

# Learn to Sail

## UNIT 3: PREPARING FOR YOUR FIRST SAIL



# WHAT TO WEAR WHEN SAILING

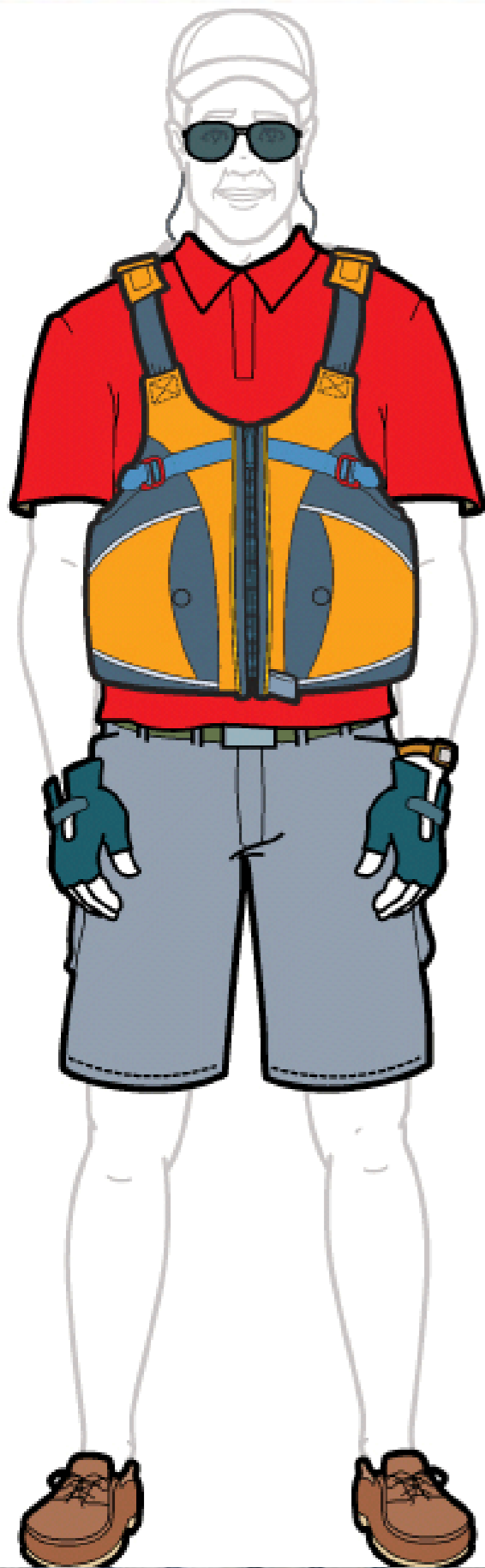
## Lifejacket

- By law, you need to carry one properly fitted life jacket for each person on your sailboat.

## Sunscreen

- The sun has a far greater effect when on a boat than on land.
- Always wear sunscreen of an SPF of 15 or greater.





# DRESSING FOR WARM WEATHER

Some of the key items for warm weather dressing are

- a light-colored, cotton or synthetic shirt,
- sunglasses (with UV protection),
- a “keeper” (a cord that attaches to the glasses and goes around your neck),
- sailing gloves, and
- shoes with non-marking soles.

# DRESSING WARM FOR COLD WEATHER

## What to wear

- A weatherproof hat
- A nylon jacket with a fleece liner, tall collar and a hood
- Sailing gloves with full fingers
- Long pants
- Long underwear or another base layer



# LIFE JACKETS



**TYPE I**



**TYPE II**

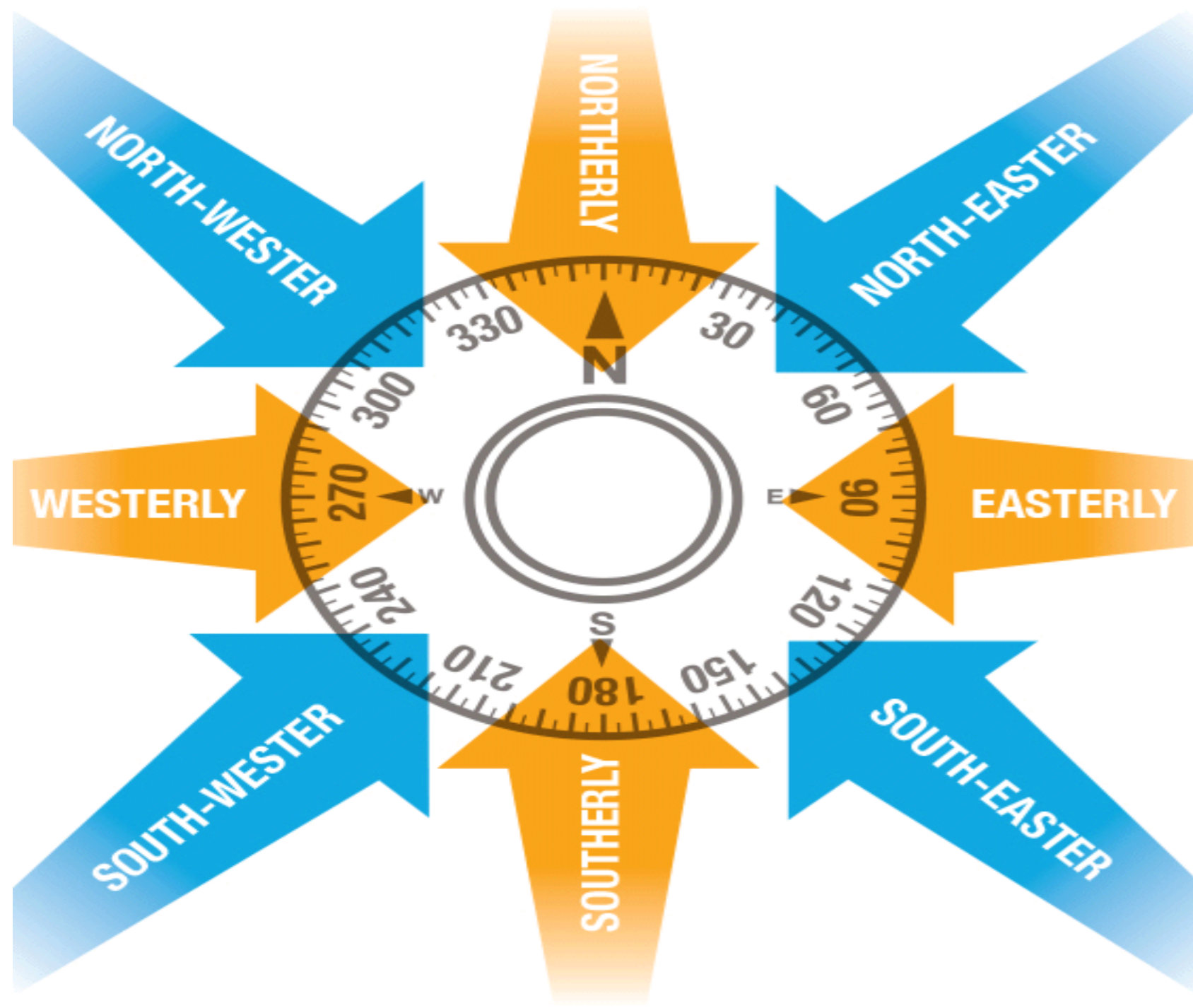


**TYPE III**



**TYPE V**

# READING THE WIND



You need to know the direction of the wind to set your sails and steer the best course to your destination.

# READING THE WIND

Clues for reading the wind include:

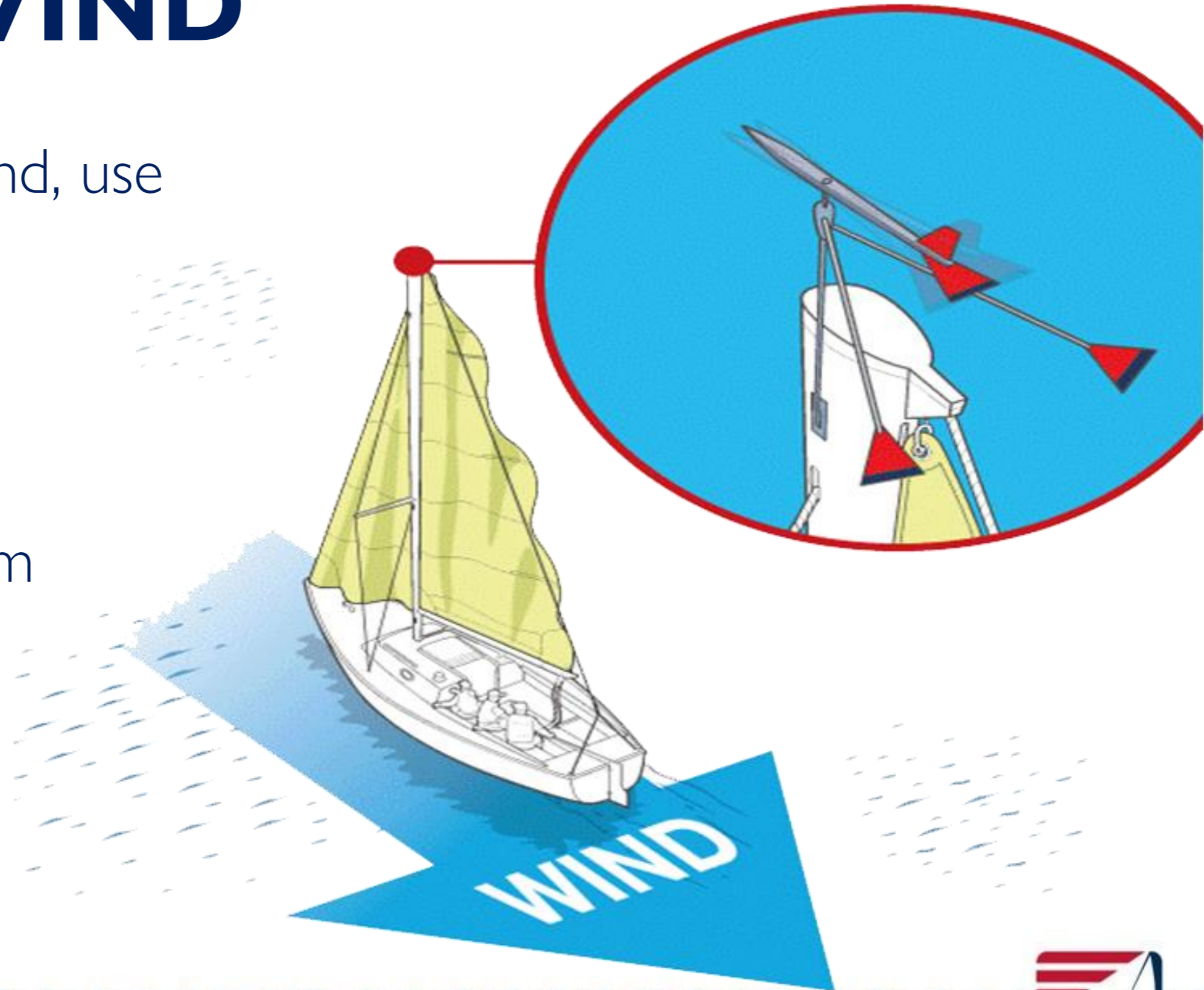
- Flags or smoke from a factory
- Whether you feel the wind on your face or back
- How other sailboats have their sails trimmed
- The direction in which boats at anchor are pointing.
- The look of ripples on the water



# READING THE WIND

To determine the direction of the wind, use your own sailboat as the indicator:

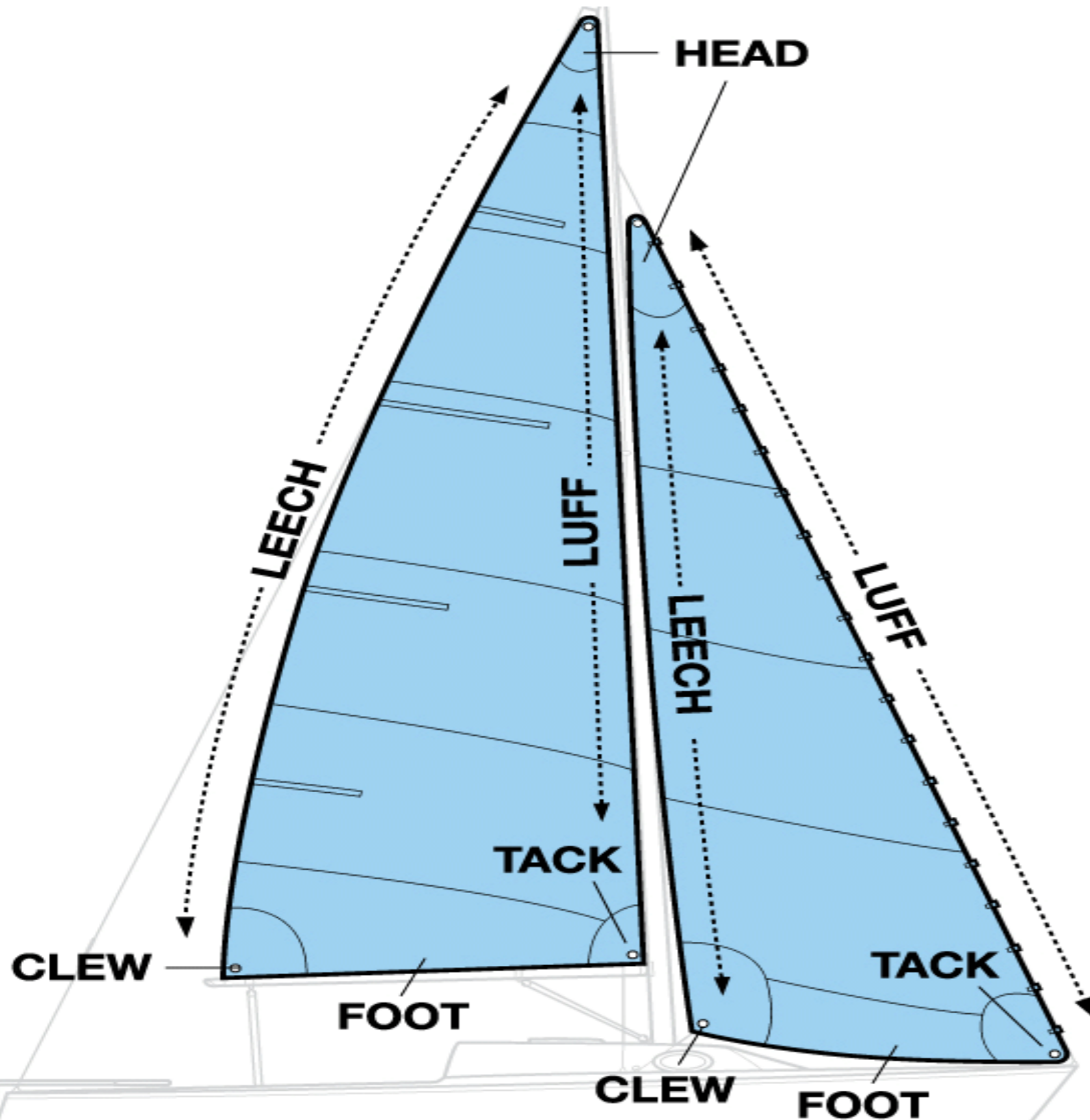
1. Head up into the wind.
2. When your sails start to luff (flapping like a flag) and your boom is on your boat's center line, you will know that your bow is now pointed directly into the wind.





# PARTS OF A SAIL

- The **luff** is the forward edge of the sail.
- The **leech** is the back edge of the sail.
- The **foot** is the bottom edge of the sail.
- The **tack** is the forward bottom corner of the sail.
- The **clew** is the back bottom corner of the sail.
- The **head** is the top corner of the sail.

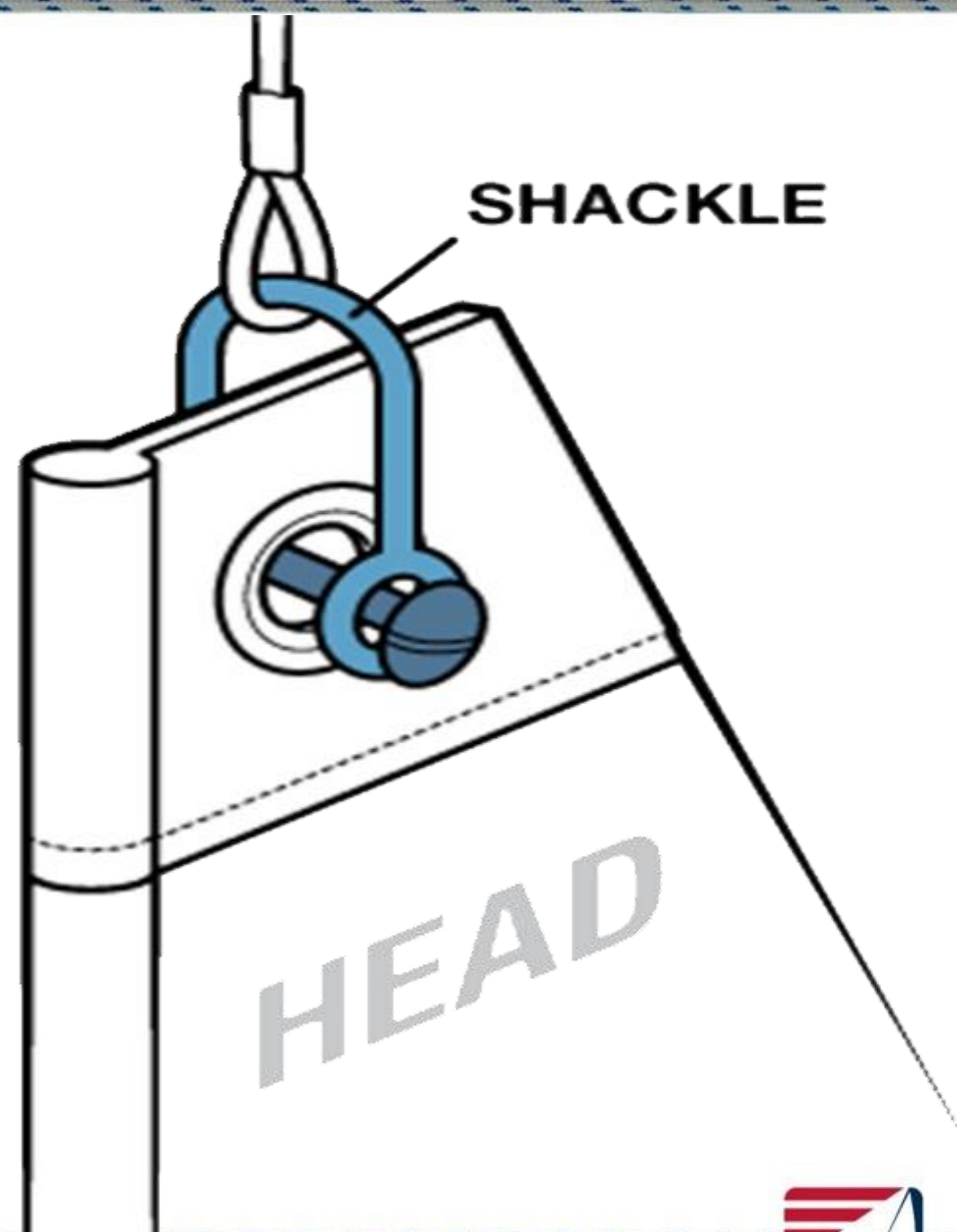


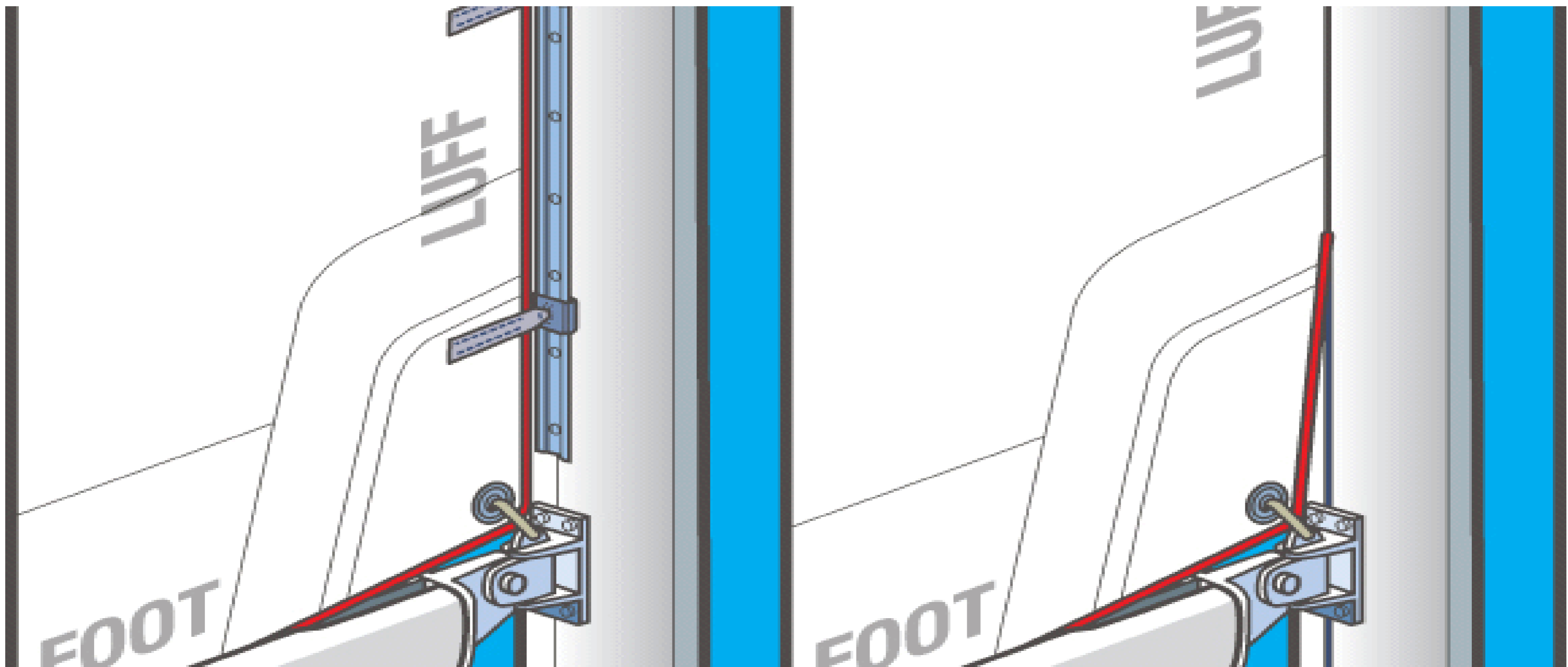
# PARTS OF A SAIL

Attached to the head of each sail is a line called a halyard – the main halyard and the jib halyard.

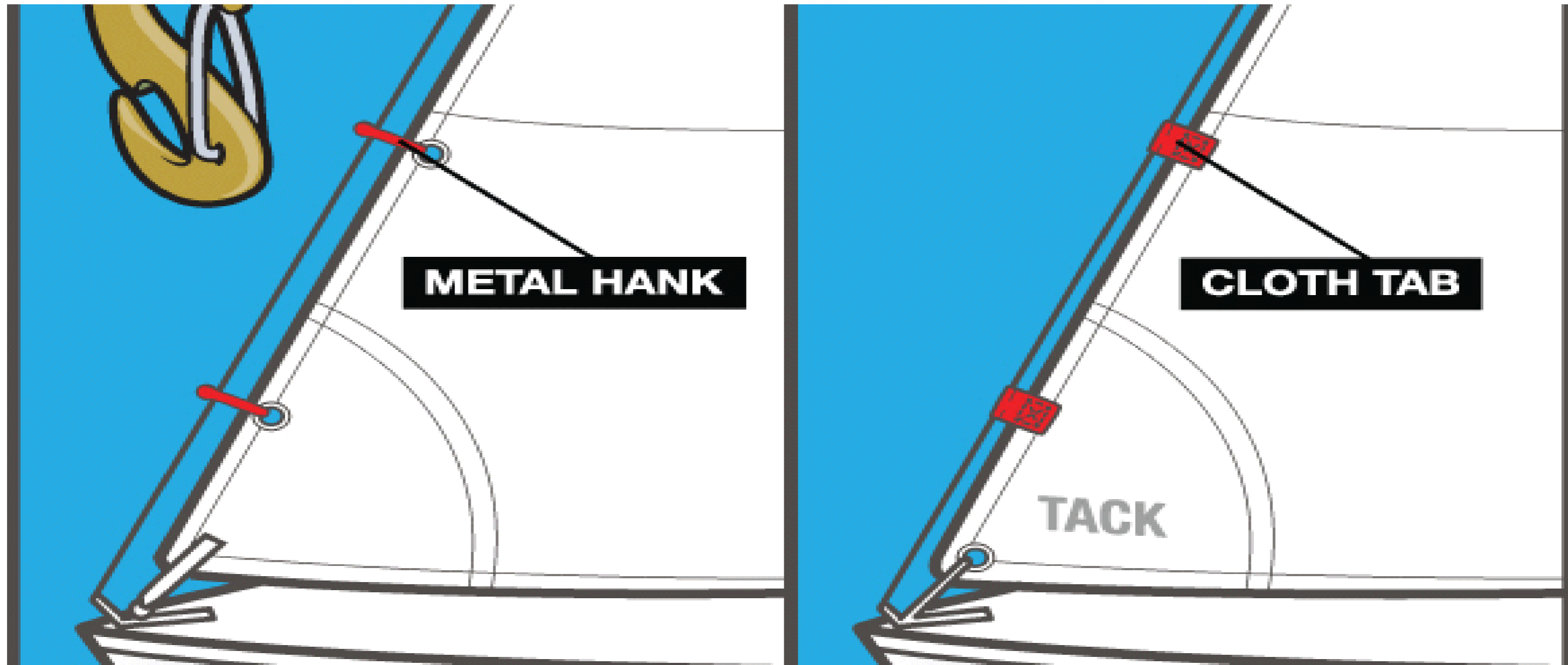
You will use the halyard to raise and lower your sails.

The halyard is connected to the sail using a closable fastening called a **shackle**.



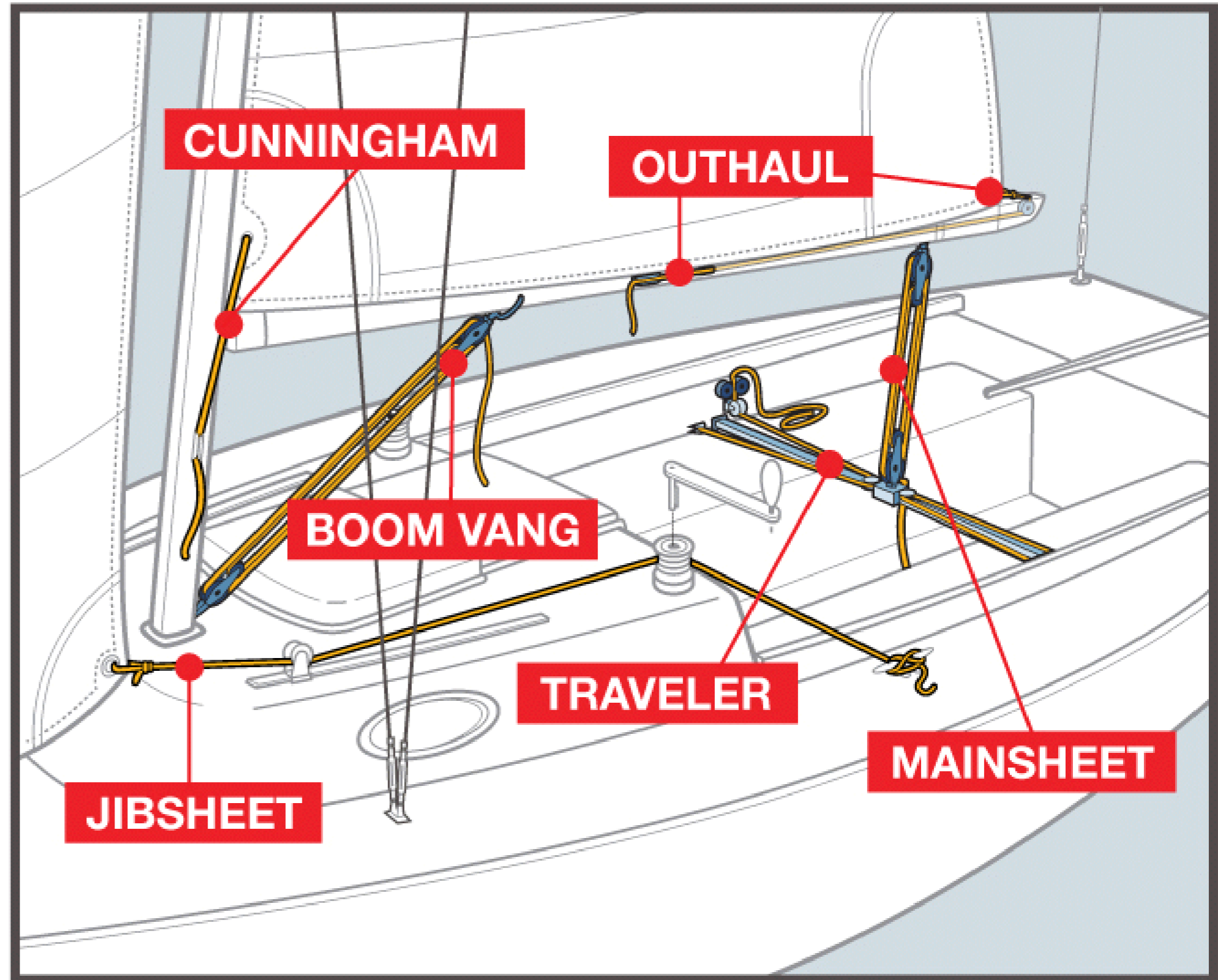


The luff and foot of the mainsail are attached to the mast and boom by either a **slot** or a **track**. In the picture above, the image on the left shows a track, while the image on the right shows a slot.

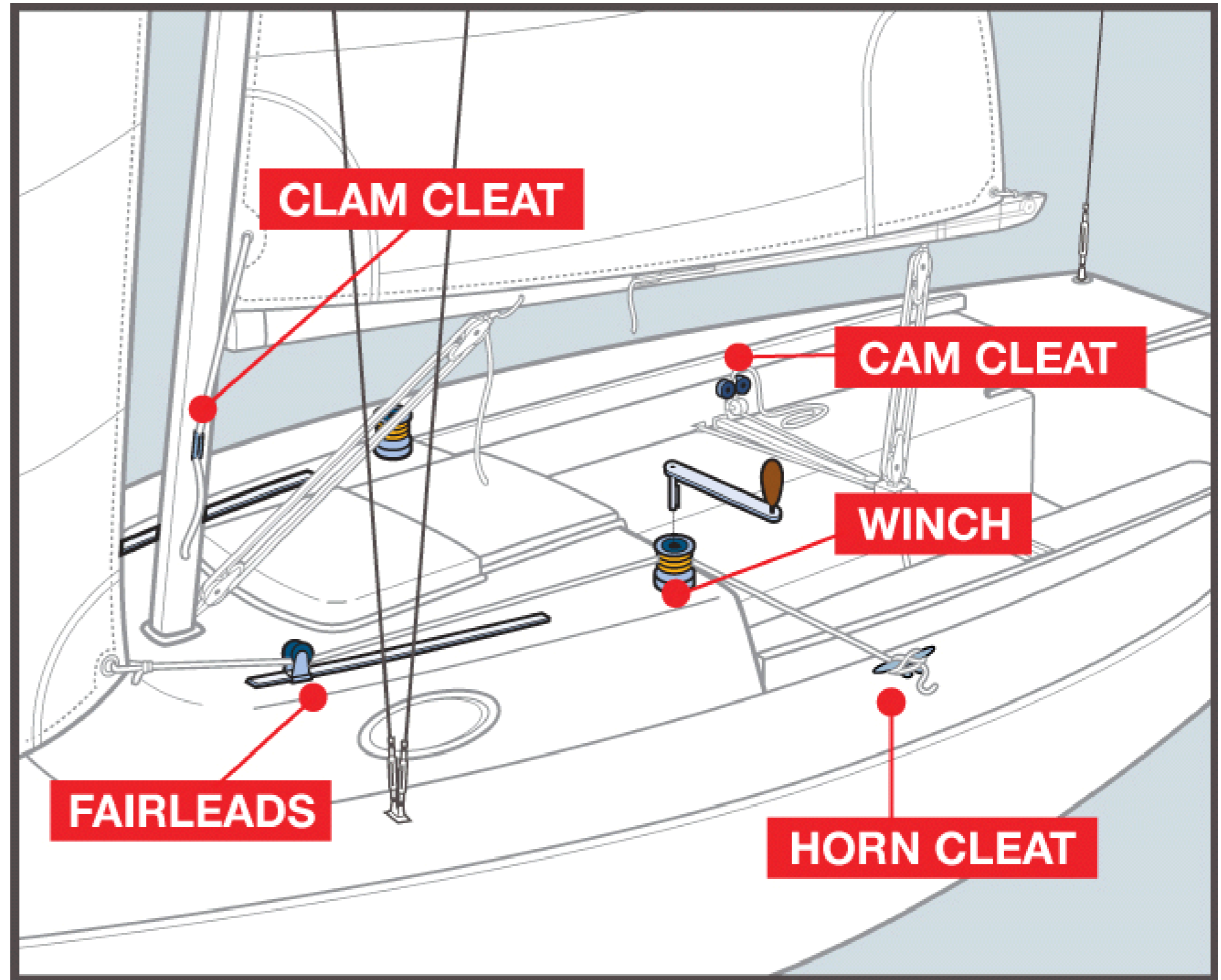


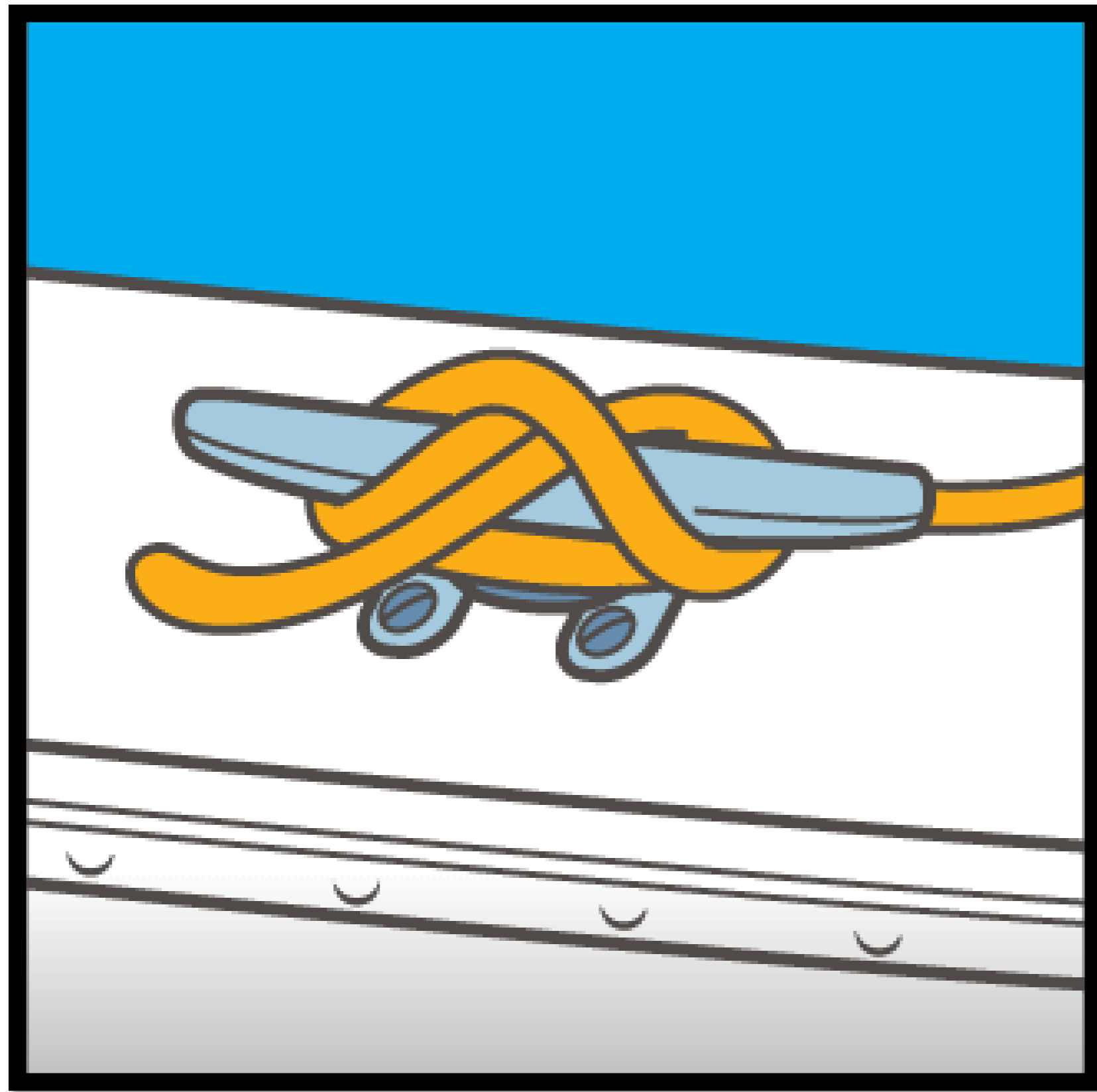
The luff of the jib is attached to the forestay using either **metal hanks** or **cloth tabs**.

- **The mainsheet** controls the angle and shape of the mainsail. It acts as your accelerator and decelerator
- **The jib sheets** control the jib.
- **The cunningham** tensions the luff of the mainsail along the mast.
- **The outhaul** tensions the foot of the mainsail.
- **The boom vang** keeps the boom from rising up when wind hits the mainsail.
- **The traveler** controls the position of the boom across the boat.



The system of sail controls used to adjust your sails includes both the lines used to adjust the sails and the devices – such as cleats and winches – used to tighten and secure the lines.





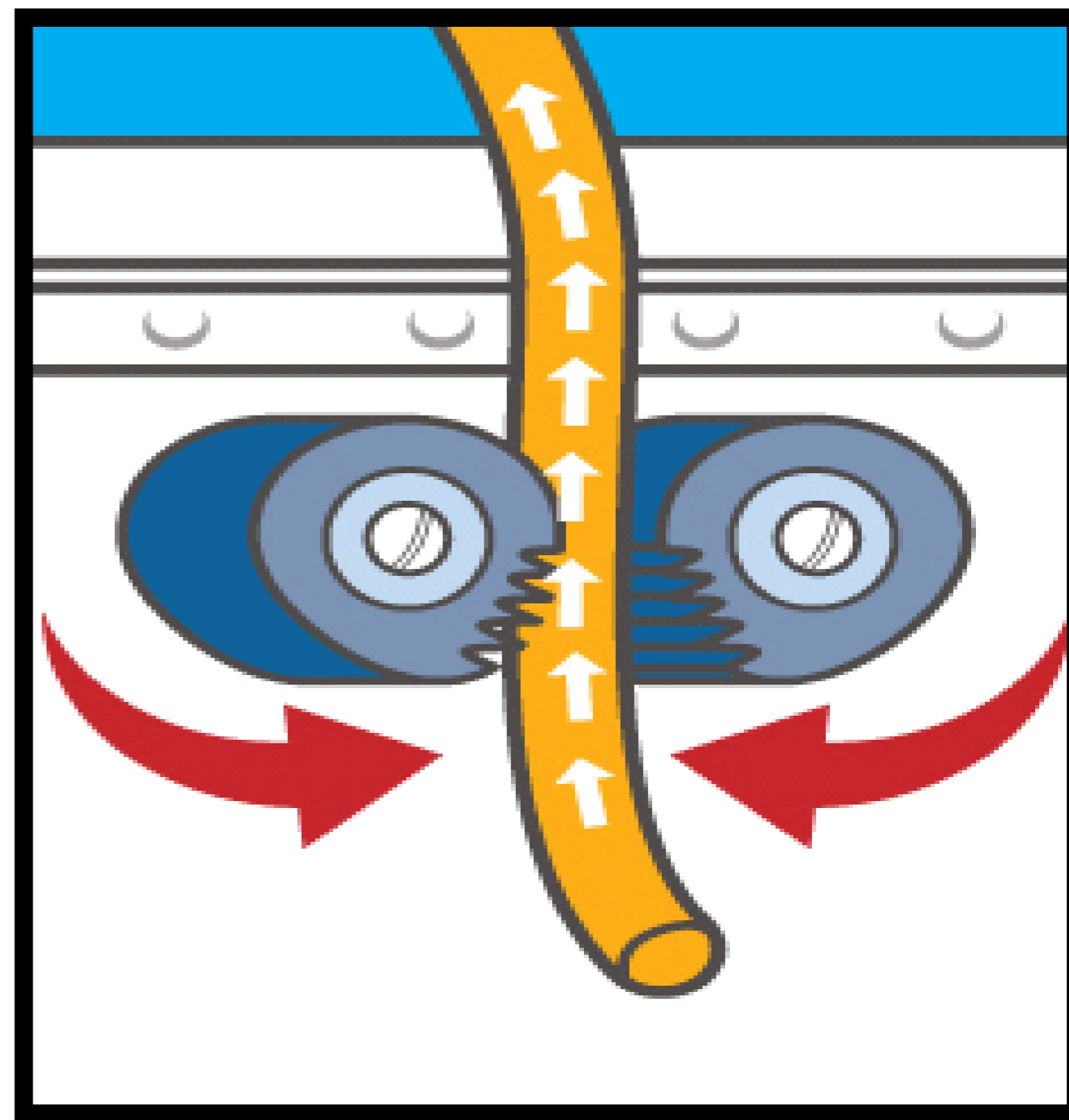
Cleats are used to secure lines.

The most common type of cleat is the **horn cleat**, which will hold fast and release easily (although slowly) under a heavy load. Horn cleats are also used to fasten docking lines.

Whenever leaving a line unattended, use a **cleat hitch** shown here.

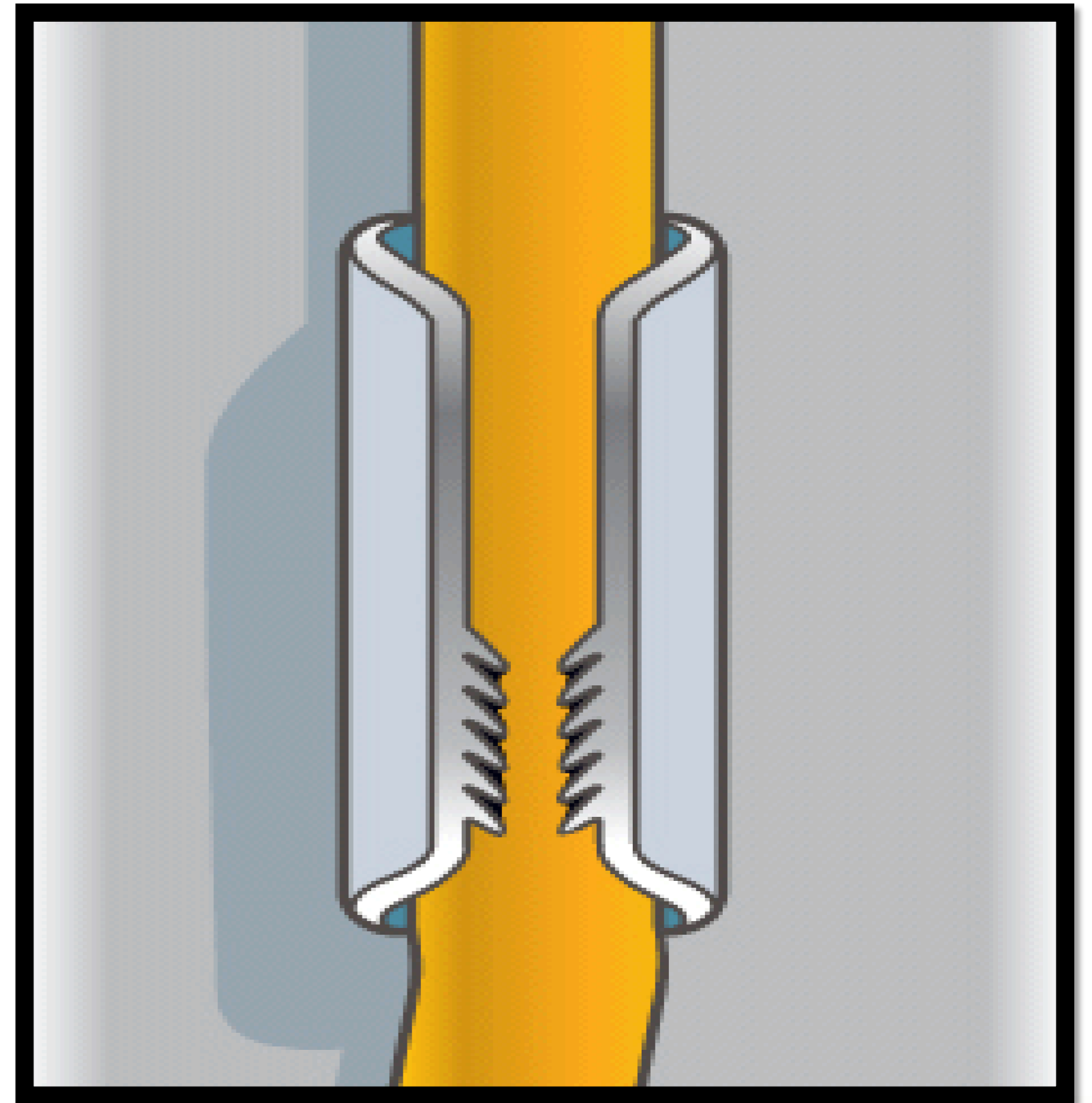
**Cam cleats** have jaws with spring-loaded “teeth” to grip the line.

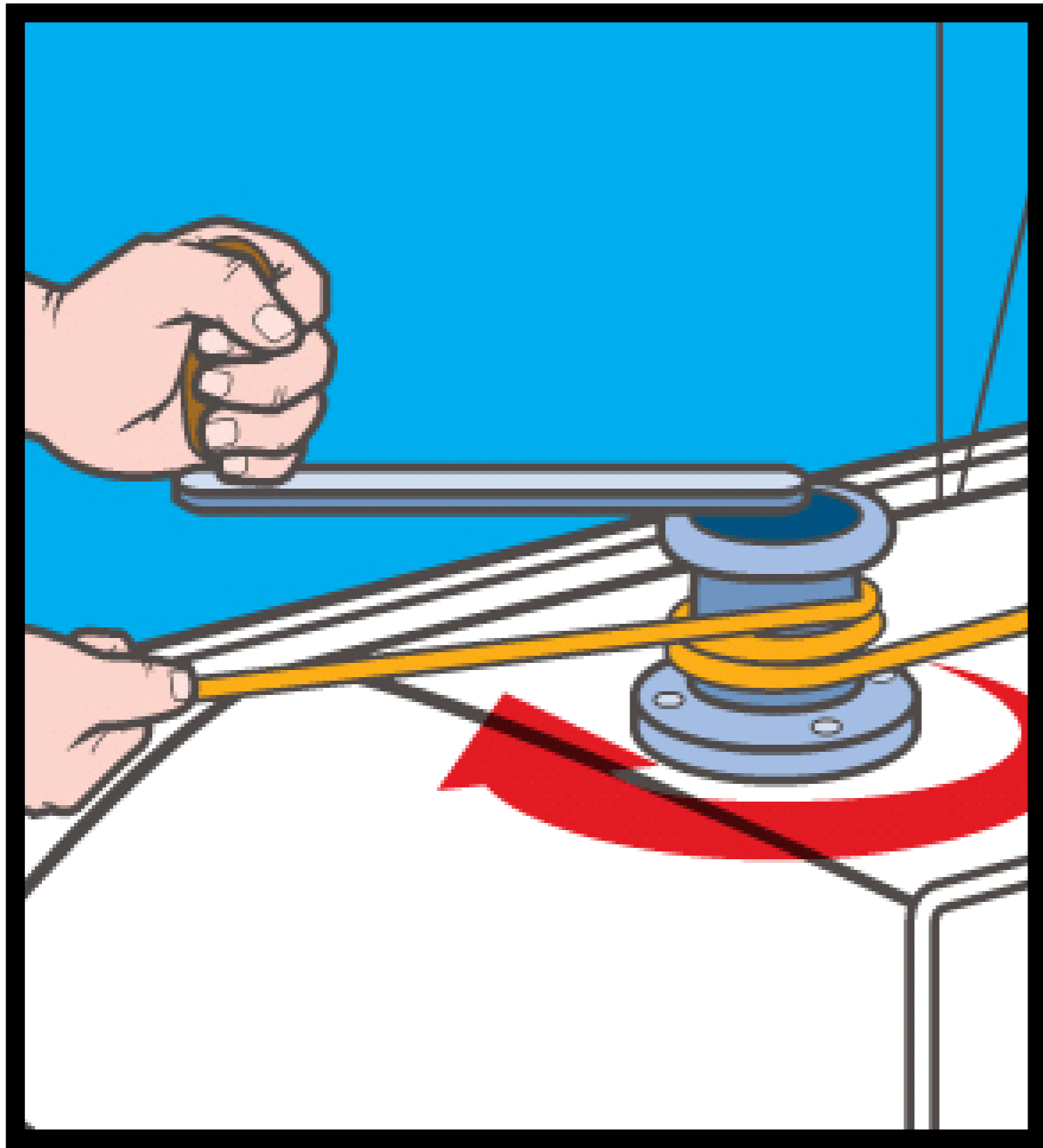
To release a line from a cam cleat, pull and lift. Cam cleats can be difficult to release under a heavy load.





**Clam cleats** are very easy to use. Simply pull the line through and let go. To release the line, pull and lift out. Like cam cleats, clam cleats can be difficult to release under a heavy load.



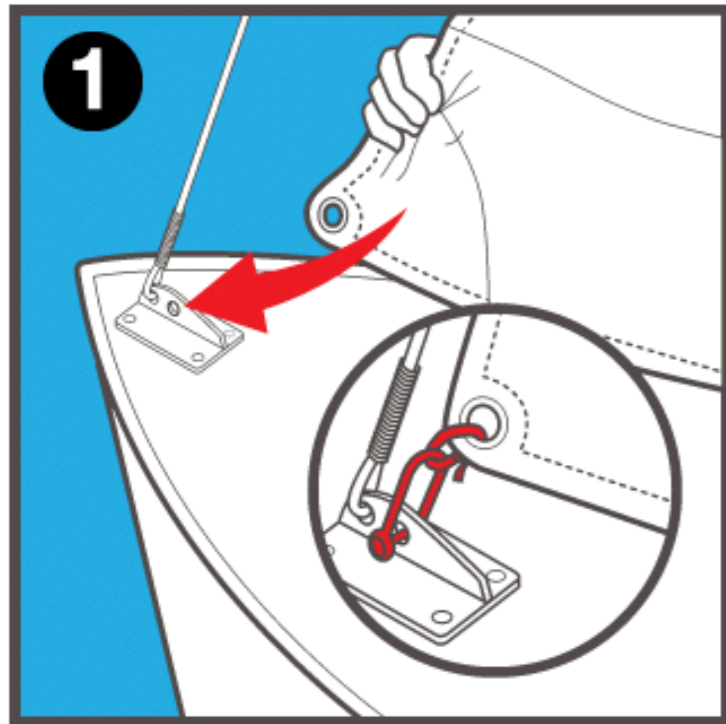


**Blocks** are a series of pulleys that provide a mechanical advantage, allowing the crew to exert far more force when trimming in a sail.

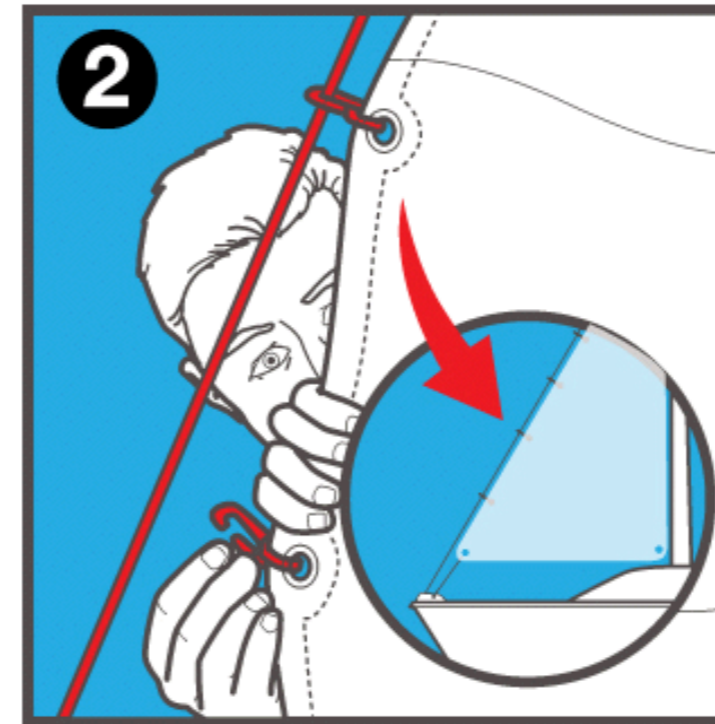
**Fairleads** are devices used to guide lines around an object.

**Winches** (shown left) help you pull in and hold a sheet.

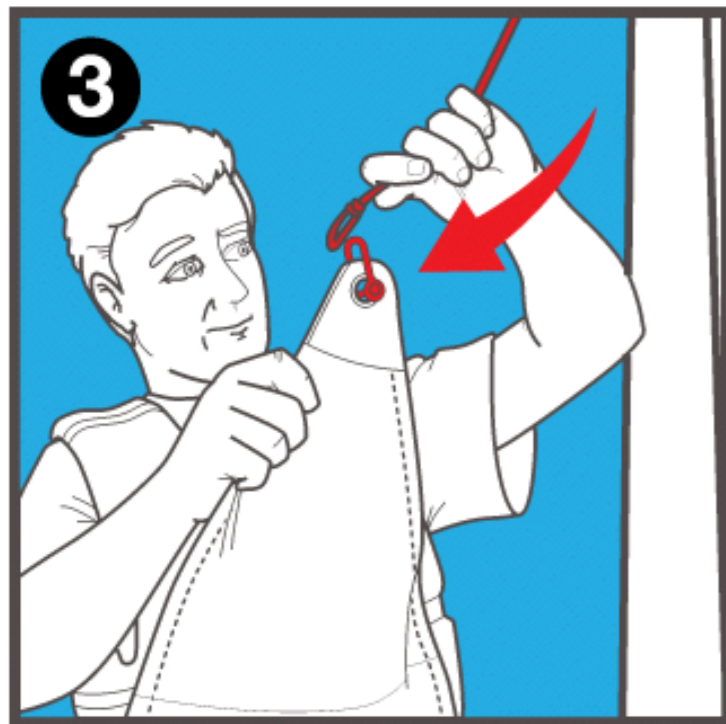
# RIGGING THE SAILS



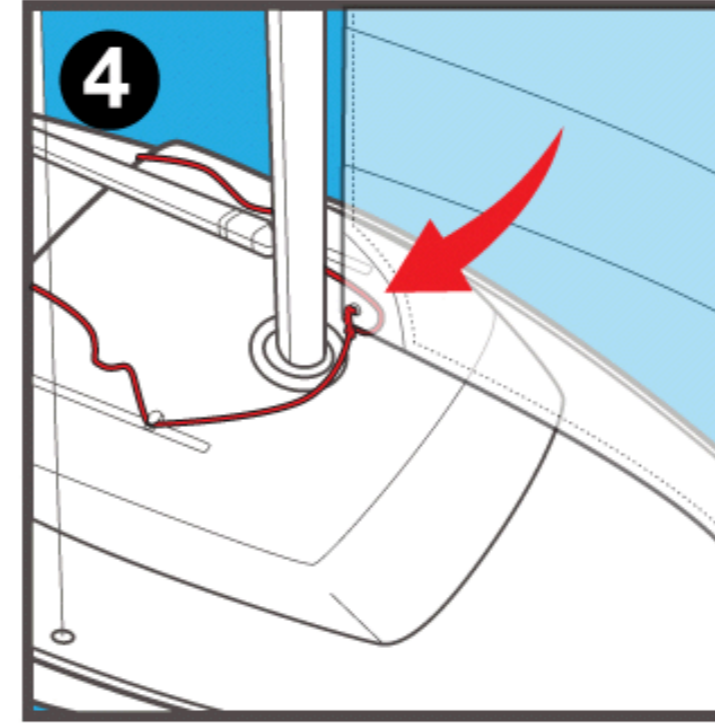
Attach the tack of the jib to the bow.



Attach the luff of the jib onto the forestay.

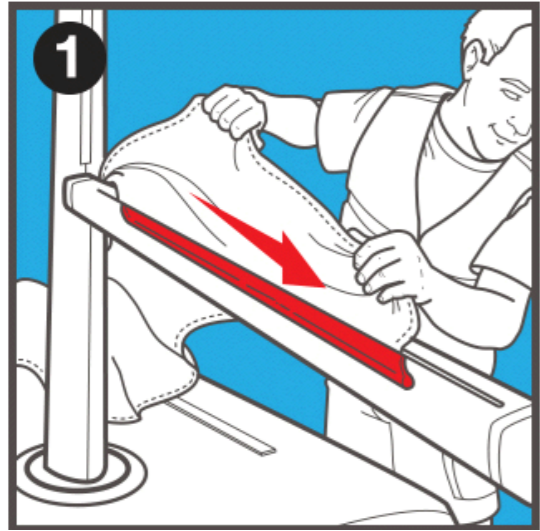


Attach the jib halyard to the head of the jib using a shackle.

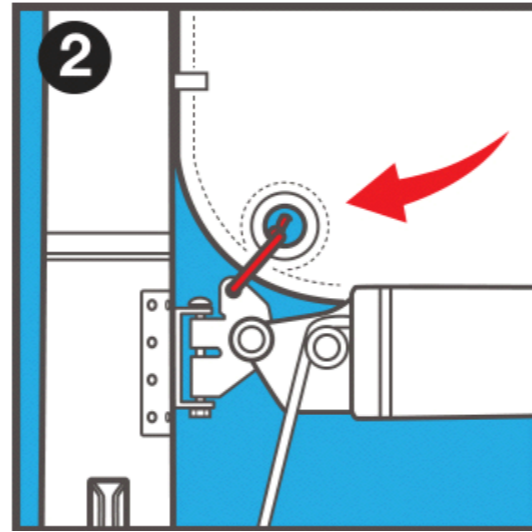
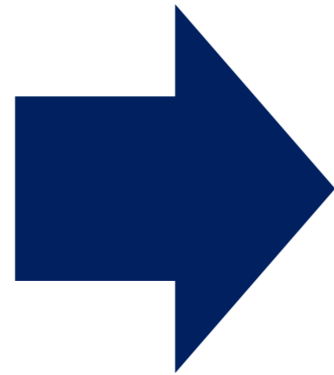


Secure the jib sheets to the clew of the jib (if not attached).

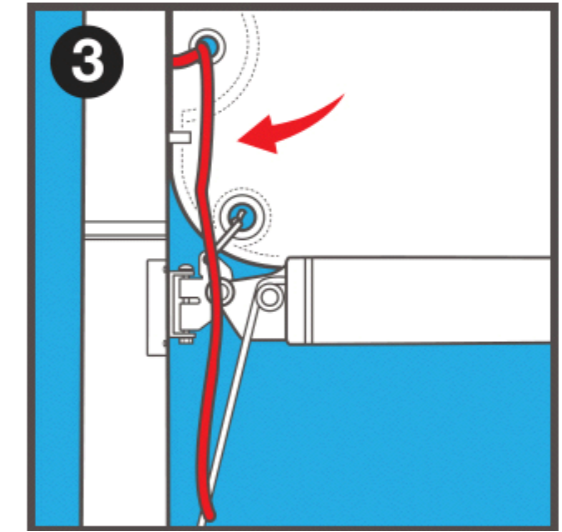
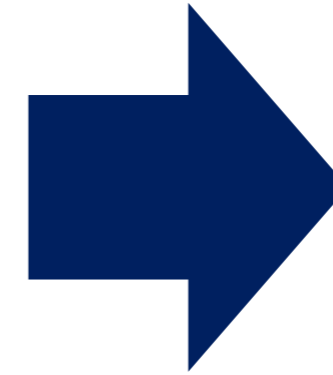
# RIGGING THE MAINSAIL



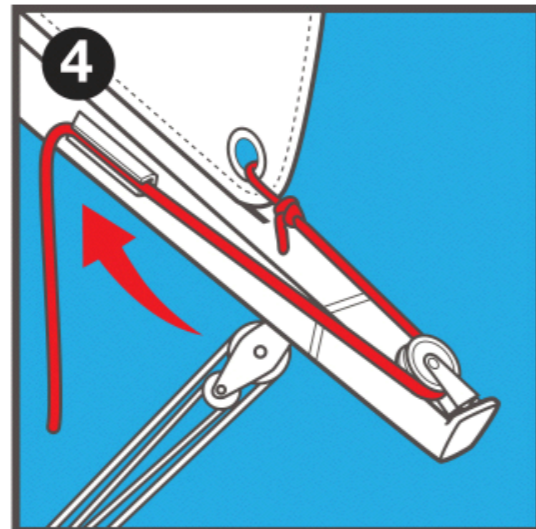
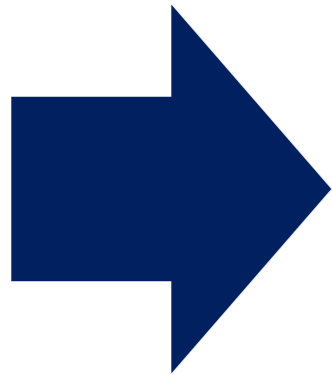
Attach the foot of the sail to the boom.



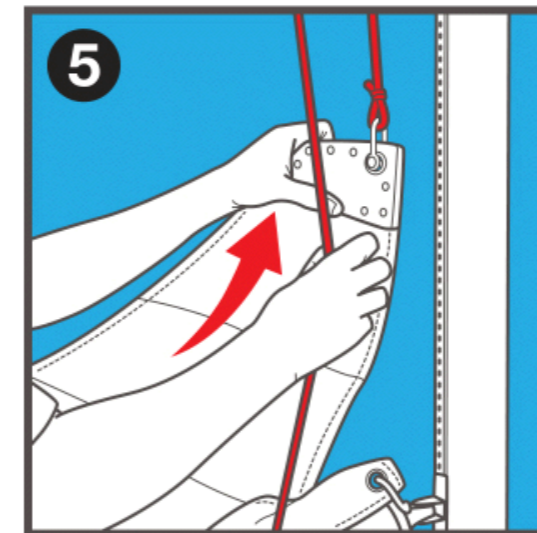
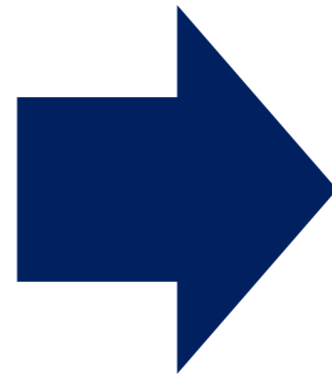
Attach the tack of the sail to the gooseneck and the luff to the mast.



Attach the cunningham – but leave it loose.



Attach and tighten the outhaul.

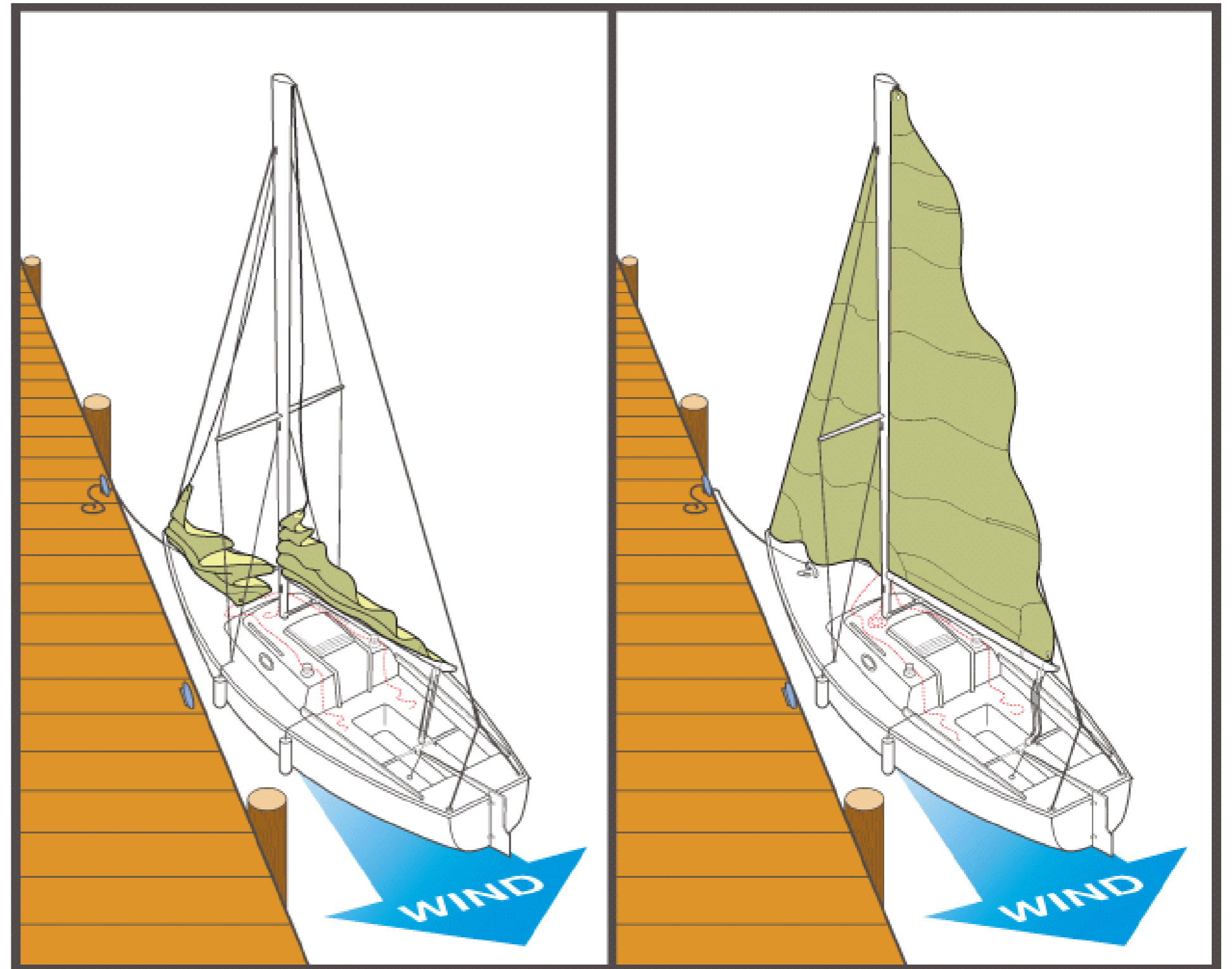


Attach the main halyard to the head of the mainsail using a shackle.

# HOISTING THE SAILS

Make sure your sailboat is pointed directly into the wind (i.e., the No-Go Zone).

This will help keep your boat steady when you hoist the sail.



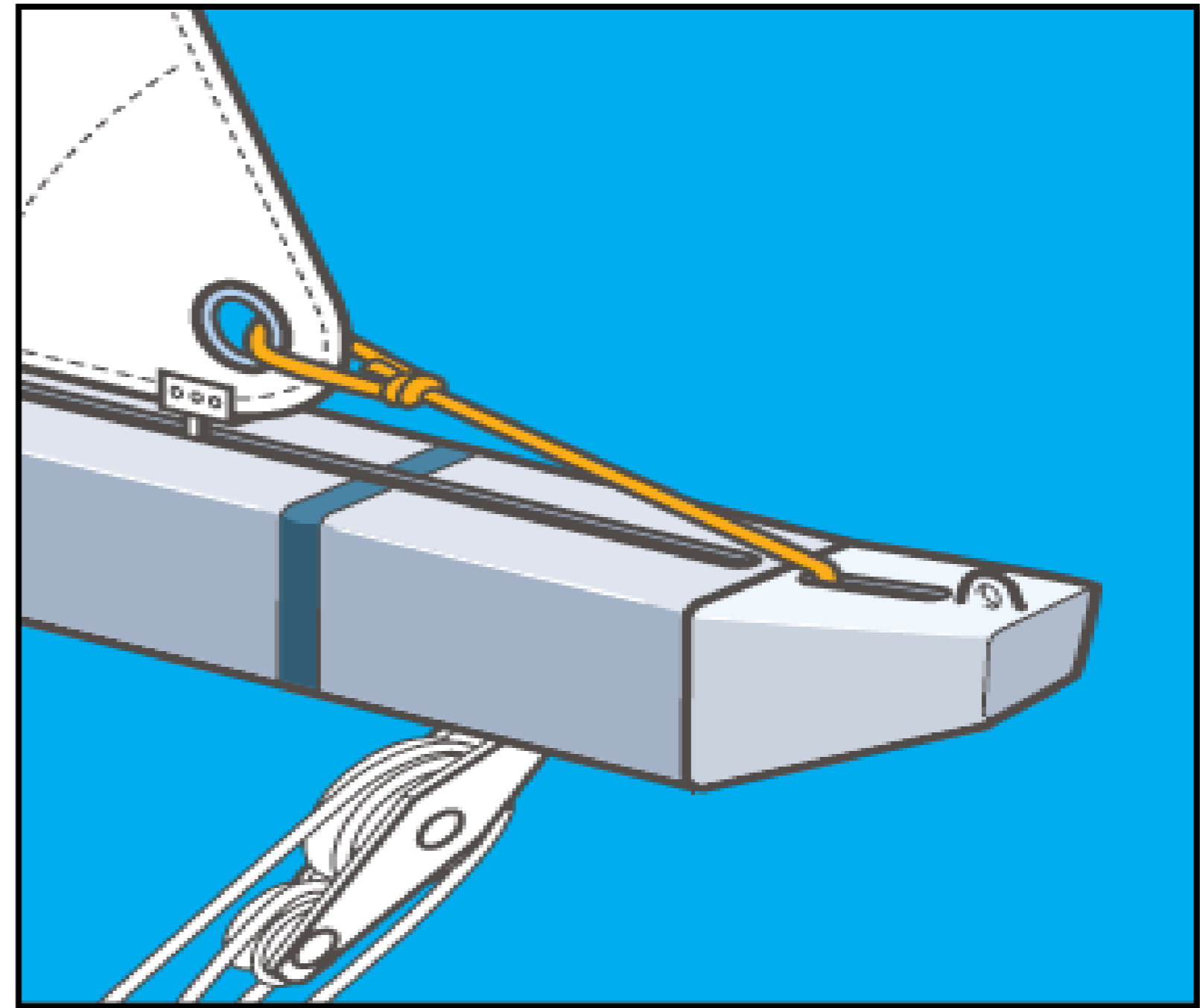
# HOISTING THE SAILS

Tighten the outhaul. This is much easier to do before hoisting the sail.

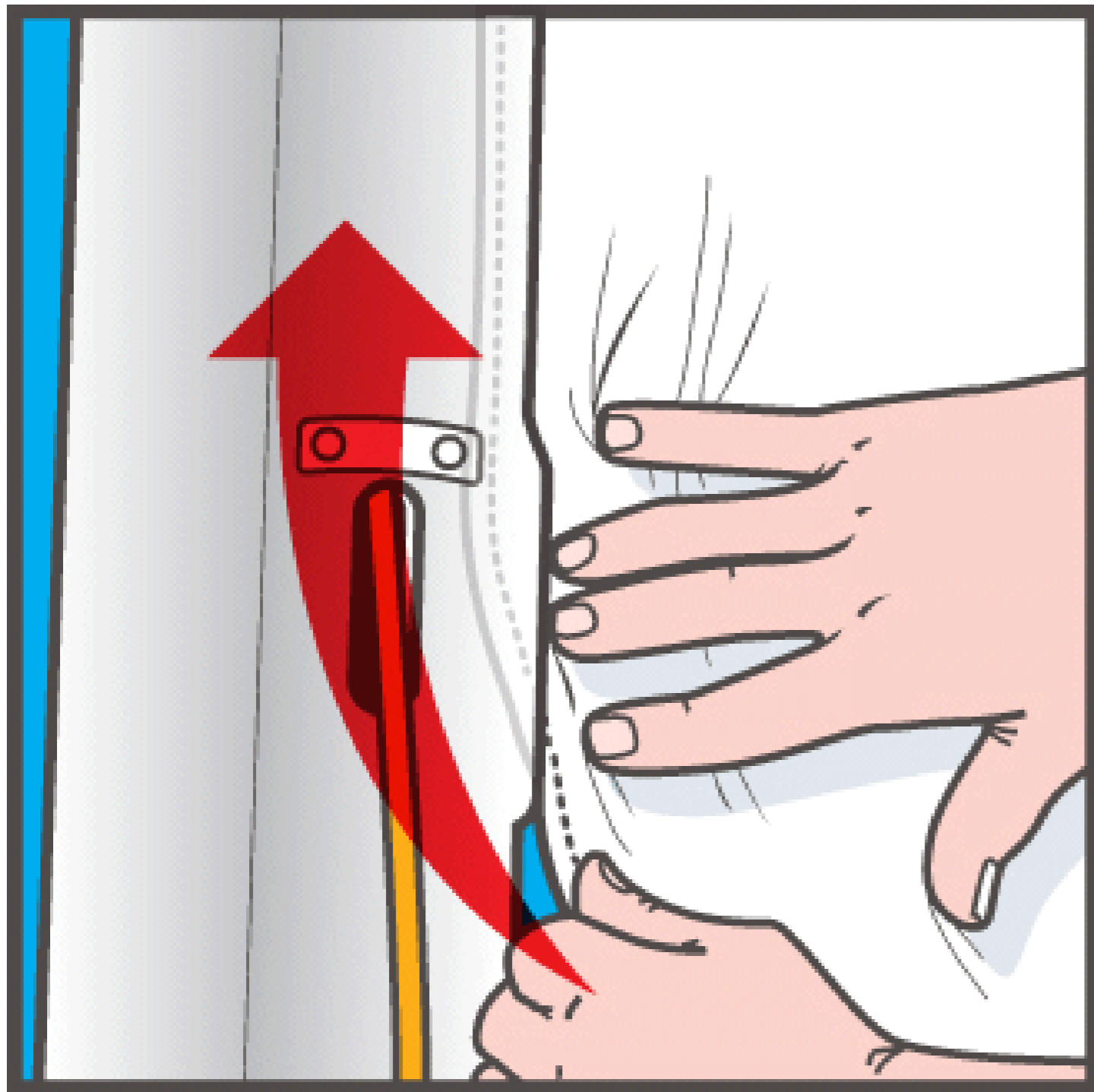
Loosen the mainsheet and remove any sail ties.

Tighten the traveler controls and release the boom vang.

Check the main halyard to make sure it's clear.



# HOISTING THE MAINSAIL



1. Hoist the mainsail using the main halyard. As the sail is raised, one crew member can feed the luff into the slot of the mast to keep it from jamming.
2. Look up the mast to check that the mainsail is going up smoothly. The mainsail should be luffing in the wind.
3. With the mainsail hoisted, secure and coil the halyard.

# HOISTING THE JIB

1. Clear everyone from the foredeck.
2. Check that the halyard and jib sheets are clear and untangled, and that the jib sheets are in the cockpit.
3. Hoist the jib using the jib halyard.
4. With the jib hoisted, secure and coil the jib halyard.

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**TIP:** If you are hoisting your sails on the windward side of the dock, you may want to hoist the jib first, sail clear of the dock, and then hoist the mainsail. This will prevent your boat from being accidentally blown into the dock.



# REVIEW



# UNIT SUMMARY

## TOPICS COVERED

- What to wear for a warm or cool day of sailing
- The different types of life jackets
- How to determine the direction of the wind
- The different parts of a sail
- The different components of your sail controls
- And the basics of rigging and hoisting your sails

