



Introduction to Sailing

part 1

Sebastian Łopieński

e-mail: Sebastian.Lopinski@cern.ch

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

Good choice!



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Yachting Club GERM GENEVE

Good choice!



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YCC

Outline

A boat
Why does it move?
Sails, sailing points
Helming and manoeuvres
Safety, clothing
Knots
+ some other information

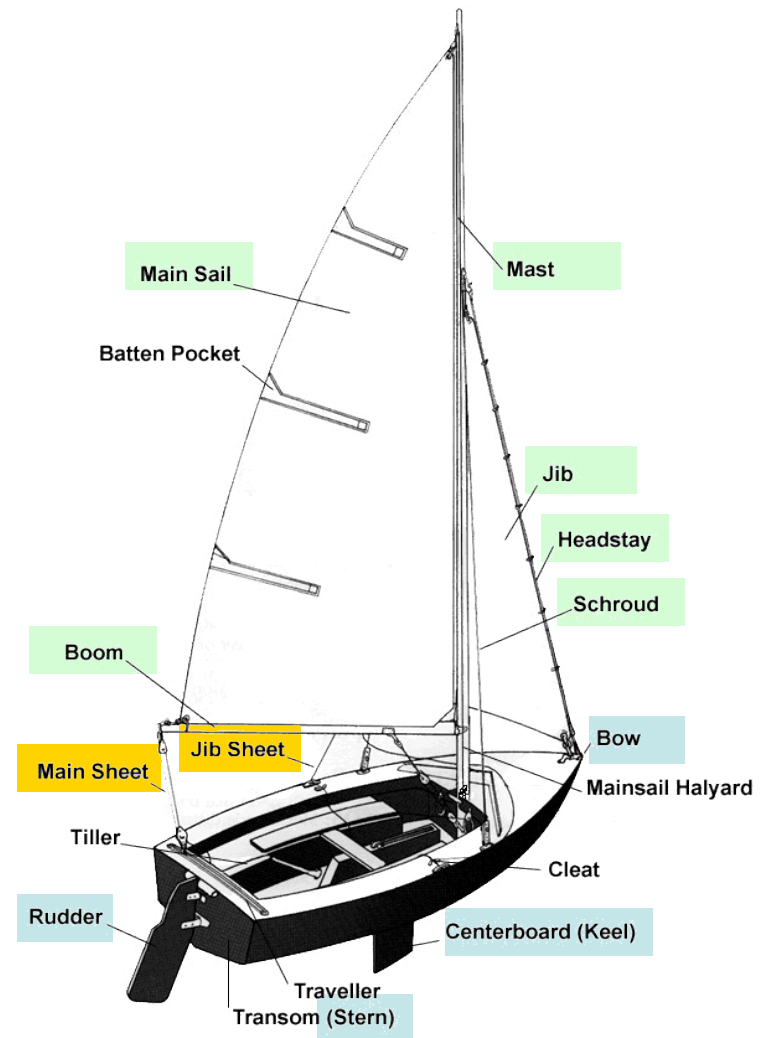
vocabulary

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



A boat

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

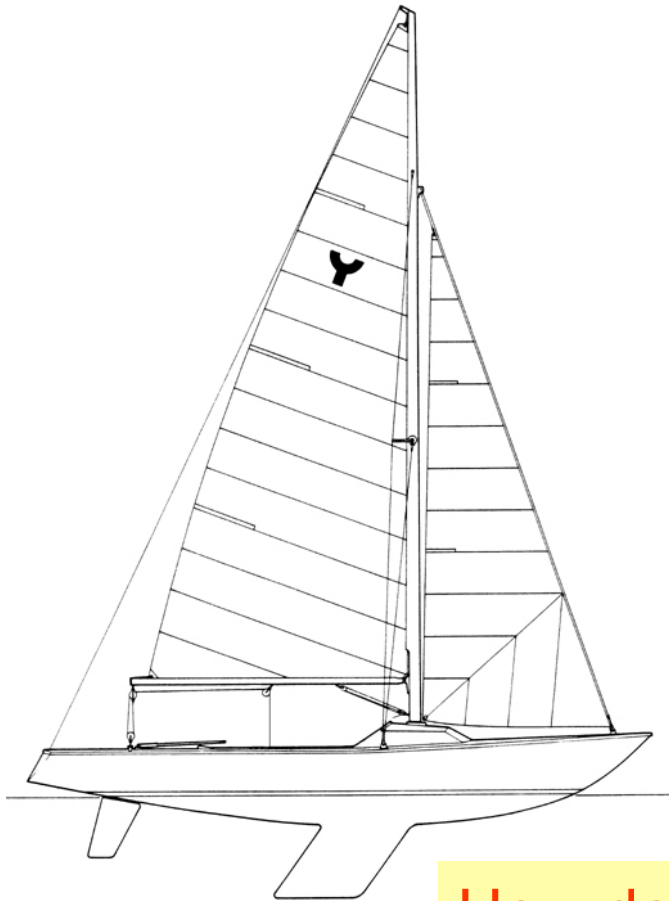


Courtesy of www.easytolearn.net

Boats in the club *

* in the beginners courses

- Yngling



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



How does a boat keep upright?



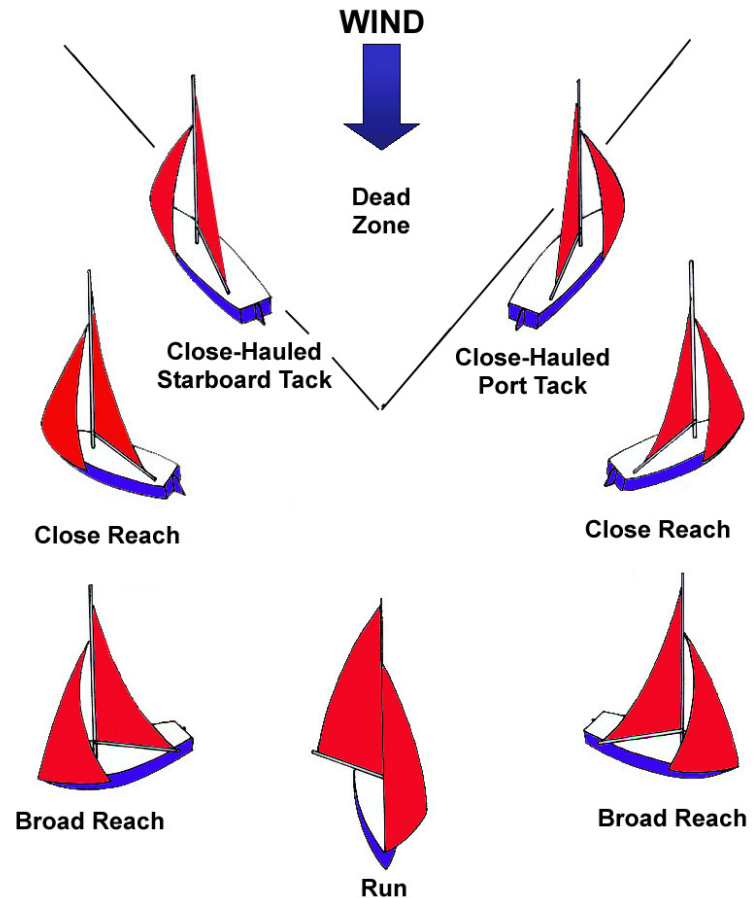
Why a boat moves?

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



Sailing points

- close-hauled (upwind)
- close reach
- beam reach
- broad reach
- running (dead down wind)

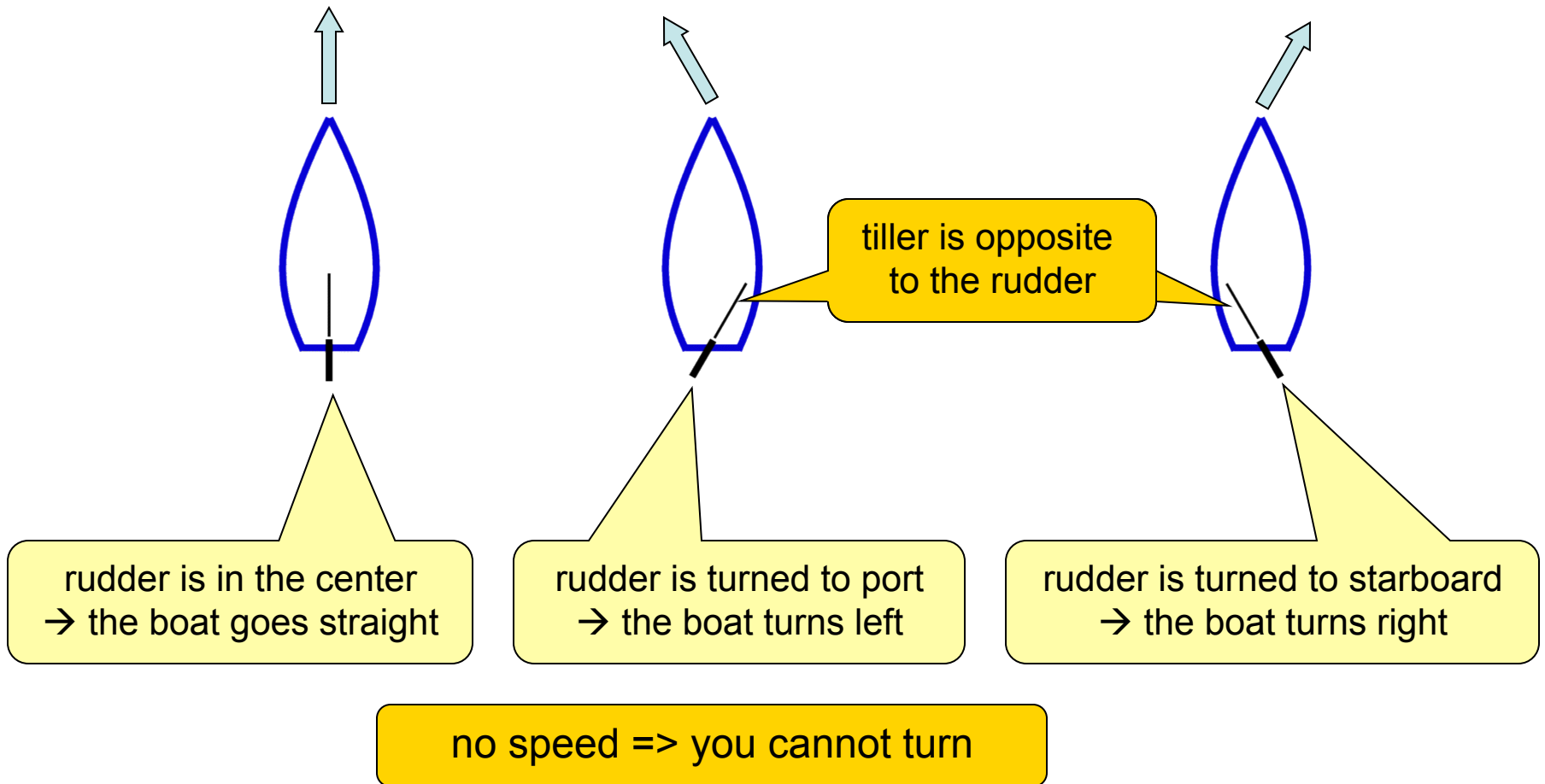


Courtesy of www.easytolearn.net

But how to go directly into the wind???



Helming



Manoeuvres

wind

wind

tacking

luffing up

trimming sails
(pulling sheets)

easing sails
(releasing sheets)

gybing

bearing away
(falling off)

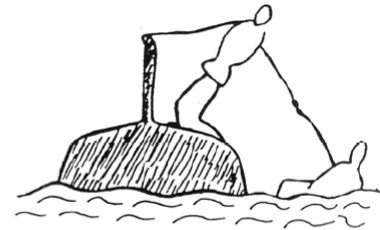
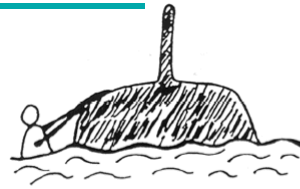
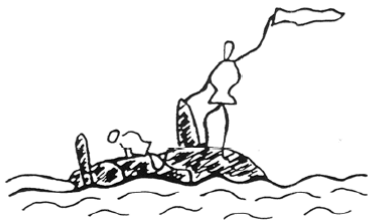


Capsizing (dinghies)

- sometimes a dinghy capsizes:

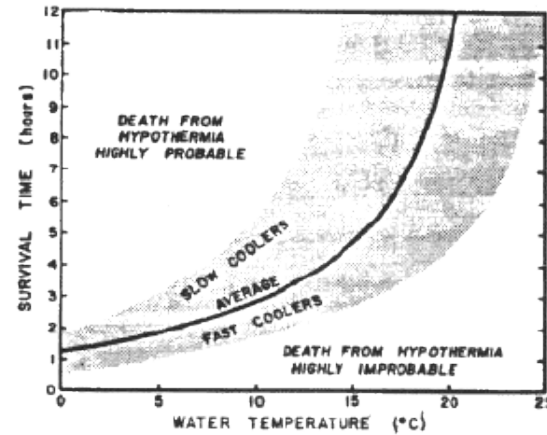


- wait for help
- ...or put it upright yourself like this



Safety

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



- Save your heat and energy



Clothing

dinghies (RS, Xenon, Laser 2) → wetsuit



- no wetsuit = no course
- neoprene 3-4 mm thick
- reinforced knees & seat
- long sleeve better than a „shorty”
- shoes that can get wet (neoprene?)

+ buoyancy aid



keelboat (Yngling) → waterproof jacket
(foul weather gear)



- warm clothes and good shoes
- no need for ocean-passing clothing



Most important knots

- Square knot



- Bowline



- Figure of eight



- Cleat knot



- Coiling a rope



Images courtesy of UKDivers.net

Next lecture...

- Trimming sails
- Using spinnaker
- Trapeze work
- 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>

Clickable dinghy:

<http://cern.ch/wynhoff/Dinghy/>

Nautical glossary:

<http://www.bunganutlake.org/glossary.htm>

Knots:

<http://www.ukdivers.net/boats/knots.htm>



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.Lopiencki@cern.ch



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