



Introduction to Sailing

part 1

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YCC, <http://cern.ch/yachting>

Good choice!



Pictures © Sebastian Lopienski



YCC

Poll "Sailing experience"

Outline

A boat

Why does it move?

Sails, sailing points

Helming and manoeuvres

Safety

Knots

+ some other information

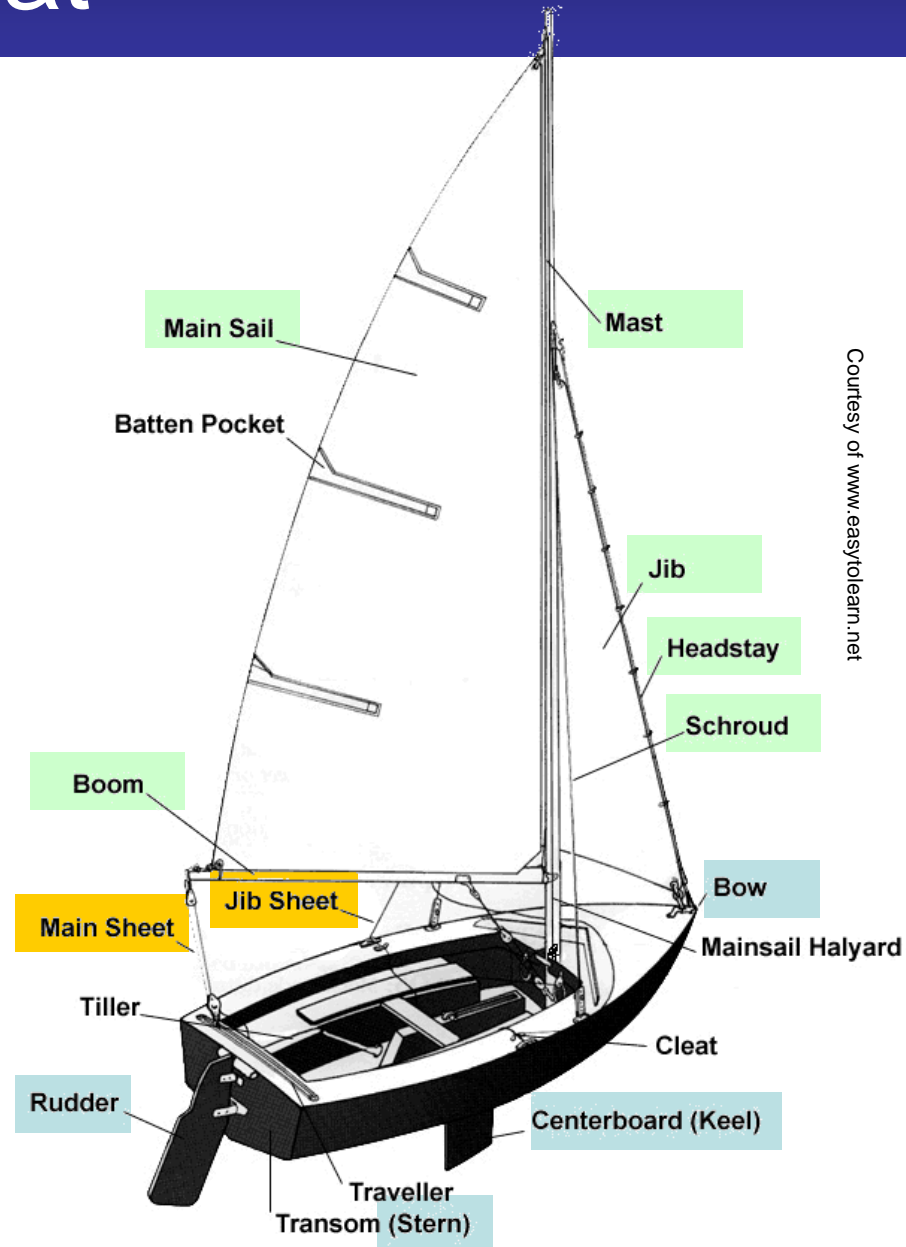
vocabulary

**please interrupt
and ask questions!!!**



A boat

- Hull
 - Rigging
 - Sheets
-
- right → starboard
 - left → port
- memo trick: both have 4 letters
- what can be moved?



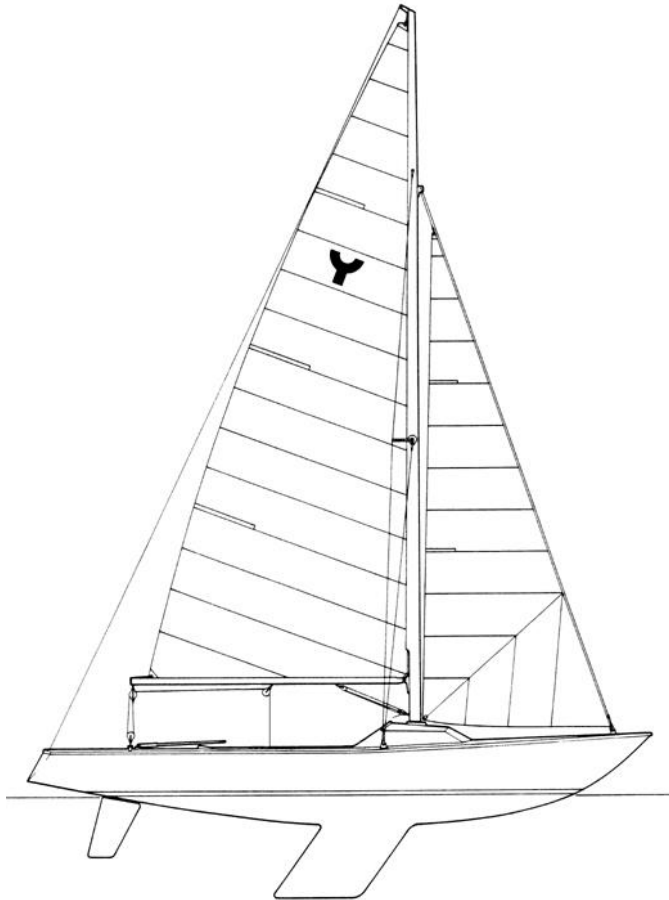
Courtesy of www.easy10learn.net



Boats in the club *

* in the beginners' courses

- keelboat (Yngling)

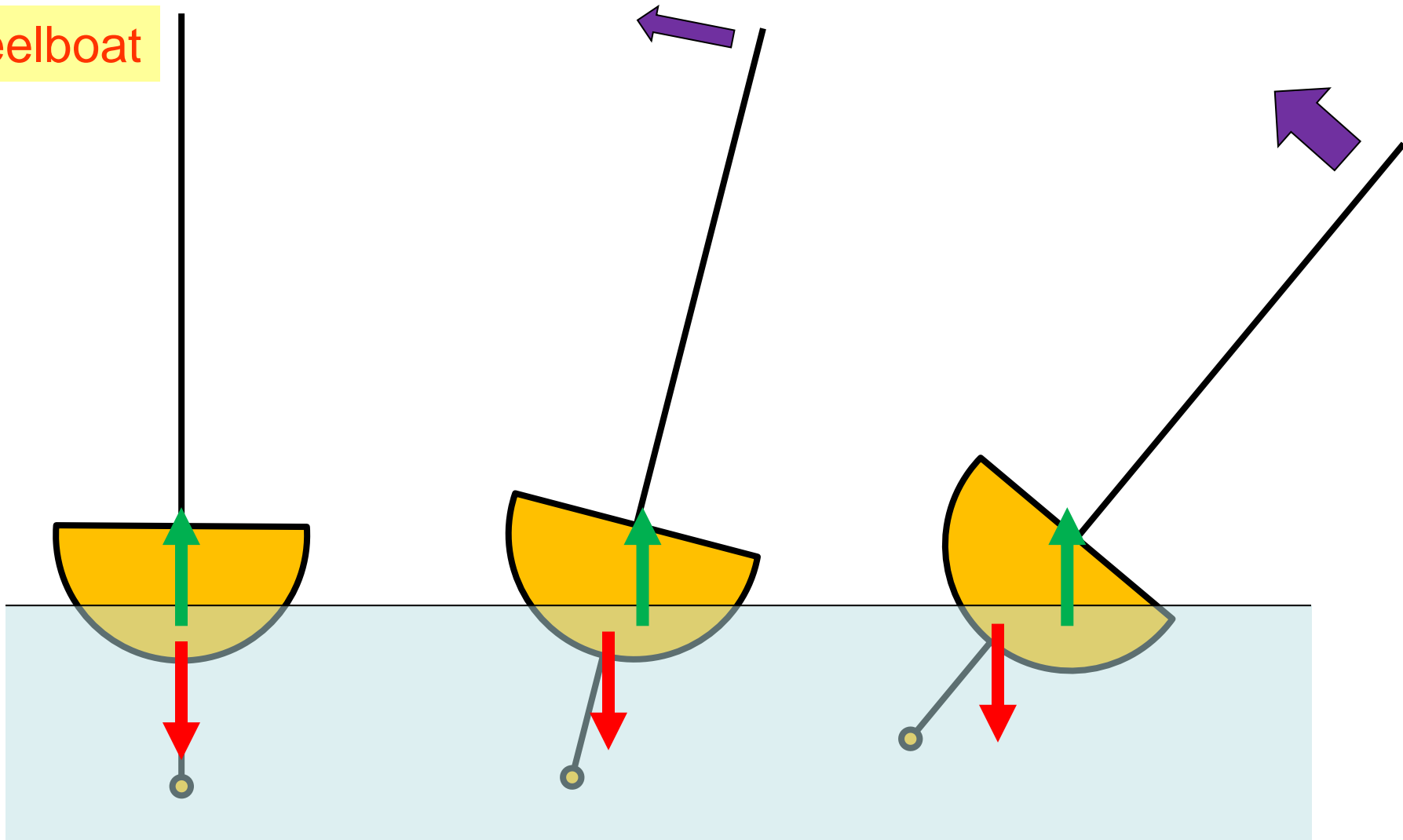


- dinghy (RS 400/500, Xenon, Laser 2)



How does a boat keep upright

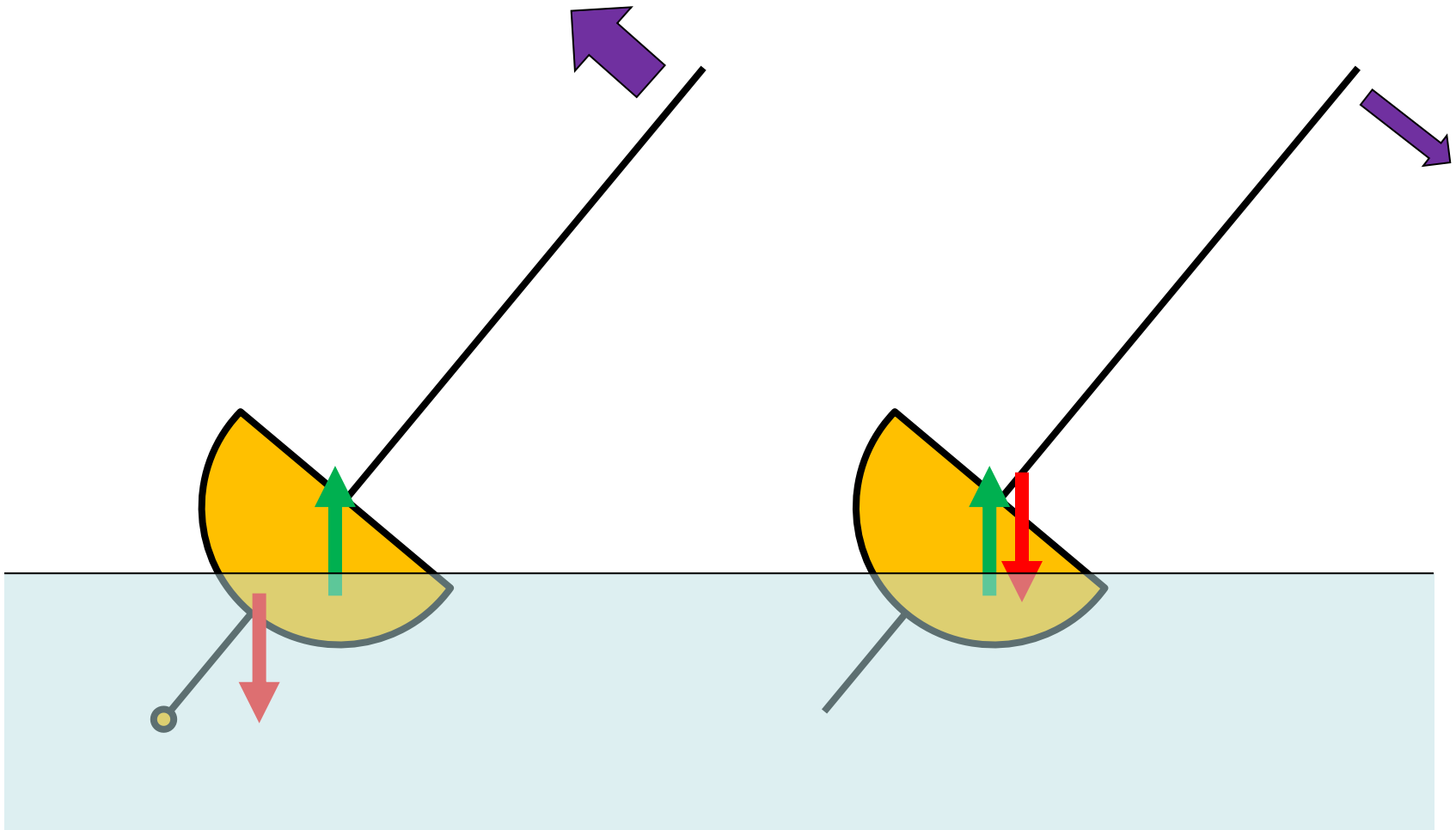
keelboat



How does a boat keep upright

keelboat

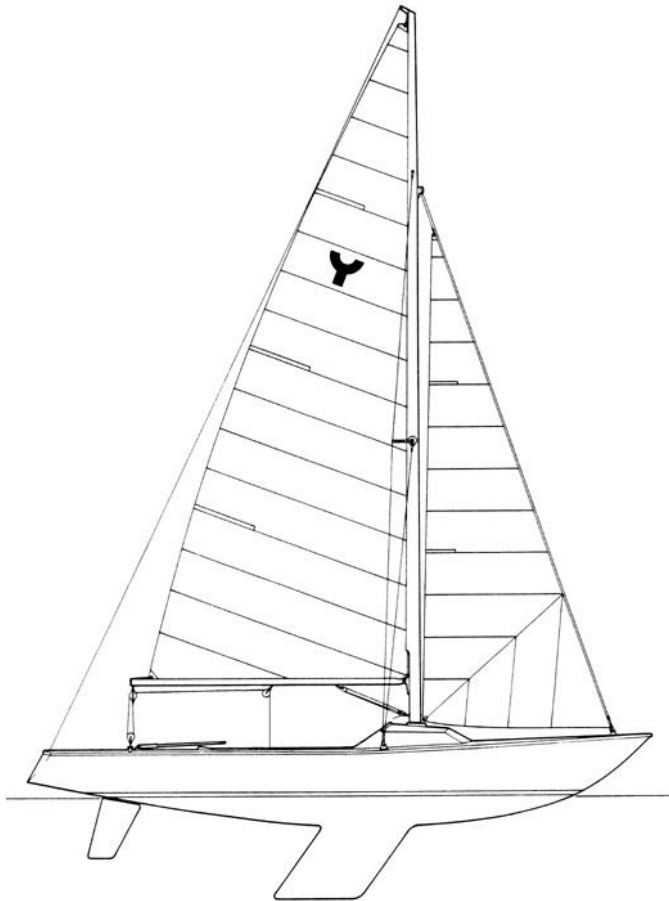
dinghy



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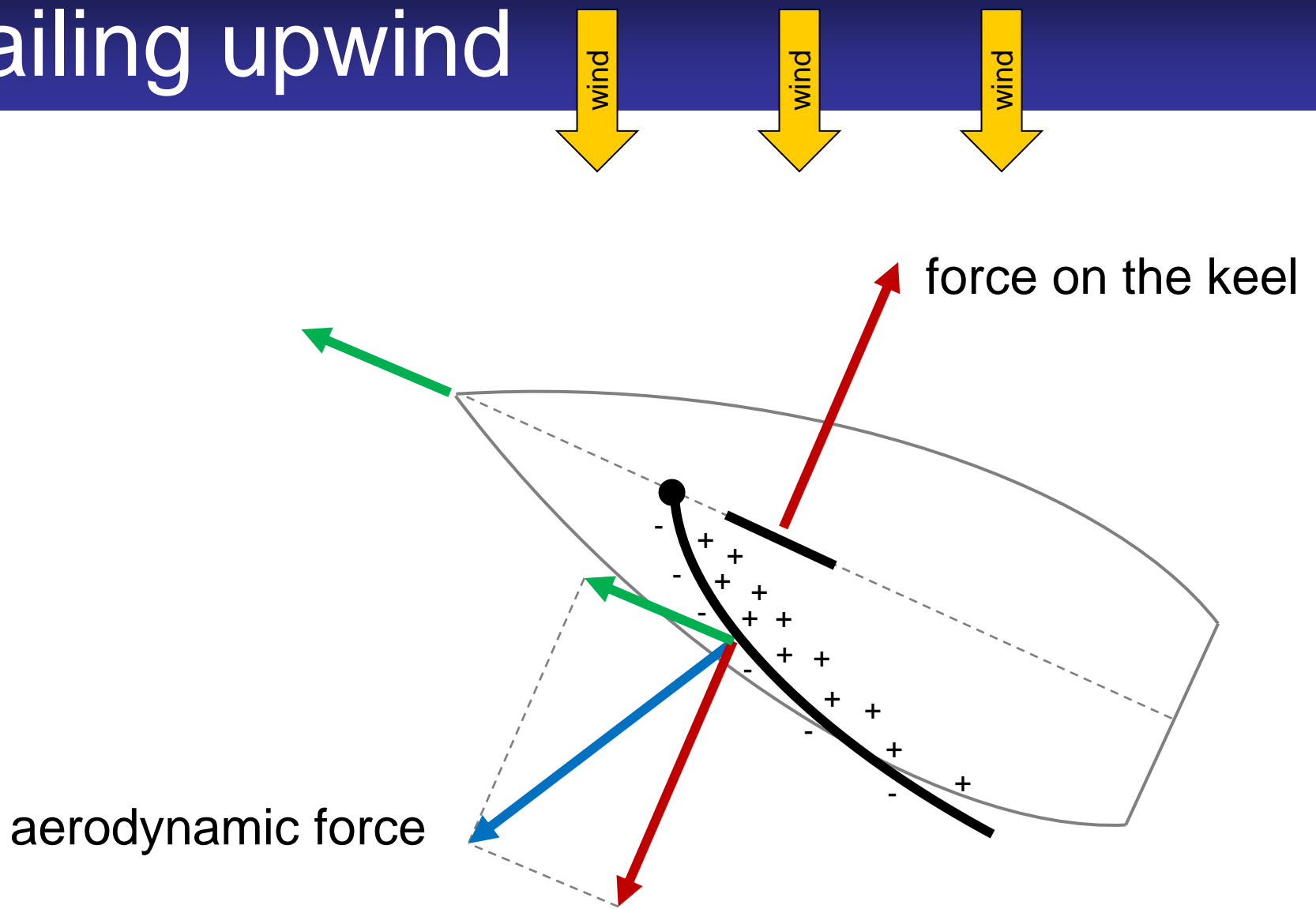


Why a boat moves?

- wind “pushes” a boat – going downwind
- but what about going upwind???

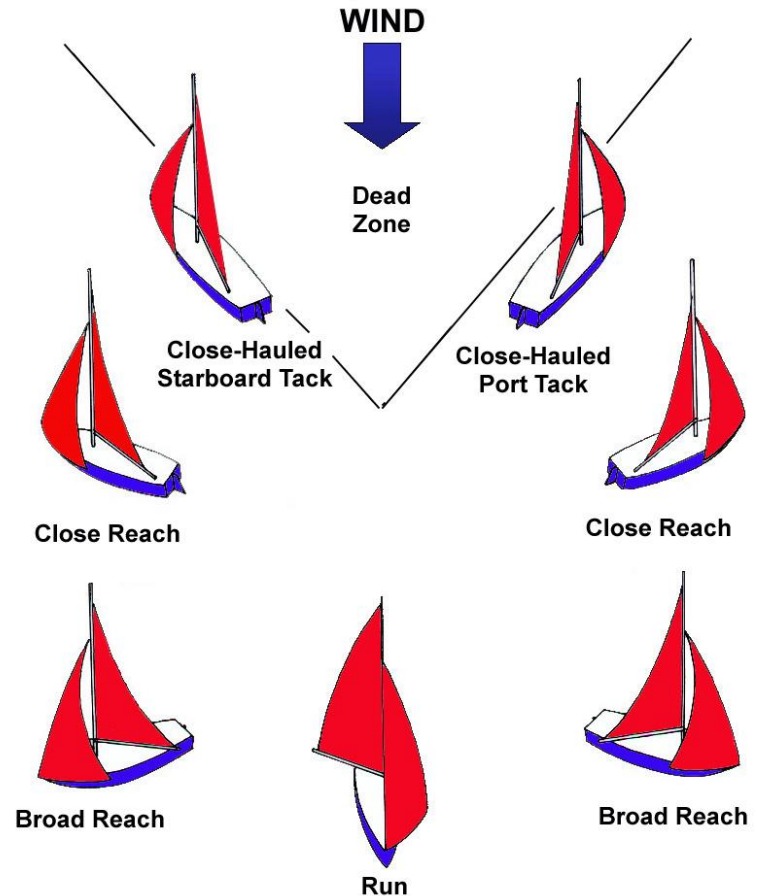


Sailing upwind



Sailing points

- close-hauled (upwind)
- close reach
- beam reach
- broad reach
- running (dead downwind)

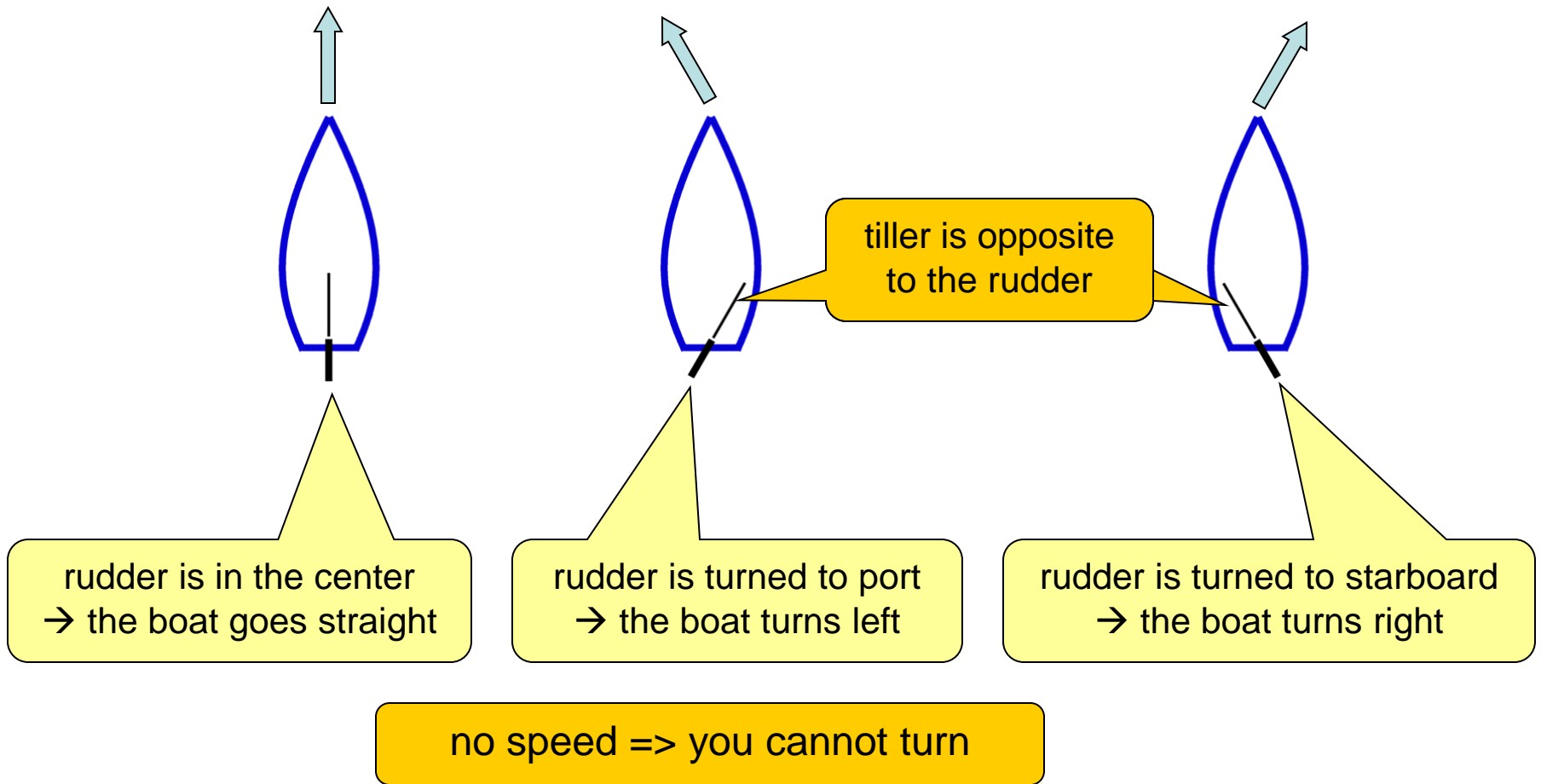


Courtesy of www.easy10learn.net

But how to go directly into the wind???



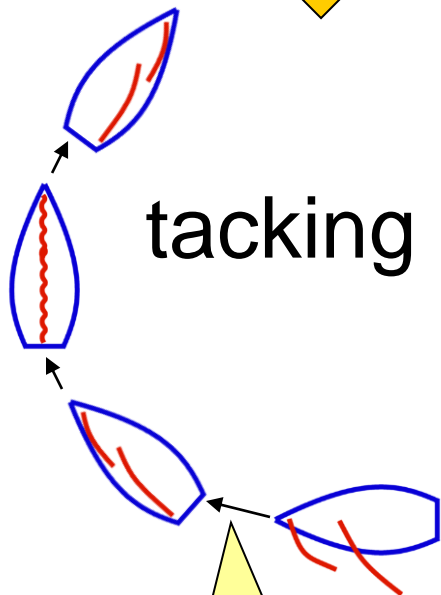
Helming



Manoeuvres

wind

wind



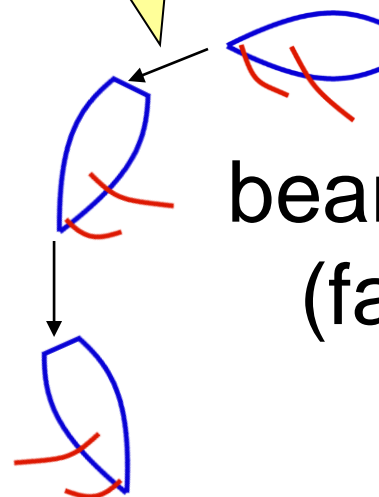
tacking

trimming sails
(pulling sheets)

luffing up

gybing

easing sails
(releasing sheets)



bearing away
(falling off)

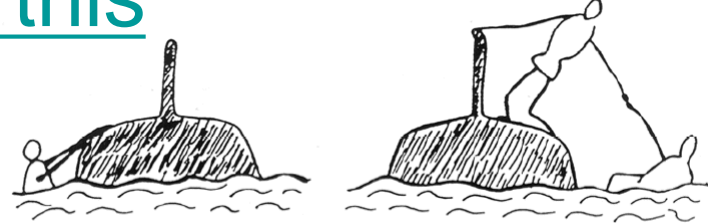
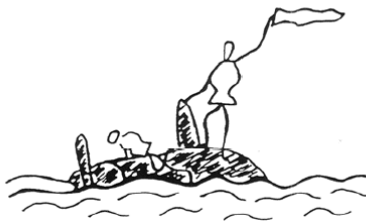


Capsizing (dinghies)

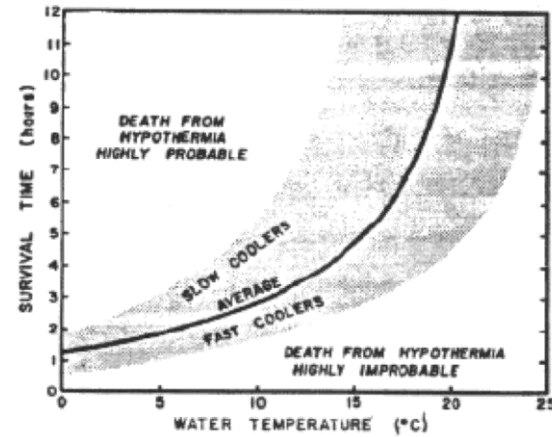
- sometimes a dinghy capsizes:



- wait for help
- ...or put it upright yourself like this



- Water is (often) cold!
- Wear buoyancy aid (lifejackets)
- Stay with the capsized boats



- Save your heat and energy



Most important knots

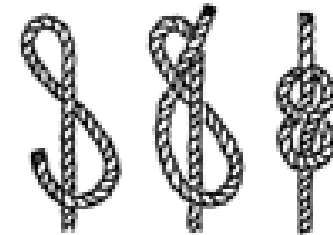
- Square knot



- Bowline



- Figure of eight



- Cleat knot



- Coiling a rope



Next lecture...

- True and apparent wind
- Trimming sails
- Spinnaker
- More on manoeuvres
 - Tacking and gybing
 - Man overboard (MOB)
 - Leaving and entering a harbour
- Priority rules
- And other things that I didn't cover today



Further reading

“*YCC Sailing Course for Beginners*” booklet:
<http://cern.ch/yachting/courses/YCCSailingCourse.pdf>



Take part in YCC activities

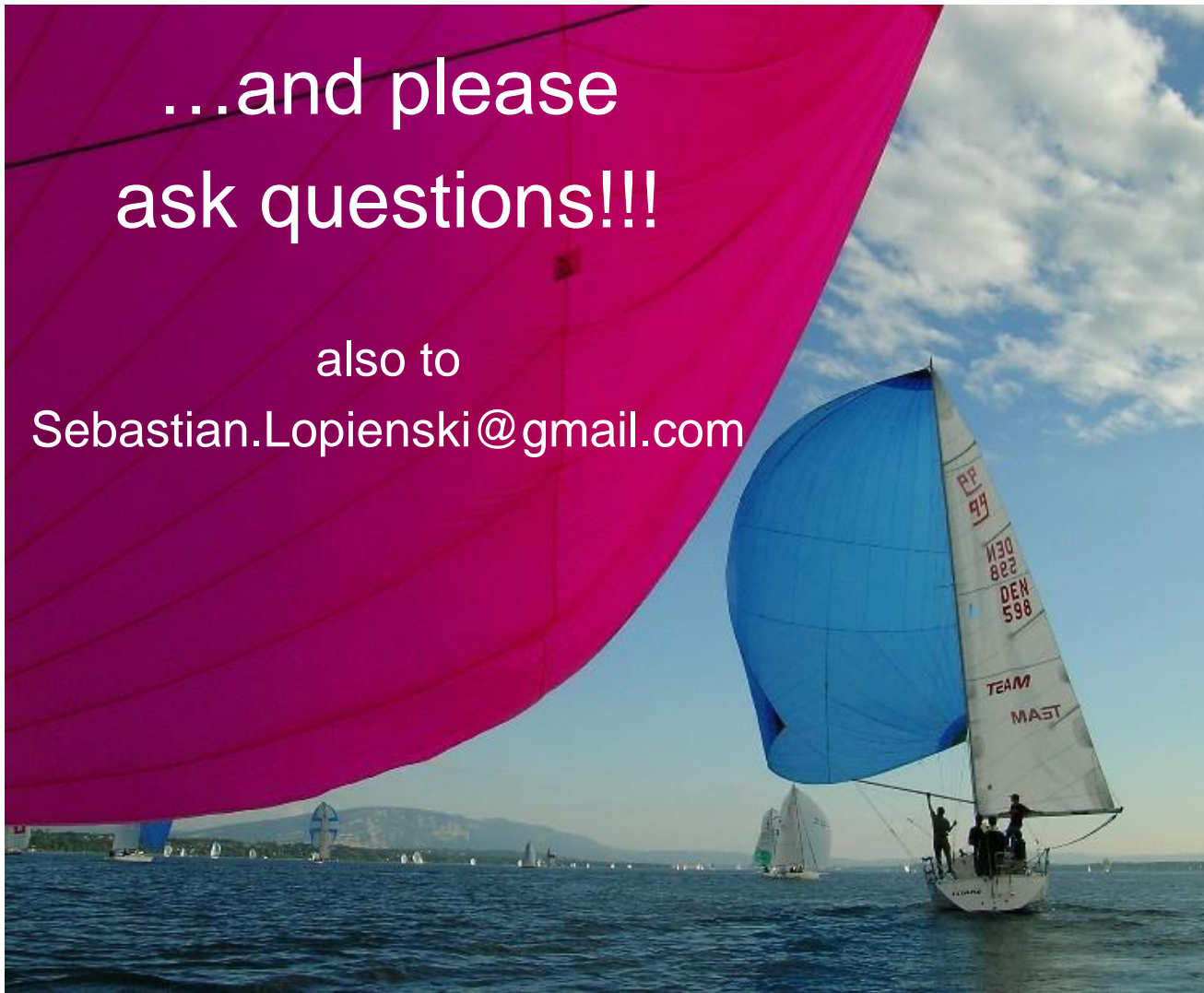
- Attend other [Theory courses](#)
- Come and sail on [Thursday practice evenings](#)
 - meet people, sail on different boats
- Participate in [Internal regatta](#)
 - best way to learn sailing, even for complete beginners
- Register to [Surveillance boat shifts](#)
 - you'll have to do two shifts before taking a sailing test
- Check the [Calendar](#) for other events
 - *Newcomers Welcome, Opening Dinner, etc.*



Thank you

...and please
ask questions!!!

also to
Sebastian.Lopienski@gmail.com



Pictures © Sebastian Łopiński

