

Learn to Sail

UNIT 2: BASIC SAILING MANEUVERS

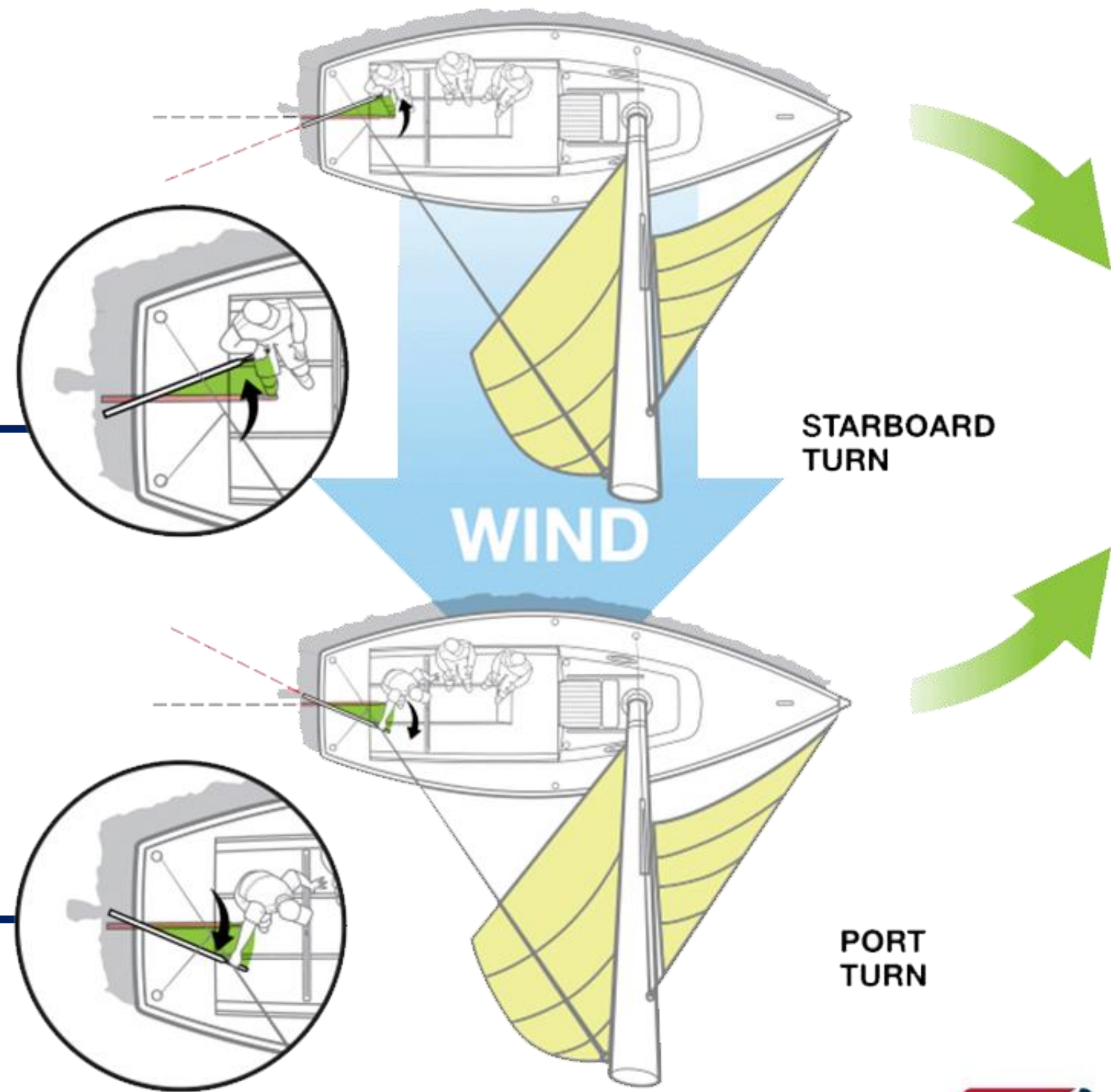


STEERING BASICS

When traveling forward, you need to move the tiller in the opposite direction of where you want the boat to go.

To steer the boat to starboard, you will move the tiller to port (left).

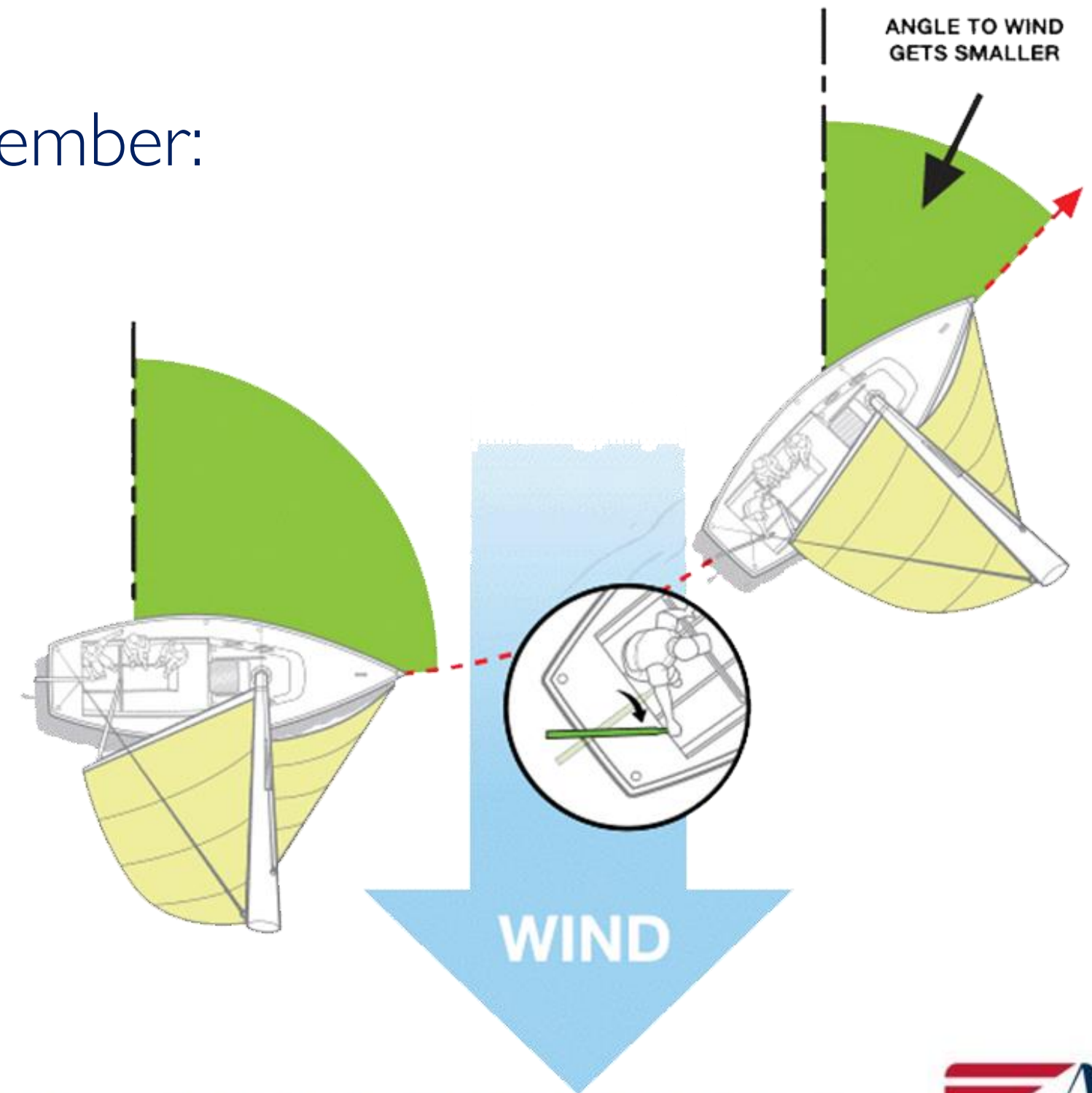
To steer the boat to port, you will move the tiller to starboard (right).



CHANGING DIRECTION RELATIVE TO THE WIND

When you want to head up or bear away, remember:

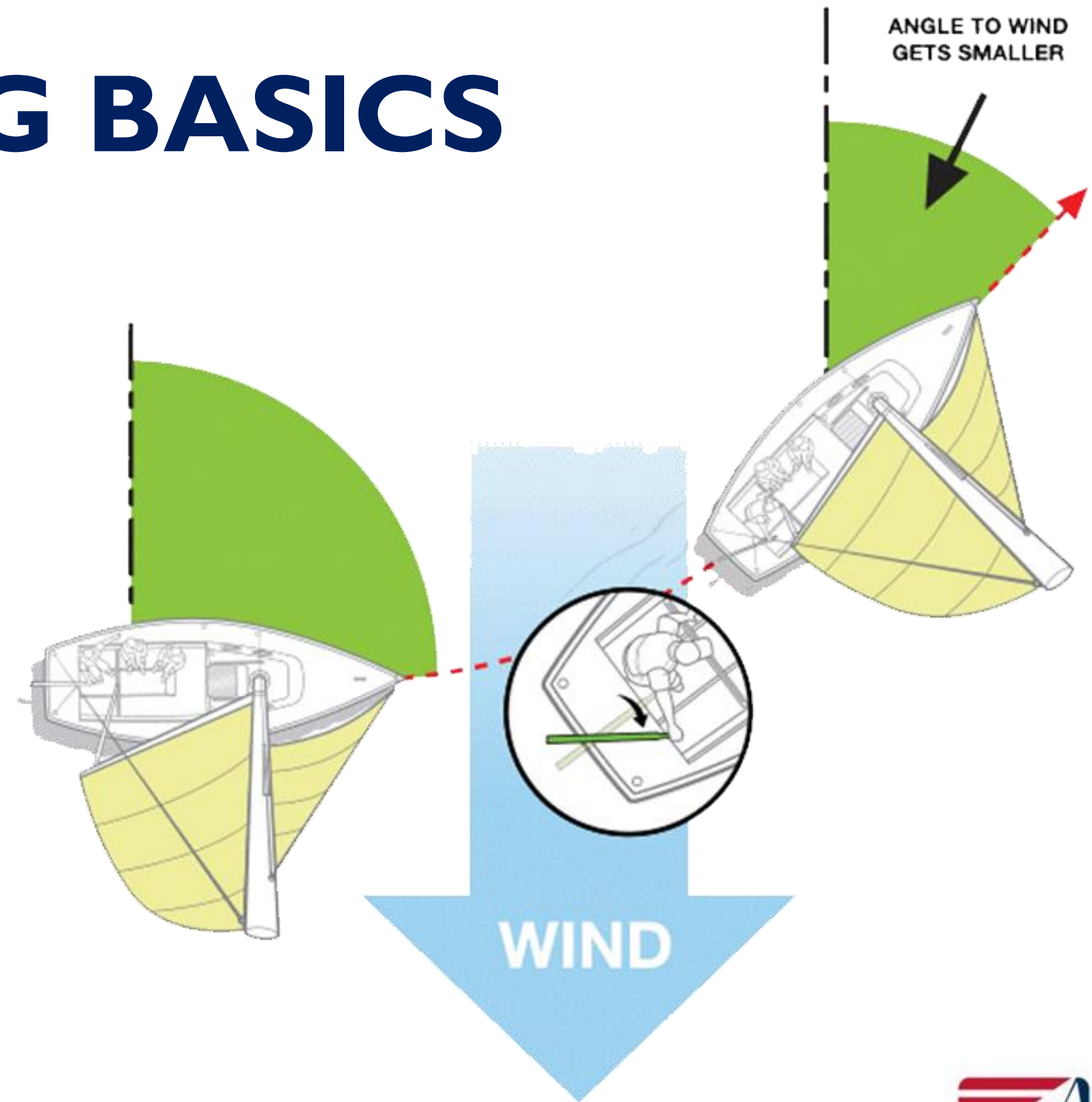
1. Push the tiller in the direction opposite to where you want to go.
2. The mainsail and jib will need to be adjusted – either sheeted in or eased out depending on your new angle to the wind.



STEERING BASICS

When you're ready to try heading up:

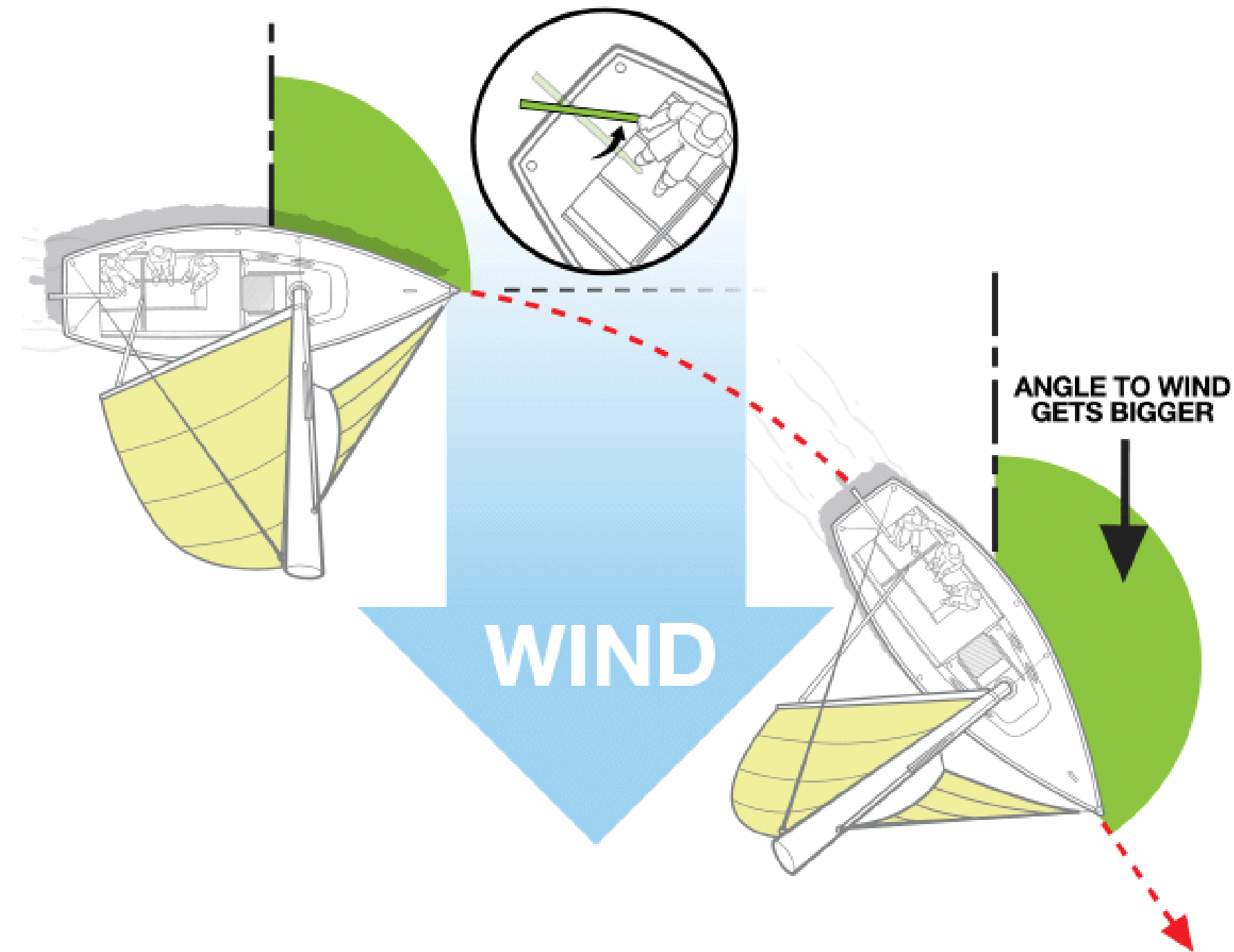
1. Push your tiller toward the boom to turn into the wind
2. Sheet in your mainsail and jib according to the change in your boat's angle to the wind.



BEARING AWAY

When you're ready to try bearing away:

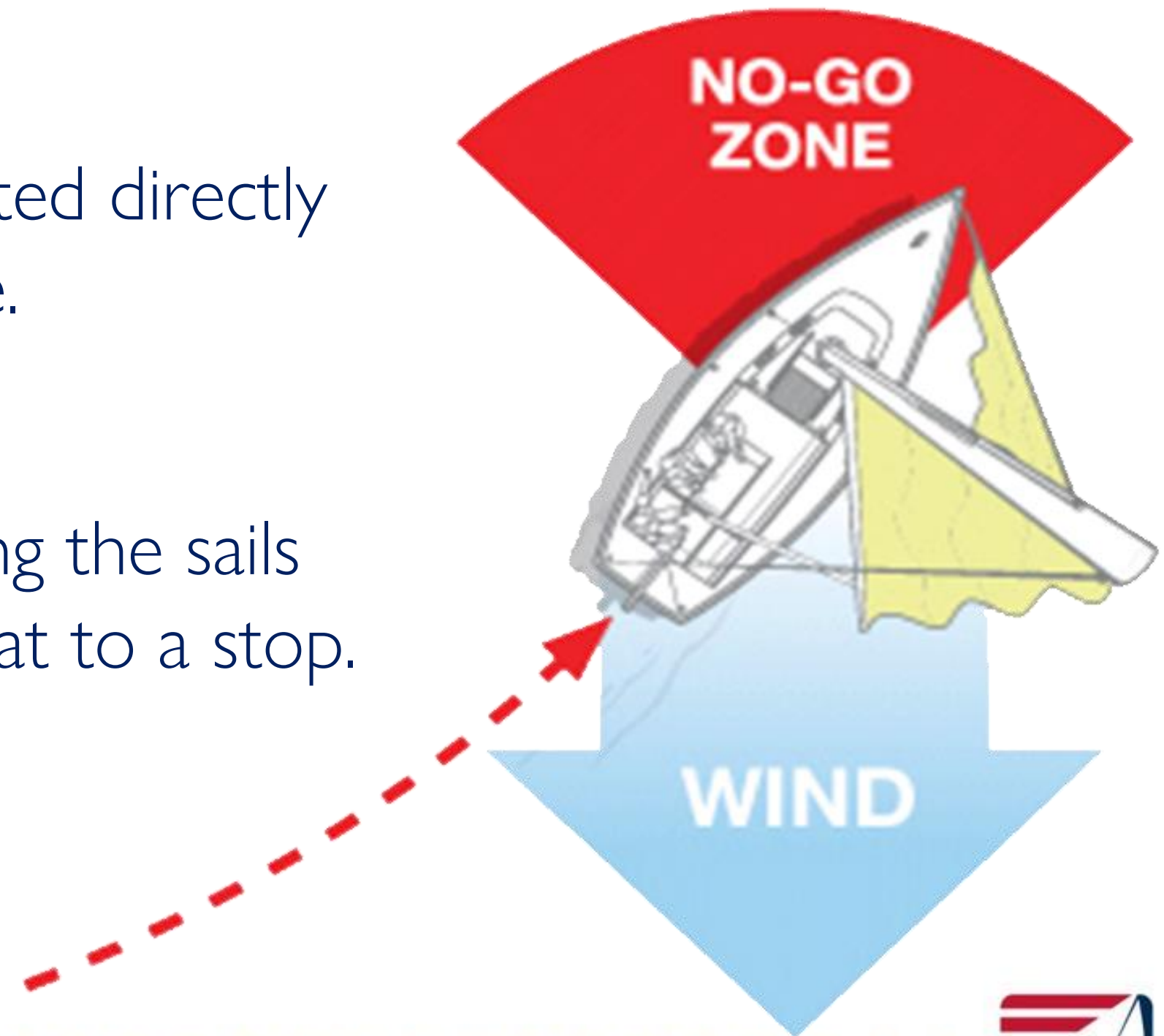
1. Pull your tiller away from the boom to turn the boat away from the wind.
2. Ease out your mainsail and jib according to the change in angle to the wind.



HEADING UP INTO THE NO-GO ZONE

If you keep heading up until your boat is pointed directly into the wind, you will be in the No-Go Zone.

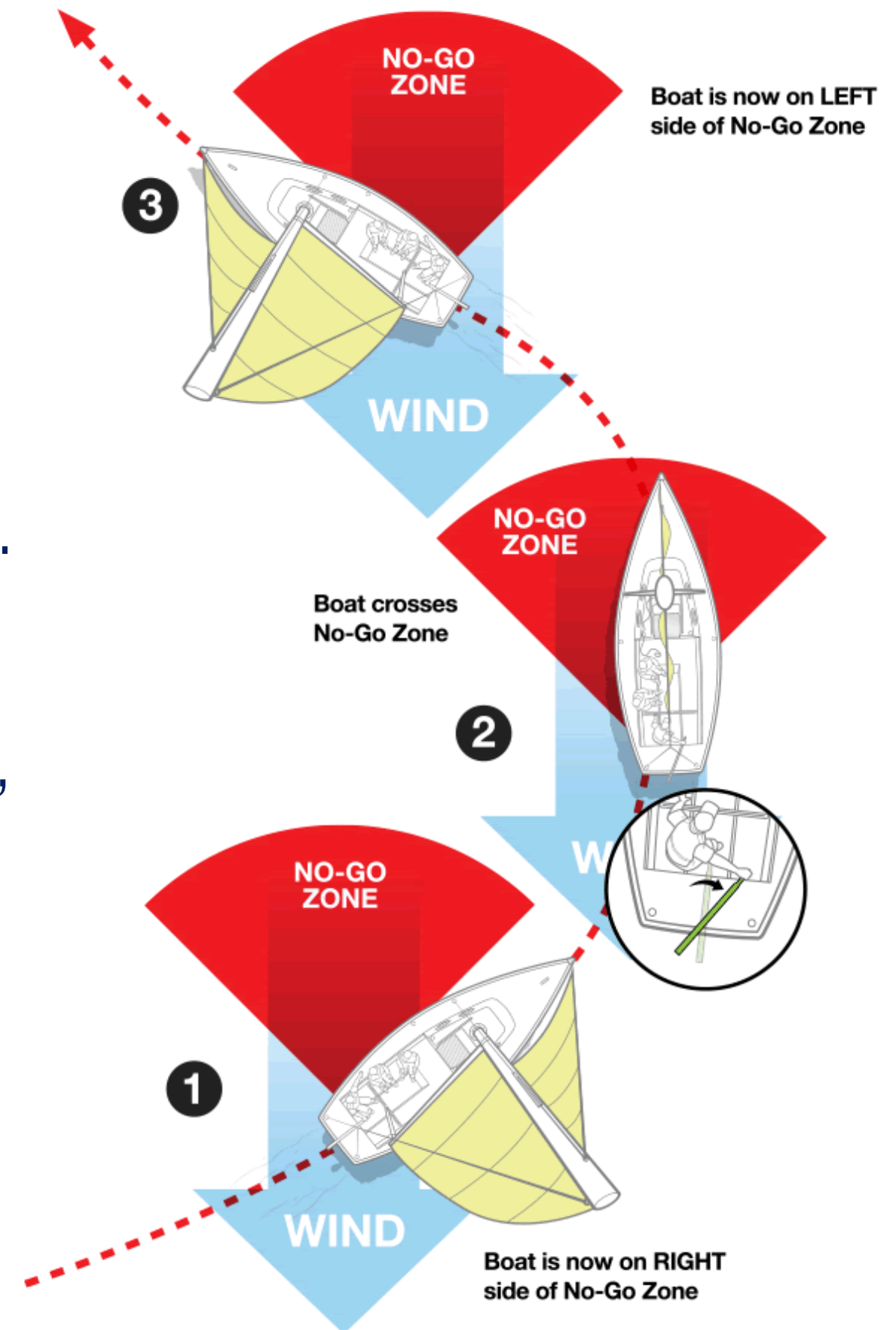
Heading up into the No-Go Zone, while letting the sails out, is an effective way of bringing your sailboat to a stop.



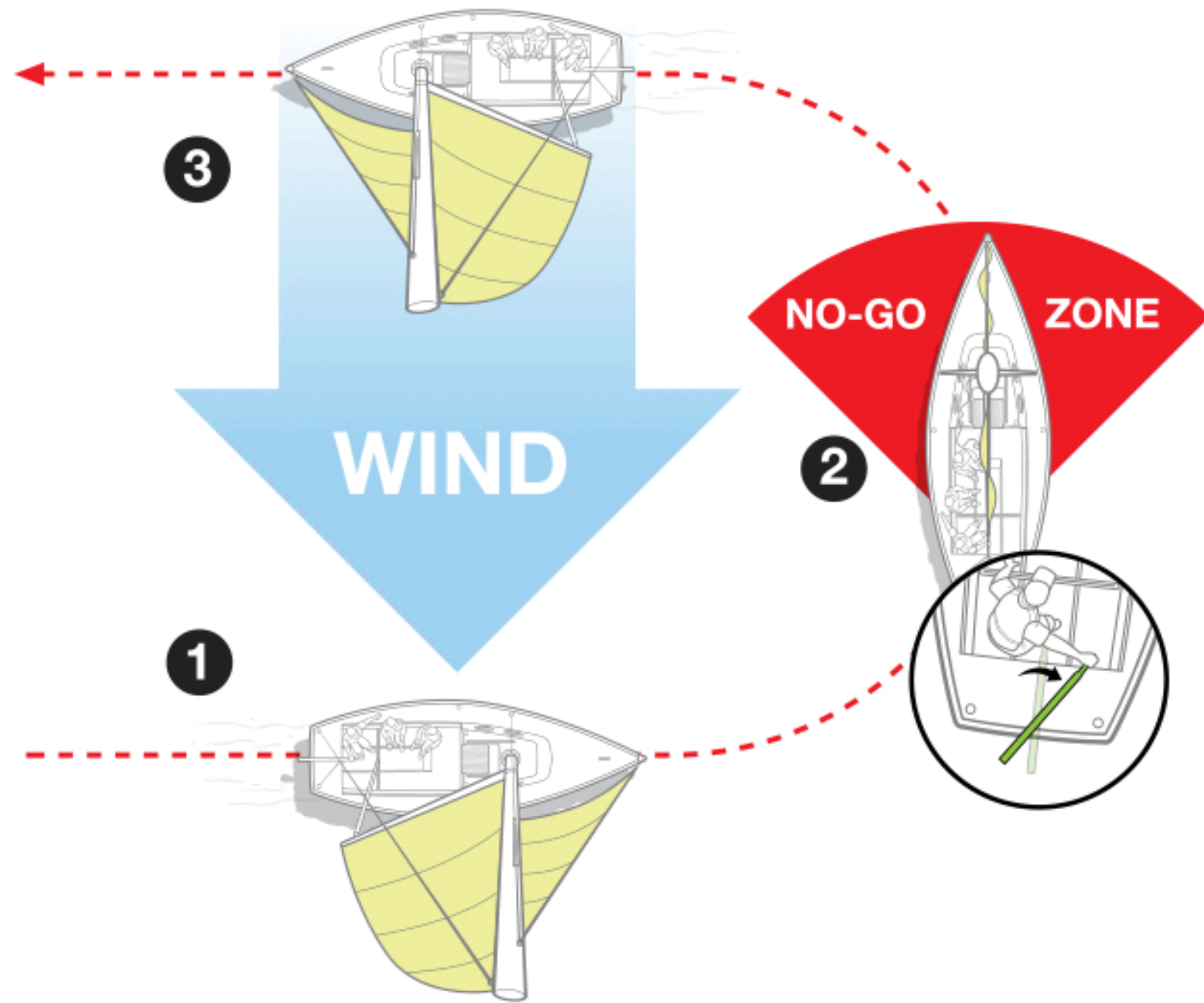
TACKING BASICS

“**Tacking**” is a sailing term used for zig zagging.

When a sailboat switches from a “zig” to a “zag,” it is called a tack.

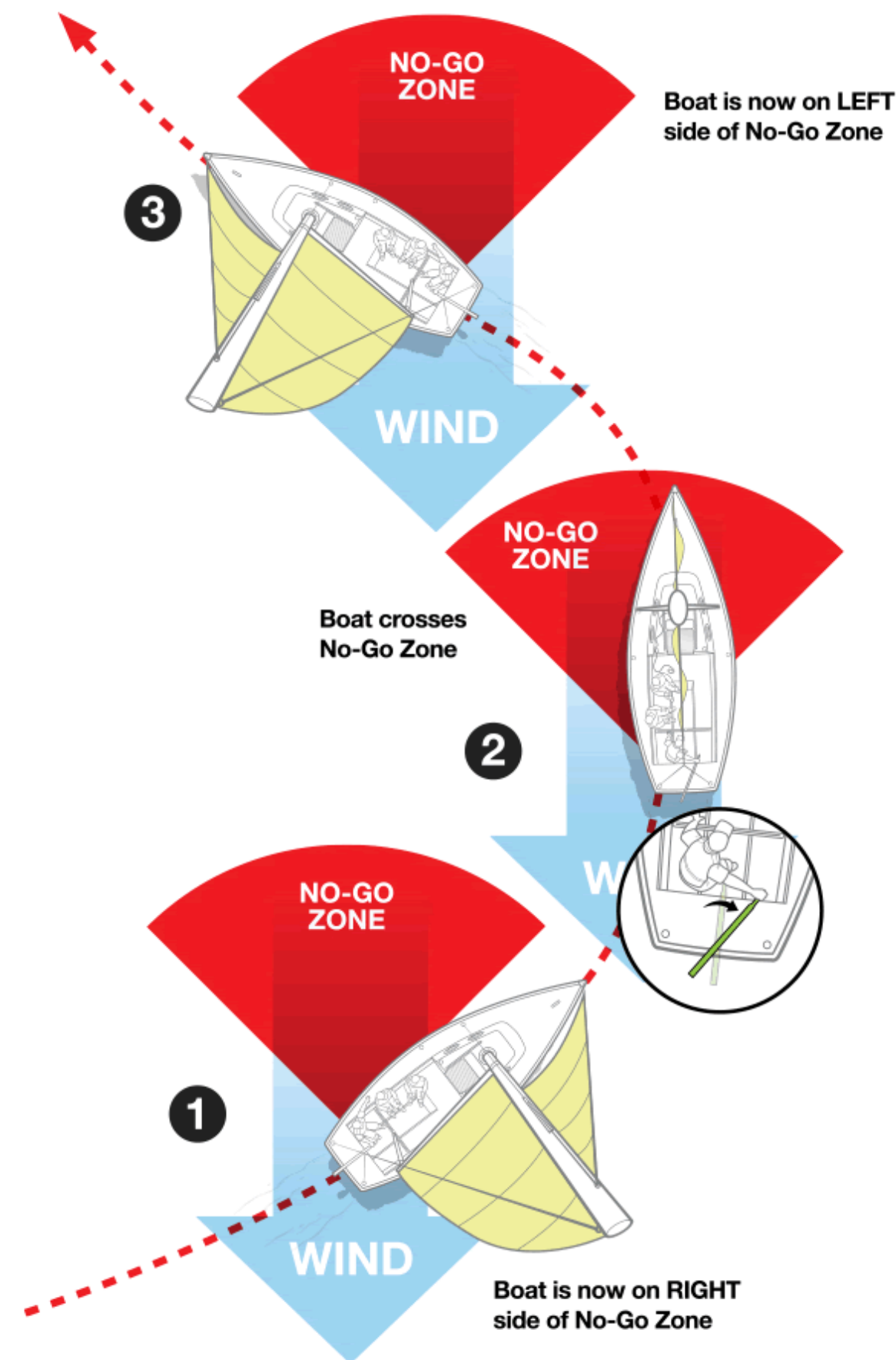


TACKLING FROM REACH TO REACH

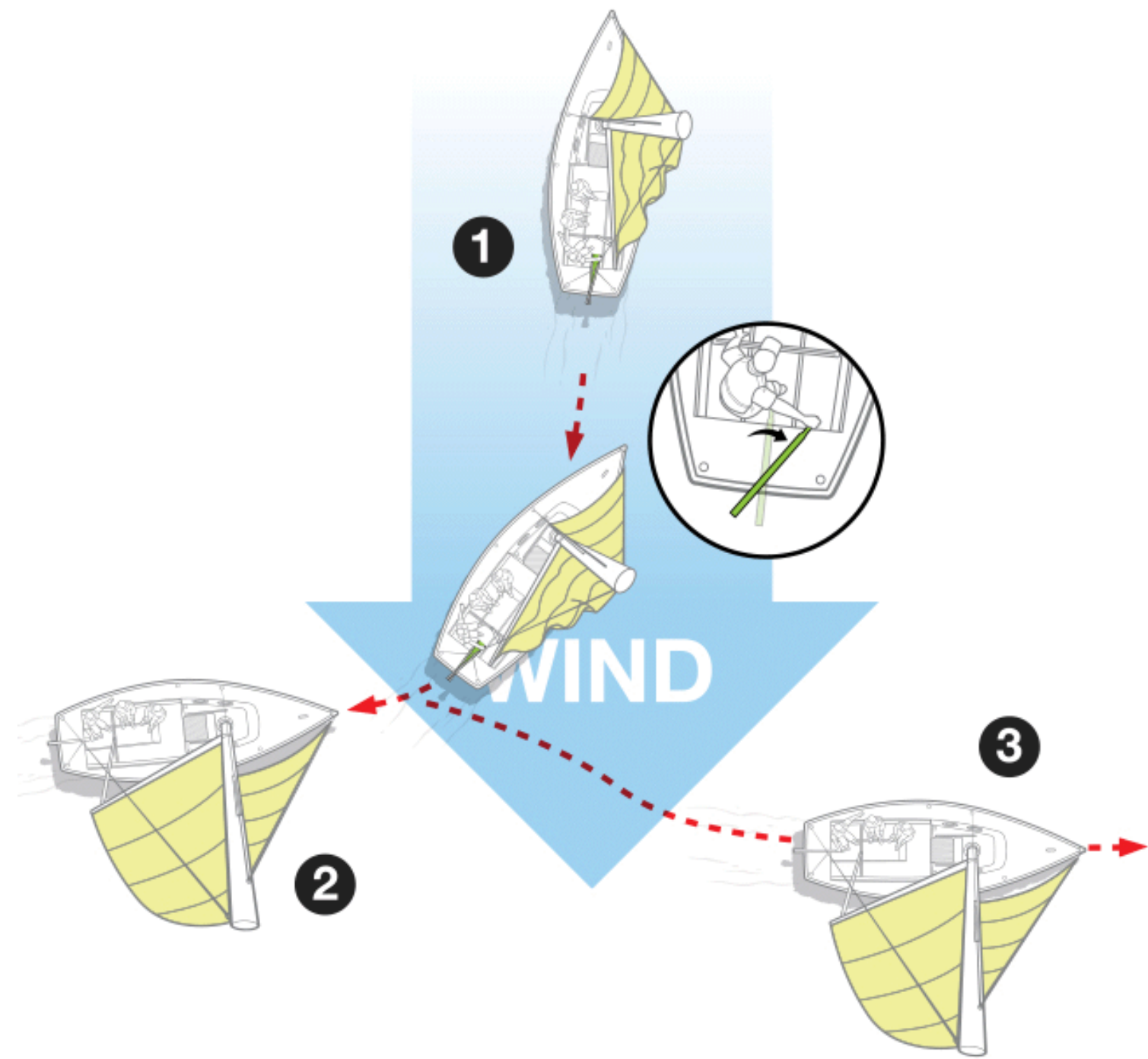


- 1** The boat is reaching, with the wind coming across the port side.
- 2** The helmsman has pushed the tiller toward the boom and the boat has headed up into the No-Go Zone.
- 3** The boat has continued through the No-Go Zone and has ended up reaching on the opposite side. The wind is now coming over the starboard side.

- 1 When the crew is ready, the helmsman pushes the tiller toward the boom to turn into the wind.
- 2 The sails briefly lose power as the boat crosses into the No-Go Zone, seen in position 2, but the boat's momentum keeps it moving across the wind.
- 3 The boat has crossed the No-Go Zone and is picking up speed again with the wind now on the other side of the boat. The boom and crew have also shifted sides.



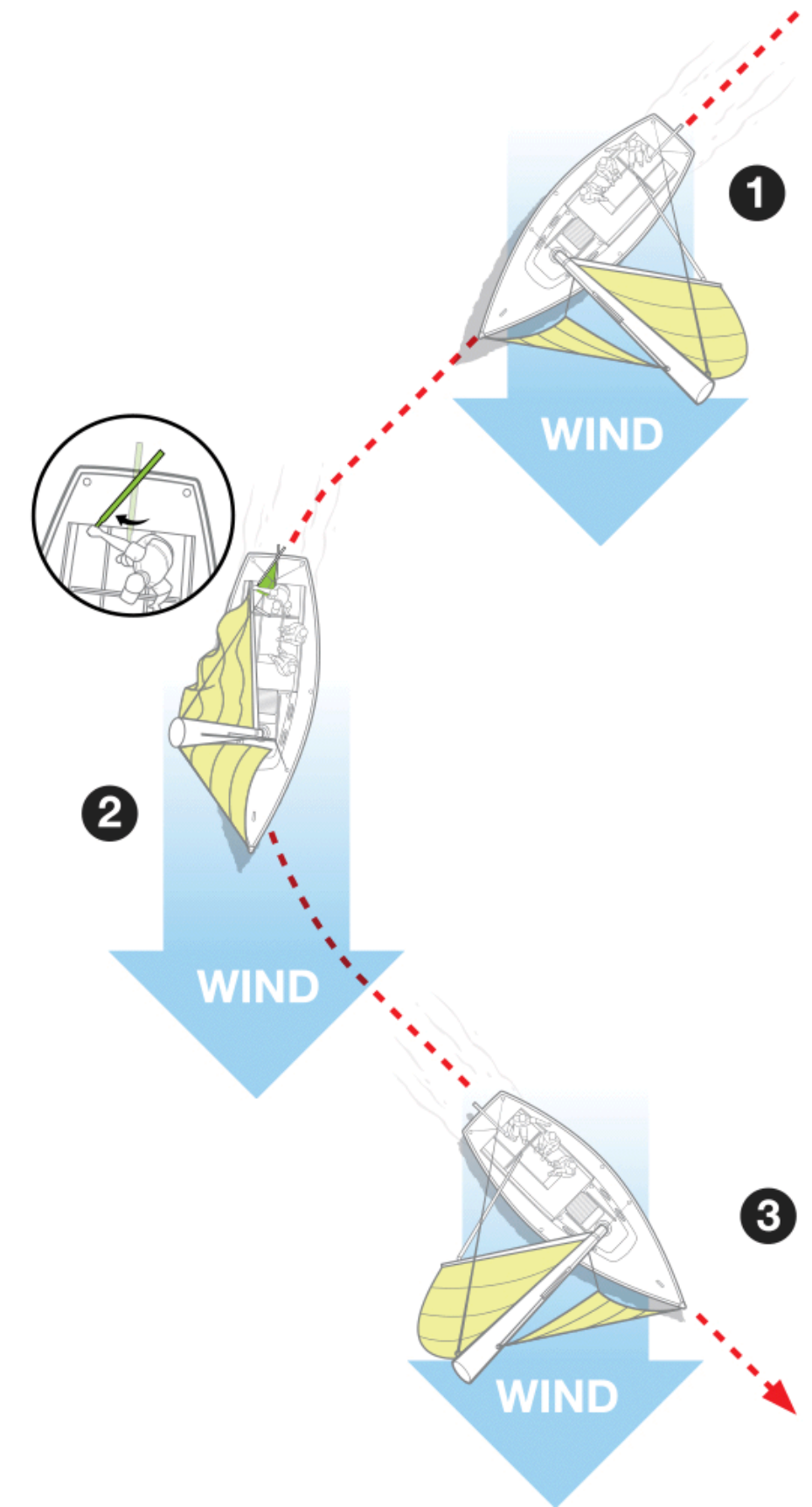
GETTING OUT OF IRONS



- 1 The boat is reaching, with the wind coming across the port side.
- 2 The helmsman has pushed the tiller toward the boom and the boat has headed up into the No-Go Zone.
- 3 The boat has continued through the No-Go Zone and has ended up reaching on the opposite side. The wind is now coming over the starboard side.

JIBING BASICS

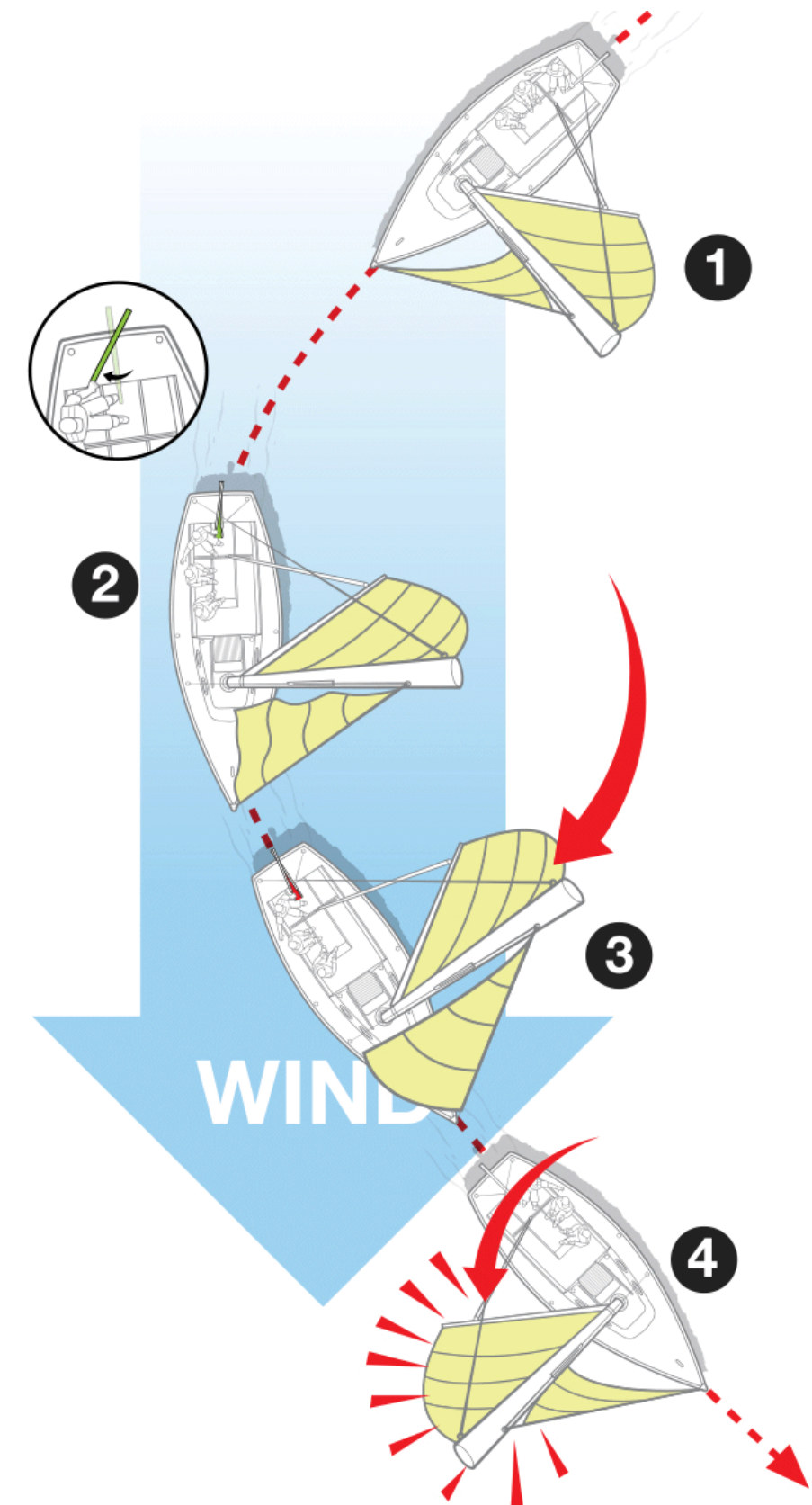
- 1** The boat starts with the wind on the starboard side and the sails eased out almost all of the way. The helmsman then pulls the tiller away from the boom to turn the boat away from the wind, and the stern begins to cross the wind. The crew sheets in the mainsail to control the jibe.
- 2** The stern has crossed the wind and the crew has moved to the other side of the boat, ducking the boom.
- 3** The boat has completed the jibe and the wind is now on the port side of the boat.

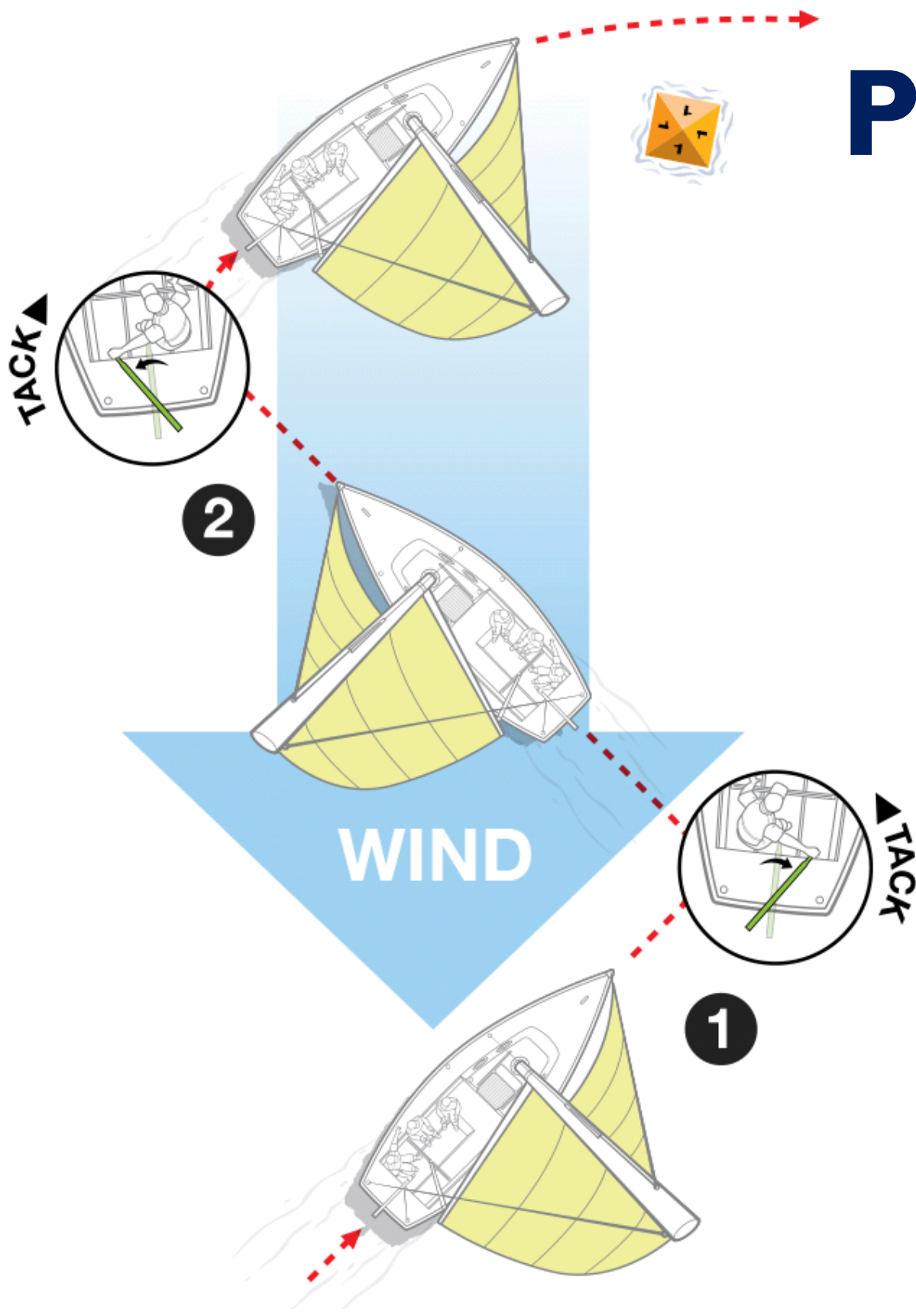


AVOIDING UNCONTROLLED JIBES

An uncontrolled or accidental jibe is when the mainsail unexpectedly crosses over to the other side of the boat, catching the crew off guard.

Uncontrolled jibes can be avoided by sheeting in the mainsail when a jibe is imminent.



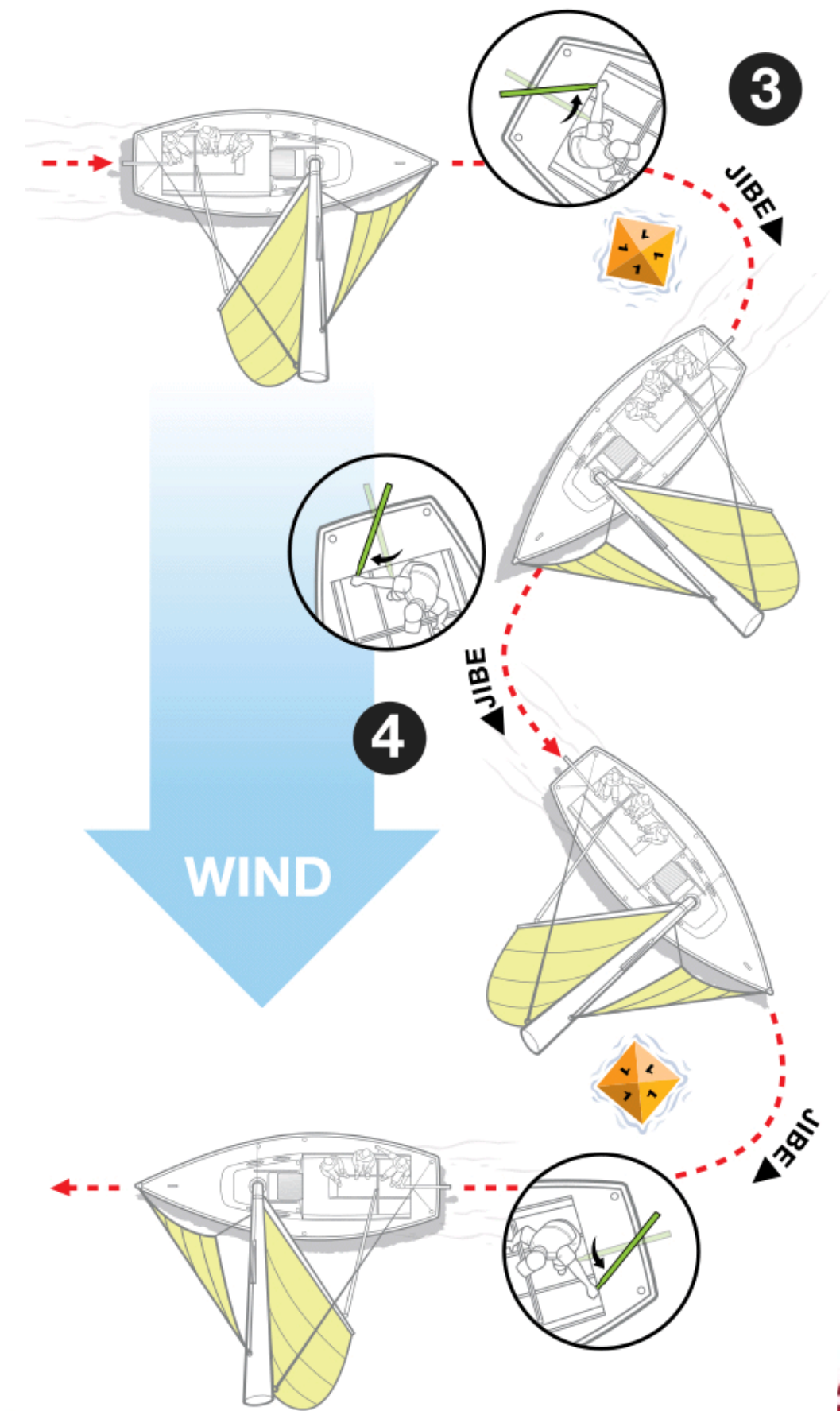


PUTTING IT ALL TOGETHER

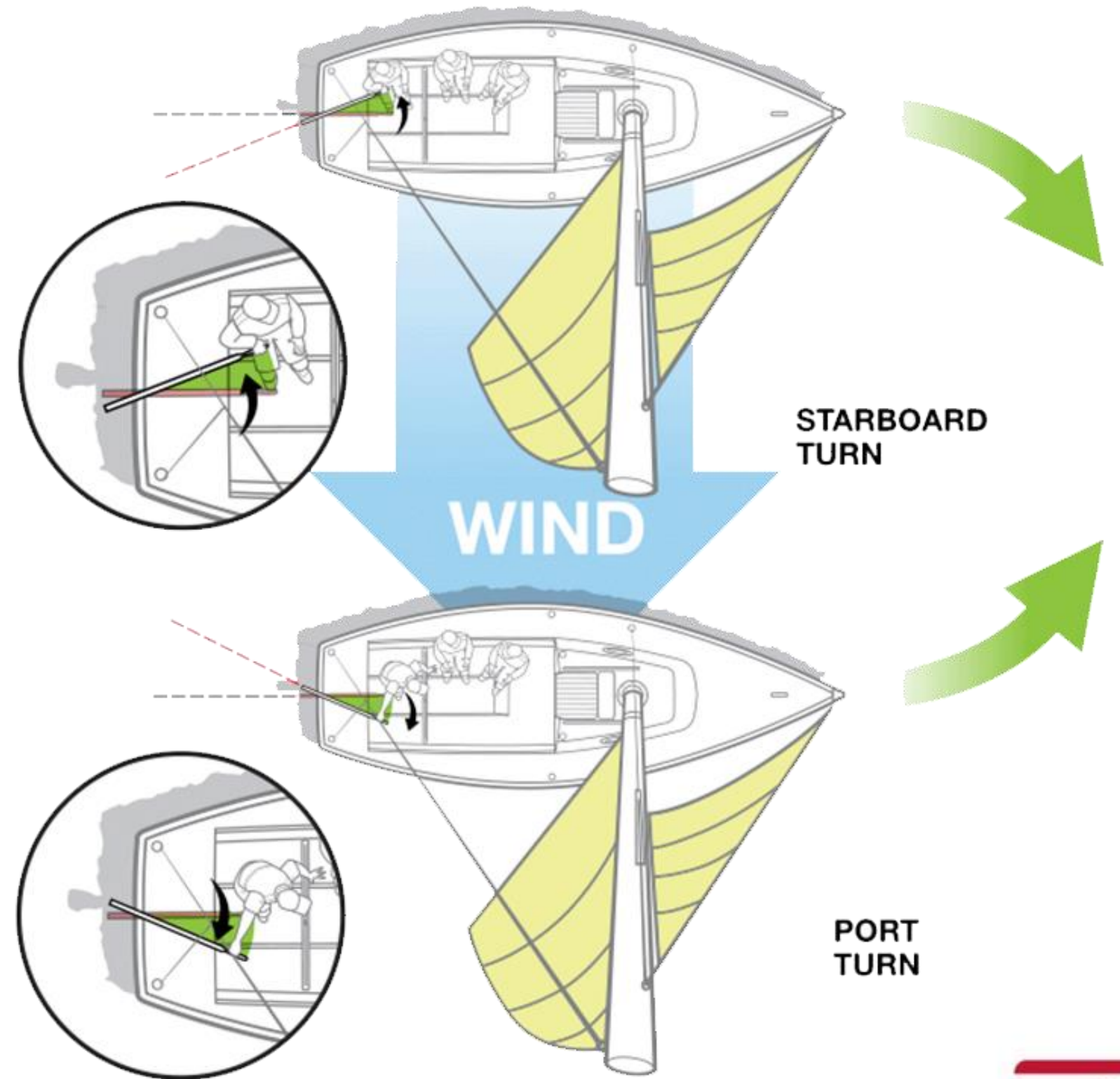
- 1 Sail upwind, close-hauled, with sails sheeted in almost all the way. Tack back and forth through the No-Go Zone to reach the first buoy.
 - 2 Tack through the No-Go Zone – from a port tack to a starboard tack – to round the first buoy. Sail across the wind and steer directly to the destination.
- Sail on a beam reach, sails are sheeted out about halfway.

PUTTING IT ALL TOGETHER

- 3** Bear away from the wind. Steer around the buoy as the wind crosses the stern. Perform a controlled jibe.
- 4** Perform several controlled jibes and then jibe around the buoy to end up on a starboard tack.



REVIEW



UNIT SUMMARY

TOPICS COVERED

- Steer your sailboat to port and starboard
- Change your direction relative to the wind by heading up or bearing away
- Tack so as to maintain an upwind course or to change direction through the No-Go Zone
- Get out of irons if you get stuck in the No-Go Zone during a tack
- Jibe when travelling downwind
- Avoid uncontrolled jibes
- Connect the basic maneuvers to sail a course around a set of buoys

