

A wide-angle photograph of a large fleet of sailboats, likely at the start of a race. The boats are packed closely together, their white sails creating a dense wall of white against the blue sky. Each sail features a different set of markings, including nationalities like USA, MEX, CAN, JPN, and URU, along with various numbers. The boats are on a dark blue body of water, and the overall scene is one of intense competition and maritime activity.

- Crew Safety
- Weather Safety
- Crew Overboard Recovery
- Navigation Lights
- Charts/ Lake Lanier Map
- REVIEW

Class Schedule

Meetings: Mondays 8-9:30PM Student Center Room 343

- June 1st: Introduction, Terminology, Gear, Steering & Sail Trim
Knots: Figure Eight, Bowline, & Coiling
- June 8th: Points of Sail, Tacking & Jibing, Spinnaker, & Racing Intro
Knots: Square Knots & Cleats
- June 15th: Maneuvering, Right of Way, Docking, Anchoring, & Maintenance
Knots: Barrel Roll & Clove Hitches
- June 22nd: Safety, Navigation Lights, Charts & REVIEW
- June 29th: “Advanced Sailing” Written Exam (*Optional*)

Web Resources

<http://www.gtsailing.org/keelclassoutline.php>

Safety Intro

“Tragedy Hits Home”

Physical illness: Hypothermia

- Can result from cold air, water, or both
- Signs and Symptoms:
 - Shivering
 - Numbness
 - Glassy Stare
 - Confusion
 - Weakness
- What do you do?
 - Remove ALL wet clothing
 - Gradually warm person up



Physical illness: Heat Exhaustion

- Can be caused by heat and/or a lack of water intake
- Signs and Symptoms:
 - Cool, moist, pale skin
 - Headache
 - Nausea
 - Dizziness and weakness
 - Exhaustion
 - Dilated pupils
- What to do?
 - Move person to cool location
 - Loosen or remove clothing
 - Apply moisture to skin
 - Drink cool water in moderation



Physical illness: Heat Stroke

- Can be Life Threatening!
- Signs and Symptoms:
 - High body temp
 - Dry skin (stopped sweating)
 - Constricted pupils
 - Rapid, shallow breath
- What to do?
 - Move person to a cool location
 - Contact EMS
 - Cool person rapidly by immersion in a cold bath
 - Do not give anything to eat or drink



Crew Safety

Required Safety Equipment

(Section I of “Advanced Sailing Exam”)

Department of Natural Resources (DNR) requirements:

<http://georgiawildlife.dnr.state.ga.us/>



Type I, II, III, or V
PFD per person

Type IV PFD in
cockpit

B-I Fire Extinguisher



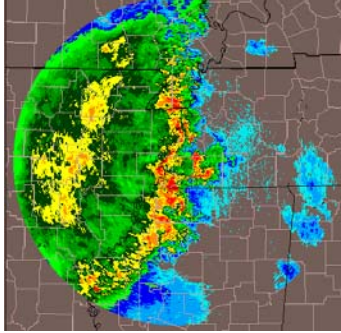
Sound Producing
Device

Other safety equipment required for racing: Anchor, Motor, First Aid Kit

Navigation Lights are required for Boating at Night

Sample Test Questions

- DNR Required Equipment? *Page 78*
- Where should life preservers be stored?
- Radio Distress Signals? *Page 79*
- Fire Extinguishers and how to operate?
- Boating and Alcohol?
 - Legal Laws (DNR and US Coast Guard)?
 - Affects of alcohol on the sailor?



Weather



What does lightning do to a sailboat?

- The weather can change very quickly- ALWAYS check the forecast before heading out!
- Watch clouds for storms, extreme temperatures and high winds
- The wind on the water may be VERY different from weather when rigging
- ALWAYS have life jackets on, or easily accessible
- Have a back up plan- always have a plan to get everyone off of the water fast- don't stray too far away on the lake.

Keelboat vs Dinghy Sailing?

Sample Test Questions

- Thunderstorm safety?
- Reading a weather map?
 - Surface pressure (barometric) and weather?
- Appearance of the lake?
 - Whitecaps
 - Wind, Fetch, and Waves
 - Beaufort Scale

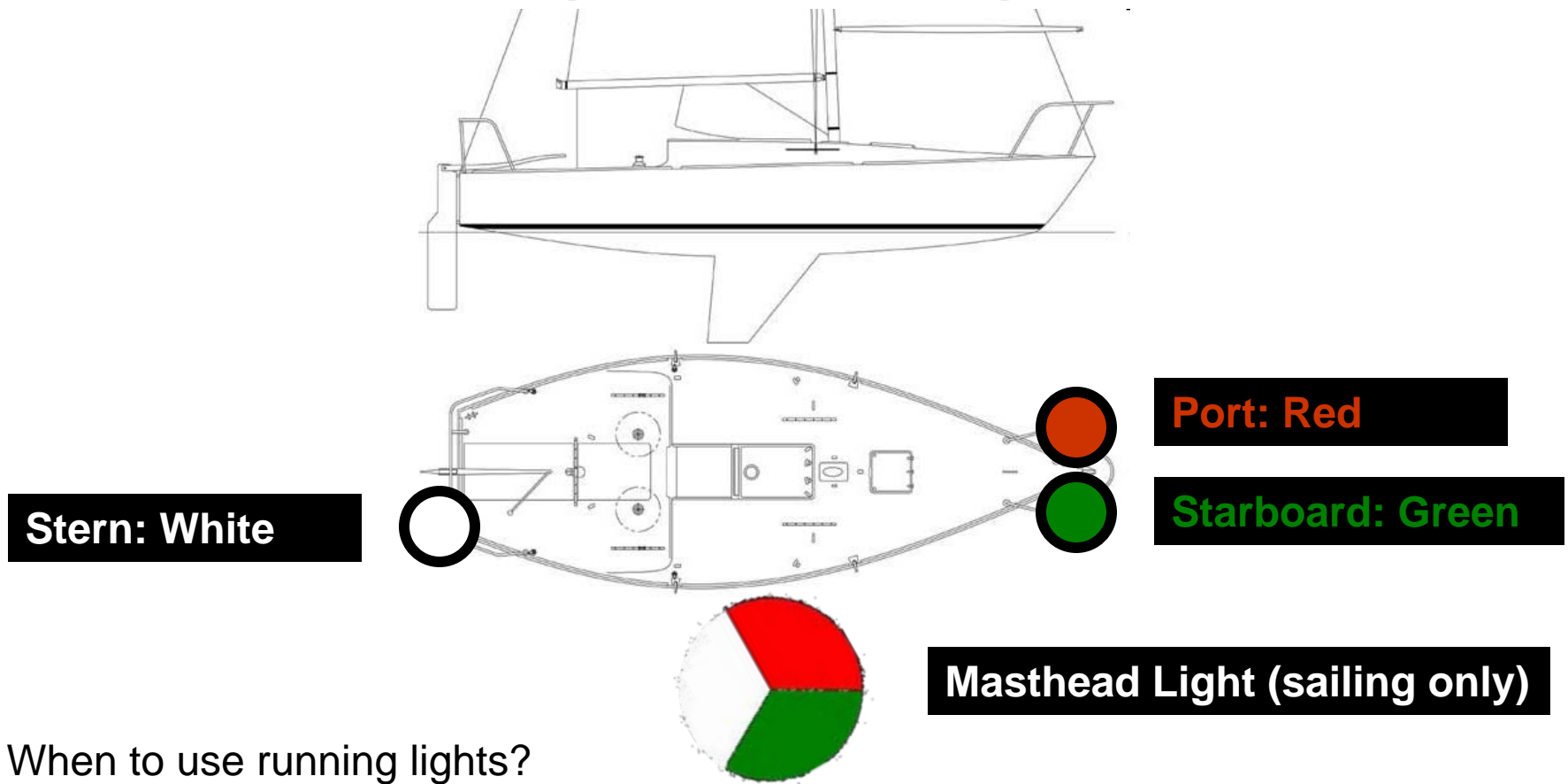
When in Doubt....

Don't Go Out!!!

Man Over Board!

1. Let everyone know: Hail “Man Overboard!”
2. Throw a flotation device to the person
3. Assign Crew Responsibilities:
At least one set of eyes on the person in the water
4. Lower the head sail (Genoa or Jib)
5. Approach the person slowly with them to windward of the boat with little or no speed
Remember jibing is dangerous in heavy air

Navigation Lights



- When to use running lights?
- Colors of navigation lights of vessel under sail?
- Lights required for Sailboat underpower at night?
- Lights required while anchored at night? *All round white light, visible all directions*
- “Masthead Light” refers to what?

Navigation

Lake Lanier Map

http://www.gtsailing.org/keel/lake_lanier.tif

Basic Navigation Aids

Textbook: Pages 68-69

Exam Concepts

- Lake Lanier Channel Markers?
- Key Places (*Buford Dam, Brown's Bridge, Aqualand, LLSC, X Island, Chattahoochee Bay, Flowery Branch Bay*)?
- Lake Lanier Racing Markers?
- Reefs and obstructions?

Review from Clinics

- Light Wind vs. Strong Breeze
- Skipper and Crew- Working Together
- Proper Tiller/Sheeting Form
- Spinnaker Sailing
- Learn those Knots!!!
- Sail Trim, Sail Trim, Sail Trim

Instructional Opportunities

Summer 2009

Clinic #1 (Sunday 6/7)

Safety Orientation

Rigging

Crew Positions

Docking

Lots of Sailing Practice!

De-rigging

Clinic #2 (Saturday 6/20)

Docking

Tacking/Jibing

Sail Trim

Right-of-Way

Spinnaker sailing

Regatta (Sat-Sun 6/13-14th)

"Intro to Racing"

LLSC Reggae Regatta

Details TBD

Clinic #3 (Sunday 6/28)

Overboard Recovery Drill

Right-of Way

Spinnaker sailing

Quick Work-party at the end

On-the-Water Exam

- Rigging
- Terminology
- Safety
- Crew Management
- Boat Handling (Tacking, Jibing, Points of Sail, Spinnaker)
- Man Overboard Drill
- Docking
- Proper Derigging – “Don’t get lazy at the end!”

Must be conducted in winds over 10kts with a GTSC J/24 Instructor.

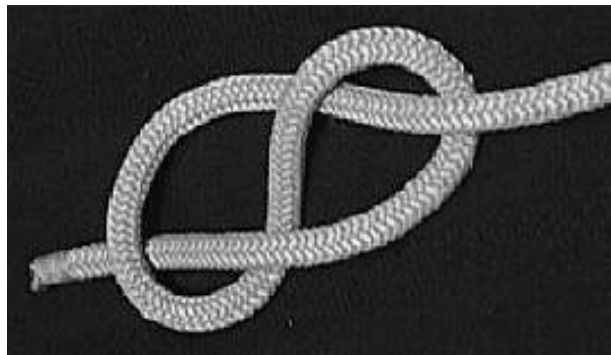
More information at www.gtsailing.org/instruction

The practical (on-the-water) exam is difficult and requires practice

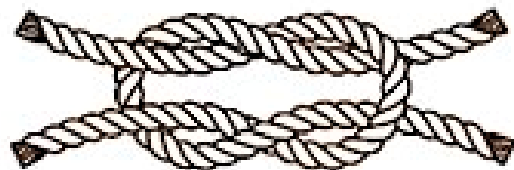
**What does being GTSC “Skipper
Qualified” mean?**

Knots to Review:

Figure Eight Knot

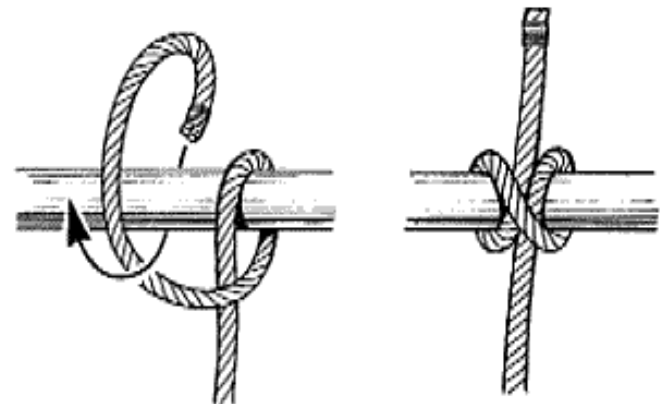
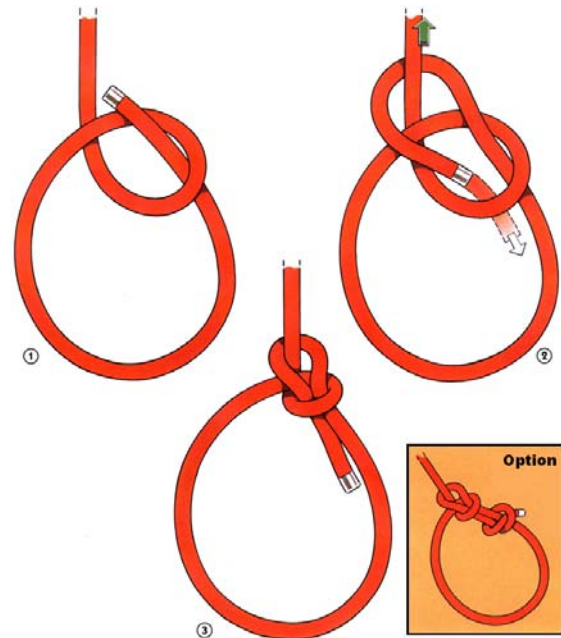


Square Knot



**Cleating and
Coiling**

Bowline



Clove Hitch