper will then pull the traveler system towards them to move the sail across the boat while heading down (pulling the tiller away from the sail). The crew switches the jib, keeping his or her head low to avoid the boom.



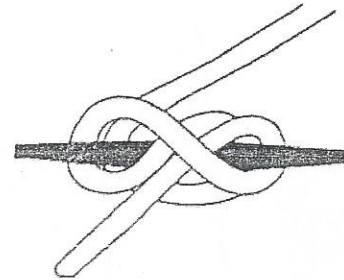
3) Both the skipper and the crew switch sides after the boom has crossed the boat. The crew trims the jib on the new broad reach while the skipper switches the tiller and mainsheet behind their back.

## Knot Notes

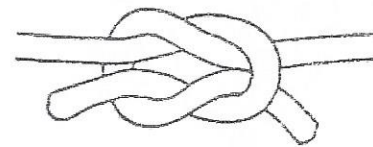
Figure Eight Knot: This is generally tied on the ends of sheets to stop them from falling out of blocks or fairleads.



Cleat Knot: This knot is used to secure lines to a fixed location.



Square/Reef Knot: This knot can be used to tie two lines together.



Bowline: This knot is used to create a permanent loop at the end of a line. It is arguably the most important knot to learn and is tied as shown in the diagram below.

