Minneapolis Park and Recreation Board

Sailing Camp

612-230-6400
minneapolisparks.org

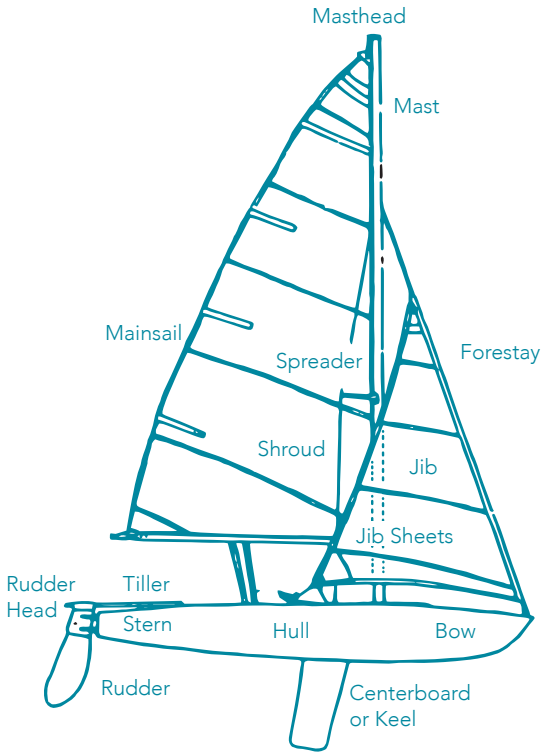
Minneapolis Park and Recreation Board Sailing Camp

612-230-6400
minneapolisparks.org

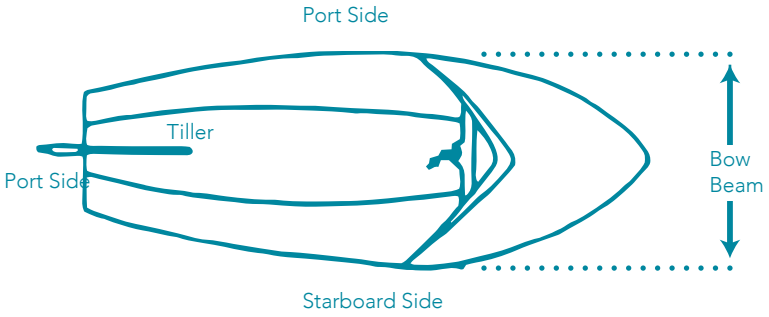
To be a true sailor you must first learn the name and location of the parts of your boat.

The five main parts of every sailboat

The hull, sails, mast, rudder, and centerboard or keel. familiarize yourself with the other parts, too.



Some other important parts of your boat



Shackle
Used to attach the main sail and job sail to the halyards.

Gunwale
The sides of the inside of the cockpit.

Aft
The back or stern part of your boat.

Forward
Toward the fron or bow of the boat.

Port
The left side of your boat.

Starboard
The right side of your boat.

Tiller
The handle connected to the rudder head.

Rudder
Connected to the stern used to steer the boat.

Hull
The main part of the boat that sits in the water.

Centerboard or keel
Located in the center of the boat and sticks downward like the rudder. It is used to stable stabilize the boat.

Main sheet
Connected to the boom, used during tacking.

Jib sheets
Connected to the clew of the jib sail.

Rig
Setup of a boat's sails and spars.

Dinghy
A small open boat.

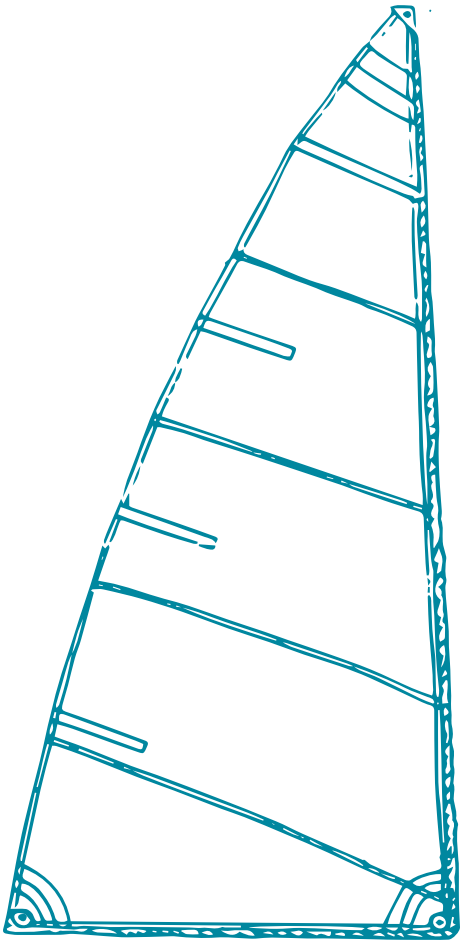
Beam
The width of your dinghy.

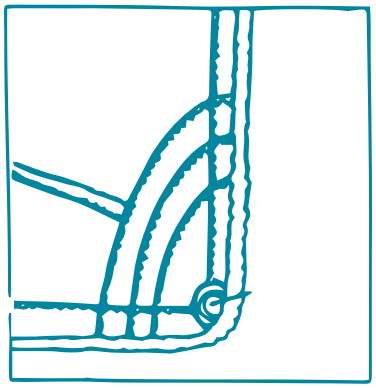
Forestay
The line that the jib hanks are connected to.

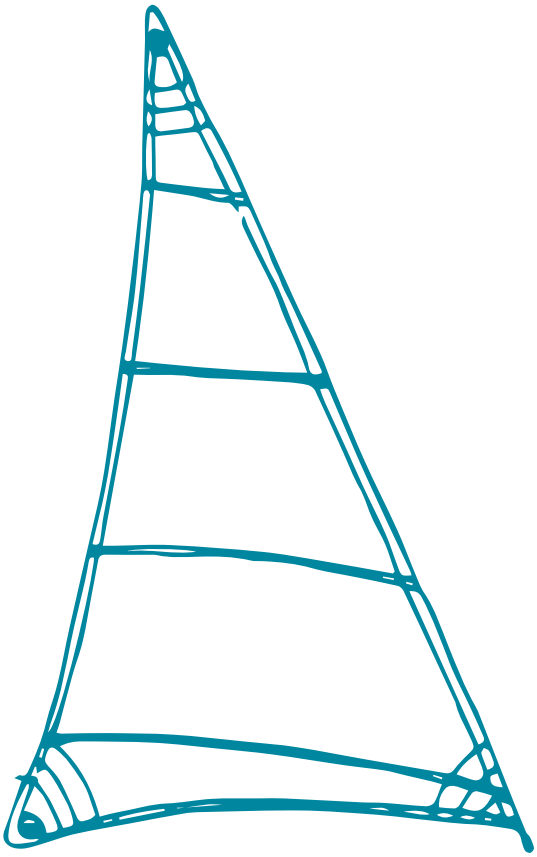
Underway
When the boat is moving and under control.

Minneapolis Park and Recreation Board Sailing Camp

612-230-6400
minneapolisparks.org







Parts of the sail

Battens
Plastic or wood stabilizers inserted into pockets on the leech side of the main sail.

Clew
The aft grommet of each sail.

Grommet
The eyeholes used to attach the sails to the mast and boom.

Foot
The bottom edge of each sail.

Tack
The forward grommet of each sail.

Head
The top grommet of each sail.

Luff
The forward edge of each sail.

Leech
The aft edge of each sail.

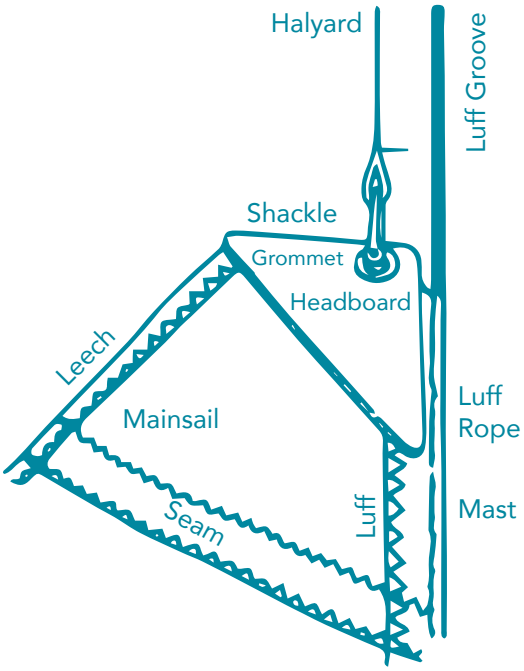
Boltrope
A rope sewn into the foot and luff edges of the sail.

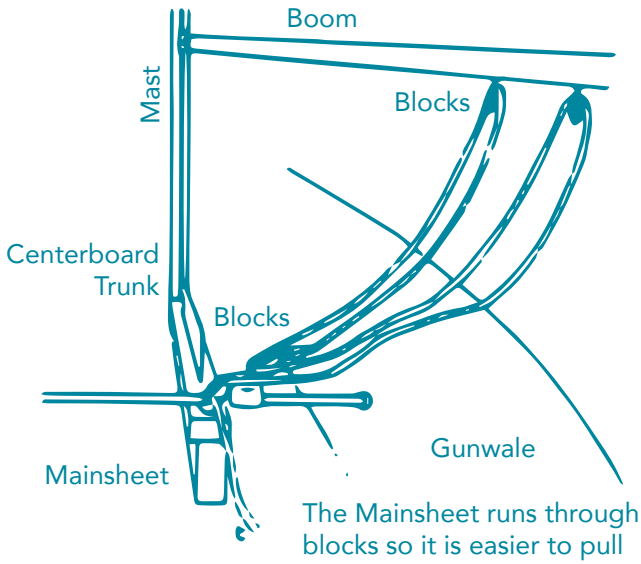
Tack pin
Used to secure the tack grommet of the main sail to the gooseneck of the boom and mast.

Outhaul
Used to pull (haul) the main sail outward toward the stern of the boat. Located on the center of the boom.

Minneapolis Park and Recreation Board Sailing Camp

612-230-6400
minneapolisparks.org





First the mainsail

Let's put sails on the your dinghy. This is often called bending on. It means to attach the sails to the mast and boom, which swings out from the mast and holds the foot of the mainsail. Start by unpacking the mainsail from its bag and piling it into the cockpit. Run your hands along the braided rope sewn into the luff edge of the sail. This is called a boltrope Now find the outhaul and the shackle attached to it.

1.To fit the sail onto the boom, attach the clew grommet to the outhaul shackle.

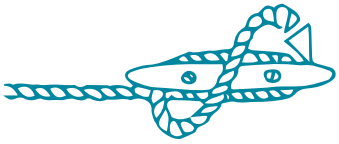
2. By pulling the outhaul tied to the clew, you can guide the boltrope aft all the way along the boom until the grommet at the tack corner is lined up with the forward end of the boom. Fasten this grommet to the fitting on the boom with a shackle or metal peg called the tack pin. Our boats have no tack pin. Instead we have a groove on the mast that holds our mainsail secure.

3. Now go back to the aft end of the boom, where you will find a pulley or block, tighten the outhaul by pulling the rope forward just enough to stretch the sail tight without puckering. Just like when you pull your T-shirt tight in two directions across your stomach. If it wrinkles, it's too tight.

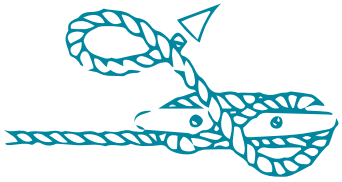
Minneapolis Park and Recreation Board Sailing Camp

612-230-6400
minneapolisparks.org

To tie a cleat hitch, wrap your line three-quarters of the way around the base of the cleat.



Twist a loop with the free end and, in one smooth move...



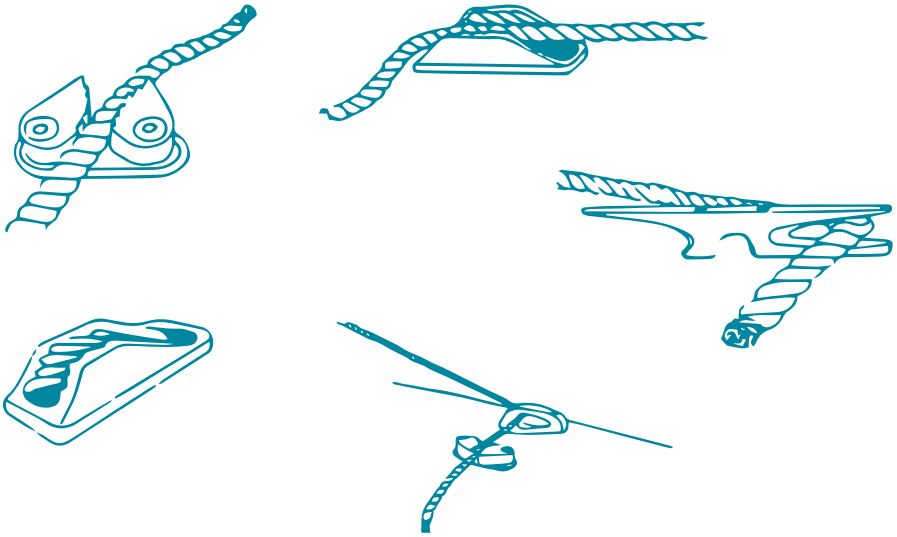
Cross under one horn, making an "S" on the top of the cleat.

... hook the loop over the top of the cleat and snug it down.

To make a stopper knot, hang the end of the jib sheet over your hand.

Take the loose end and wind it once all the way around itself, forming an 8.

Pull the loose end through the top loop. This knot should be about one hand's width away from the end of the jib sheet.



Cleats

There may be at least four kinds of cleats on your boat. As you have seen, horn cleats are for tying a cleat hitch. You will see them on docks and pilings, too.

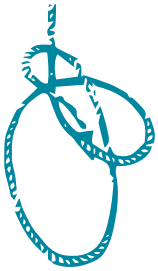
The other three are jam, cam, and clam cleats. They are all used to secure sheets. The jam cleat is very similar to the horn cleat except that one end is pinched in and bites the line you wrap around it. The cam cleat has two spring-loaded jaws that hold the line as you pull it through them. The clam cleat has ridges like a clam shell. When you put a line in from the top, the ridges prevent it from slipping.

Minneapolis Park and Recreation Board Sailing Camp

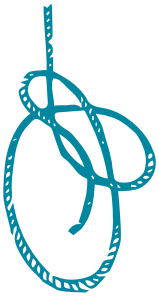
612-230-6400
minneapolisparks.org

Make a loop in the line, the rabbit's hole.

Take the end of the line, the rabbit, and bring it out of the hole.



The rabbit runs behind the tree and back down the hole.



Pull the rabbit in one direction and the tree in the other.

The finished bowline. You've made a knot that will not slip, yet can be easily untied.

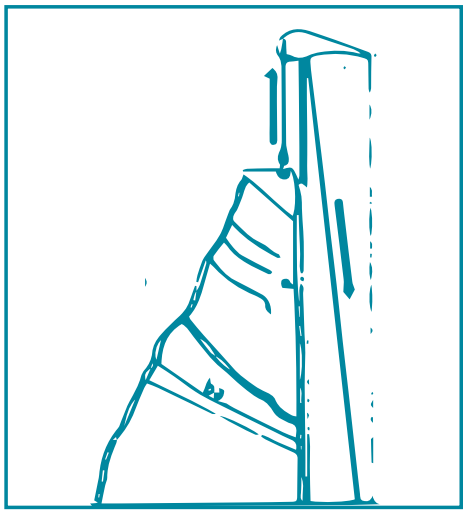
4. When the sail is tight enough make fast the outhaul to the book with a cleat hitch. A good reminder is "If I tack it down first, I'll have a clew what to do next.

5. Find the main halyard. You will find it on the starboard or right side of the mast as you face forward. Now attach the main halyard shackle to the head grommet of the sail. Be careful not to let go of the main halyard while doing this.

6. Look aloft (up) to see if your halyard has any tangles in it.

7. Feed the luff edge of the sail up into the track on the mast. The luff edge will have a cord (boltrope), you feed this into the slot.

8. Pull on the halyard until the mainsail is all the way up the mast. Be sure the luff is tight but flat, not puckered.



Minneapolis Park and Recreation Board Sailing Camp

612-230-6400
minneapolisparks.org

Rigging the Jib Sail

The three corners of the jib have the same names as those on the mainsail. Find the narrowest corner and that will be the head. Run your hand down along the luff to the foot. The luff will have jib hanks sewn along it to snap onto the forestay, so you can easily tell it from the leech. Find the forward corner of the foot, the tack, there will be a sail maker's label and more importantly a grommet.

1. Attach the grommet to the shackle affixed to the bow of the boat.
2. Snap the jib hanks onto the forestay, working from the foot to the head.
3. Now haul down the halyard until the jib is tight.
4. Cleat it to port.
5. Find the fairleads on both port (left) and starboard (right) of the boat. Run the jib sheets located at each corner of the jib through these fairleads and tie to a stopper knot (a figure eight knot) at the ends to prevent them from coming out of the fairleads.

Rigging checklist

Find where the wind is coming from and make sure your bow points into it. If your boat is tied to the mooring, it will automatically try to point or head into the wind.

Drop the centerboard and secure it.

Stow personal gear.

Fit the mainsail.

Fit the foot of the mainsail from clew to the tack clear the halyard aloft.

Uncleat the mainsheet and just let it hang for now.

Feed hand over hand down the luff to be sure the head is not twisted.

Raise the mainsail

Move forward with the jib and attach the tack to the shackle on the bow.

Snap the jib hanks on the forestay.

Run the jib sheets port and starboard outside the shrouds into the cockpit through the fairleads.

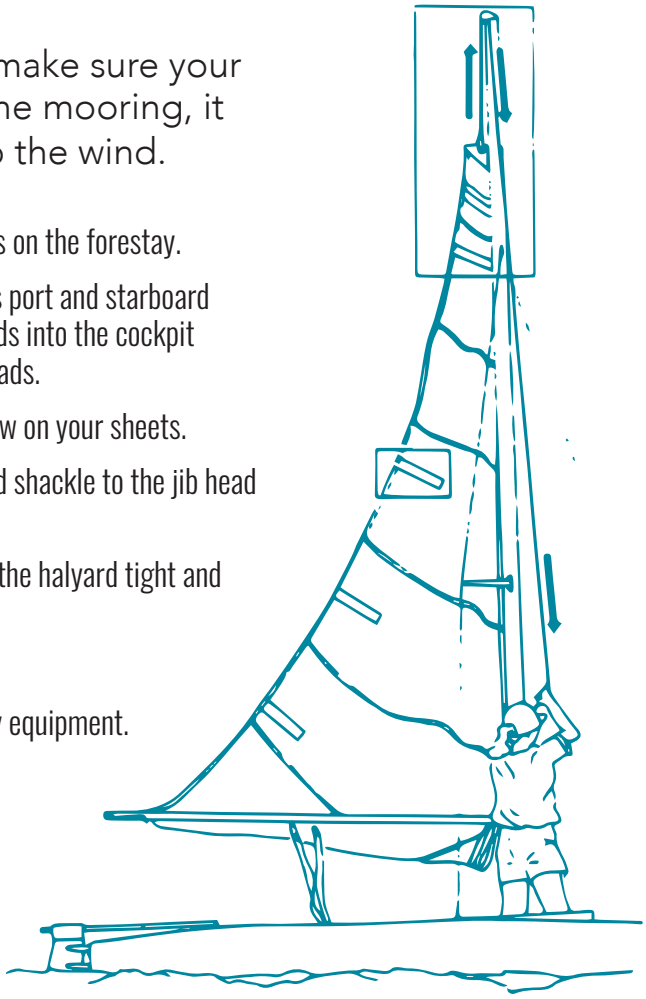
Put a stopper know on your sheets.

Attach the halyard shackle to the jib head for raising.

Hoist the jib. Get the halyard tight and cleat it to port.

Drop the rudder.

Check your safety equipment.



AND YOUR OFF AND SAILING

612-230-6400
minneapolisparks.org

Underway

Now the adventure begins. You've rigged your boat. You have all the safety equipment aboard. Now we're going to figure out how to make the boat go. This is called getting underway.

All sailors, we look at the world in a new way – always checking where the wind is coming from, and how hard it's blowing. When the wind is blowing head on the bow causing the boat to point into the wind it is in the no sail zone. As long as the boat faces the no sail zone and the mainsail and jibsheet are loose, the wind can't push against one side of the sail or the other. Although it will pull from side to side against the mooring, just to let you know it's ready to go.

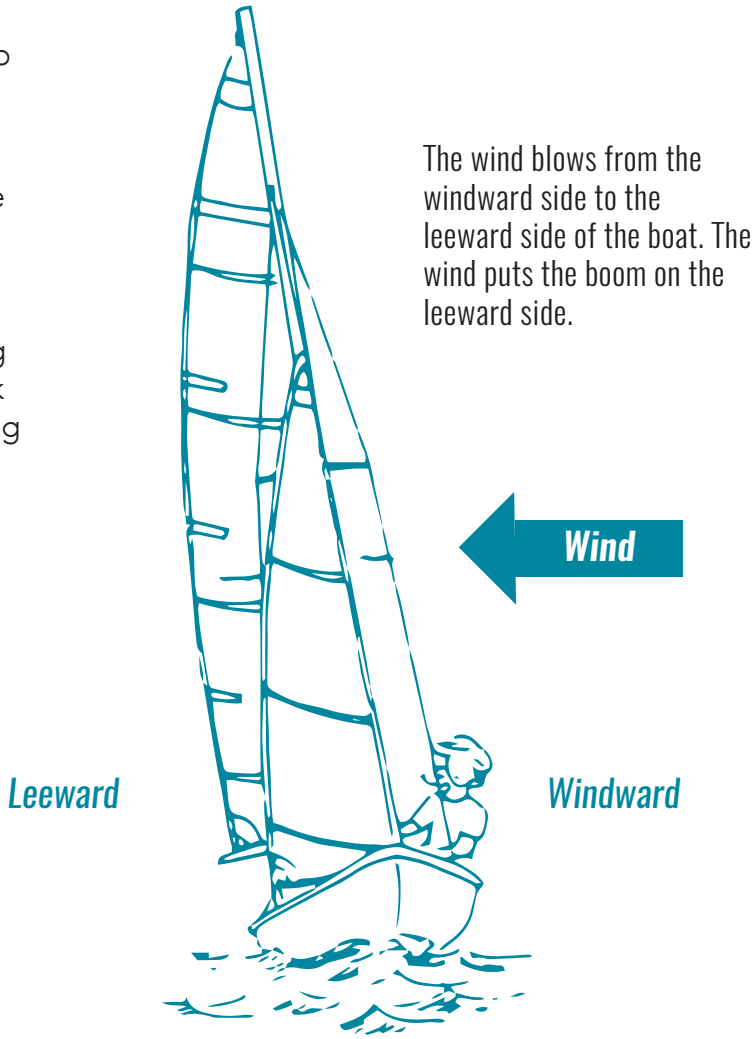
It is ONLY in the no sail zone that we raise our sail. Once we turn the bow so that the wind can blow on just one side of the sails or fall off the wind, the boat will tug at its mooring to get underway, like a dog straining on a leash. A good way to check which side of your boat the wind is coming over is to check the book. It always hangs over the side of the boat away from the wind. The wind pushes it there.

The boom and the sails are on the leeward side

keep in mind that the wind pushes them away.

Cast Off

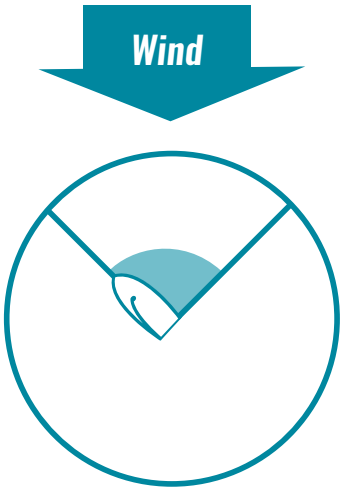
To untie from a dock or mooring.



612-230-6400
minneapolisparks.org

THREE POINTS OF SAIL

This is the pie with two slices missing to show the no-sail zone. The wind blows down the middle of the empty space, which extends for about 45 degrees on either side of center, 90 degrees altogether, or a quarter of the pie.

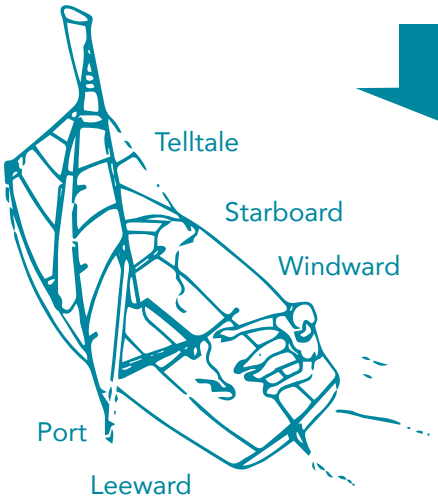


This boat is sailing as close to the wind as possible without spilling over into the no-sail zone. Its point of sail is close hauled. The sails are hauled in tight.

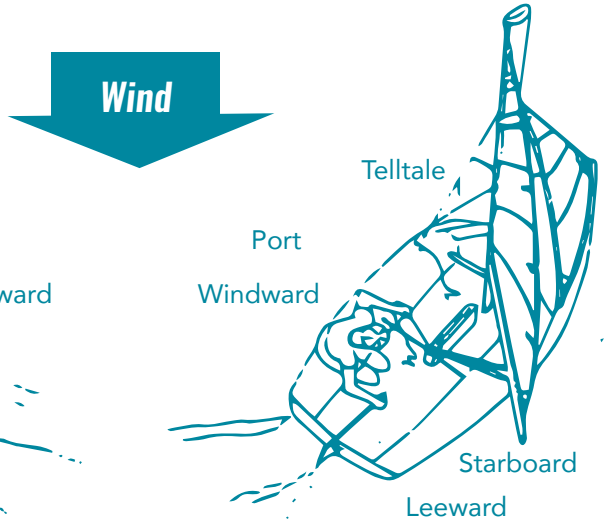
When the wind is directly off the side of the boat, the point of sail is called a beam reach. The sails are let out halfway.

Minneapolis Park and Recreation Board Sailing Camp

612-230-6400
minneapolisparks.org



Boat is on starboard tack



Boat is on port tack.

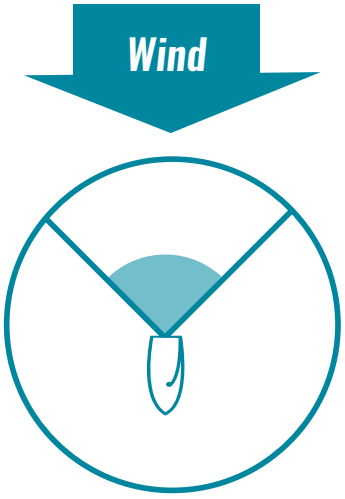
When the wind comes from right to left, it blows over the starboard side of the boat and pushes the sails to port. When the wind comes from left to right, it blows over the port side, pushing the sails to starboard.

Tack (1) Forward lower corner of sail. (2) Direction of wind on sails (as in port tack or starboard tack). (3) To change tacks back and forth on a close-hauled point of sail to move toward the wind.

Minneapolis Park and Recreation Board Sailing Camp

612-230-6400
minneapolisparks.org

Two of these boats are on a starboard tack, one of them close hauled, the other on a beam reach. The other two boats are on a port tack. One is close hauled and the other is on a beam reach. Can you tell which is which?



The boat is running with the wind. The wind is directly behind the stern, and the sail is at right angles to the wind. This boat is on a starboard tack because the wind has blown the mainsail over the port side.

The telltale waving in the breeze tells you the point of sail. When the boat is close hauled, the telltale points to the middle of the mainsail. On a beam reach, it points directly to the mast. Running, it points directly ahead.

The point of sail between close hauled and beam reach is called a close reach. Here two boats are sailing on a close reach, one on a starboard tack, the other on a port tack. The sails are let out more than for close hauled, but not as much as for a beam reach.

The point of sail between a beam reach and running is called a broad reach. Here two boats are sailing on a broad reach, one on a starboard tack, the other on a port tack. The sails are let out more than for a beam reach, but not as much...

Minneapolis Park and Recreation Board Sailing Camp

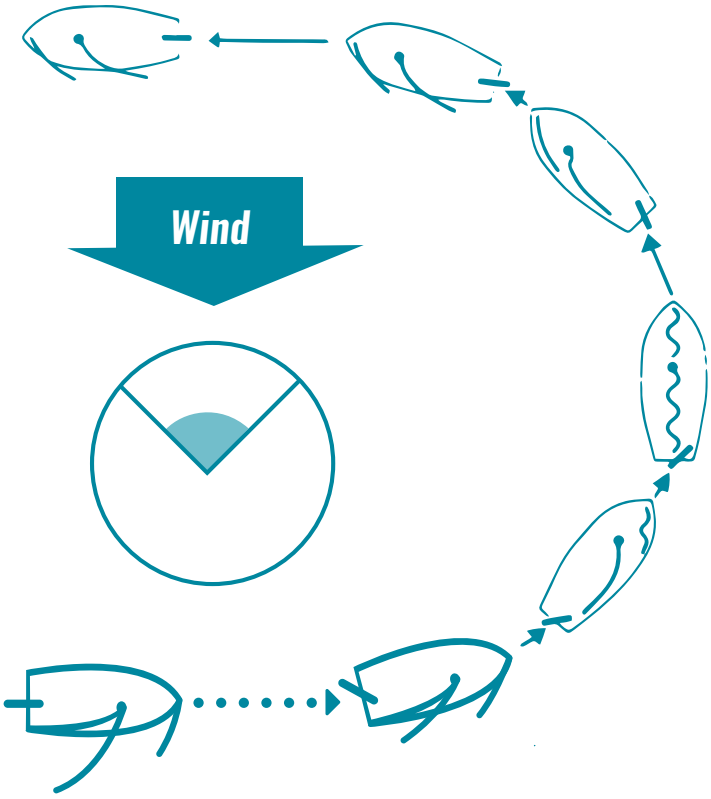
612-230-6400
minneapolisparks.org

The boat cannot reach the sandwich shop if you try to go in a straight line upwind in the no-sail zone.

The boat can reach the sandwich shop only by zigzagging to windward, or tacking.

Coming About

This boat is coming about, turning around from a port to a starboard tack. You push the tiller to leeward, and the bow moves through the no-sail zone. The jib and mainsail move across the boat and are set on the new leeward side.



612-230-6400
minneapolisparks.org

Tacking and Jibing

Tacking/coming about

This is the term for changing the course of a boat by turning the bow through the eye of the wind (the "No-Go-Zone") beginning with the wind blowing over one side of the boat and ending with it blowing over the opposite side.

Jibbing

This is the term for changing the course of a boat by turning the stern through the eye of the wind (the "No-Go-Zone") beginning with the wind blowing over one side of the boat and ending with it blowing over the opposite side. Jibing involves the mainsail and boom moving from one side of the boat to the other very quickly. It is very important to use the mainsheet to control the sail during a jibe. In heavy winds, if you are unsure of your skills, tack the boat instead.

To tack or "come about"

take the following steps:

1. "Skipper" (person at the helm steering) gives command "Ready About!"
2. Crew prepares for maneuver and responds "Ready!" when they are in position.
3. Skipper slowly pushes the tiller towards the sail and says "Hard a'lee!"
4. The boat crosses the eye of the wind, enters the "No-Go-Zone", the sails begin to luff (flap loosely in the wind beginning at the front edge).
5. Crew releases leeward jibsheet and trims the opposite jibsheet to the new course.
6. As the sails are trimmed to the new course, the skipper, crew and passengers redistribute weight by switching sides as needed to help balance the boat.
7. Skipper switches hands on the tiller and the mainsheet, pulling tiller back to the centerline of the boat to continue on the new course.

To jibe

take the following steps:

1. Skipper vies command "Prepare to jibe!"
2. Crew prepares for maneuver and responds "Ready!" when they are in position.
3. Skipper slowly pushes tiller away from sail and says "Jibe ho!"
4. Skipper quickly pulls in the mainsheet as the boat turns, centering the mainsail over the boat as the stern crosses the wind and slowly releasing the mainsheet as the boat heads downwind on its new course.
5. At the same time, crew releases jib sheet and takes opposite jib sheet trimming to the new course.
6. Skipper, crew and passengers all keep their heads low as the boom passes overhead.
7. As the sails are trimmed to the new course, the skipper, crew and passengers redistribute weight by switching sides as needed to help balance the boat.
8. Skipper returns tiller to the centerline of the boat to continue on course.

Minneapolis Park and Recreation Board Sailing Camp

612-230-6400
minneapolisparks.org

Rules of the Road

Right-of-way

Wind over power

In almost all cases a sailboat under sail alone has the right-of-way over a powerboat.

Starboard over port

A boat on a starboard tack always has the right-of-way over a boat on a port tack

A starboard tack is when the wind blows over the starboard (right) side of the boat first and a port tack is when the wind blows over the port (left) side of the boat first.

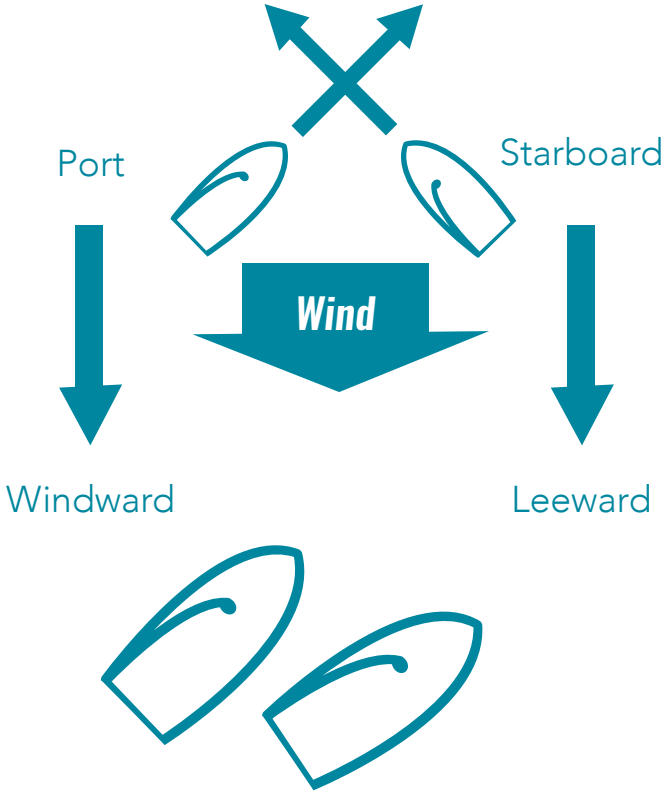
Leeward over windward

When two boats are on the same tack, the leeward boat has the right-of-way over the windward boat.

The windward boat is the boat that the wind hits first and the leeward boat is the boat that the wind hits after the windward boat.

Overtaking rule

When one boat is overtaking or passing another boat, the overtaking boat must keep clear.



Minneapolis Park and Recreation Board Sailing Camp

612-230-6400
minneapolisparks.org

Capsizing and recovering

Capsize

To tip a boat over in the water

A boat can capsize while sailing by tipping over to leeward or to windward.

A leeward (Downwind: Away from the wind) capsize is common in strong or gusty winds where the boat heels (tilts) too much and tips over.

A windward (Toward the wind: the side the wind blows upon) capsize can occur in strong winds when sailing downwind.

After capsizing. A boat may "turtle". A boat is turtled when it has flipped completely upside-down (180 degrees).

Capsize recovery procedure

Make sure that your crew is safe. Ask the questions: Are you okay?" Wait for a yew or no verbal response from each crew member to make sure everyone is conscious.

Swim around the boat and get weight on the centerboard as quickly as possible. If the centerboard is difficult to reach, put your foot under the boat and push the centerboard up through the hull of the boat.

Another crew member should swim to the end of the mast and place it on their shoulder in order to avoid turtling.

The remaining crew members should swim to the bow of the boat and point the bow into the eye of the wind. This will allow wind to get under the mainsail.

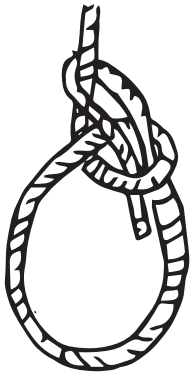
When the boat is upright, make sure the sheets are loose so that the boat does not sail away without the crew.

Position at least one person on each side of the boat and carefully climb into the boat at the same time.

After everyone is safely back in the boat, collect the jib and main sheets and grab the tiller.

Push the tiller hard one way or the other until the sail catches some wind and start sailing again.

Knots to Learn



Bowline

Square

Clove Hitch

Double Half Hitch

Cleat

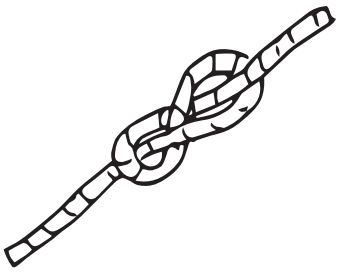


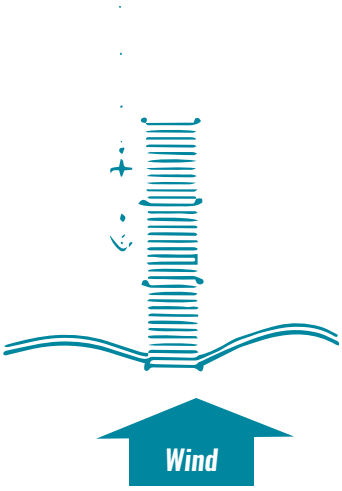
Figure Eight

Minneapolis Park and Recreation Board Sailing Camp

612-230-6400
minneapolisparks.org

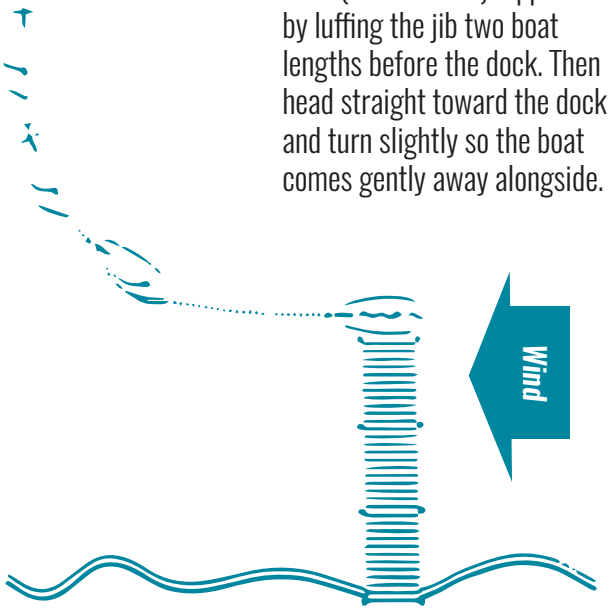
Docking

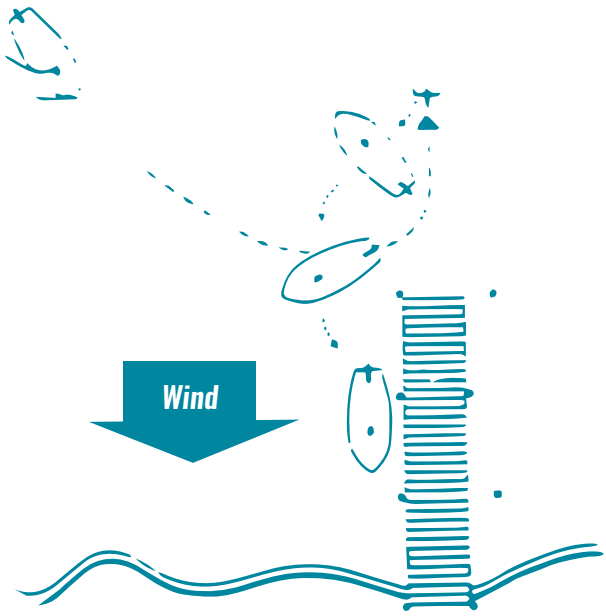
Fold the mainsail and jib back and forth in an accordion pleat, pulling the head to the foot.



The boat is positioning itself by sailing parallel to the dock a boat length or so away. The skipper turns into the wind to head for the intended docking spot.

Along shore wind demands a reach, then head up into the wind (no-sail-zone). Approach by luffing the jib two boat lengths before the dock. Then head straight toward the dock and turn slightly so the boat comes gently away alongside.





This skipper and crew positioned themselves to windward of the dock before approaching. Then they turned into the wind to bring down the mainsail.

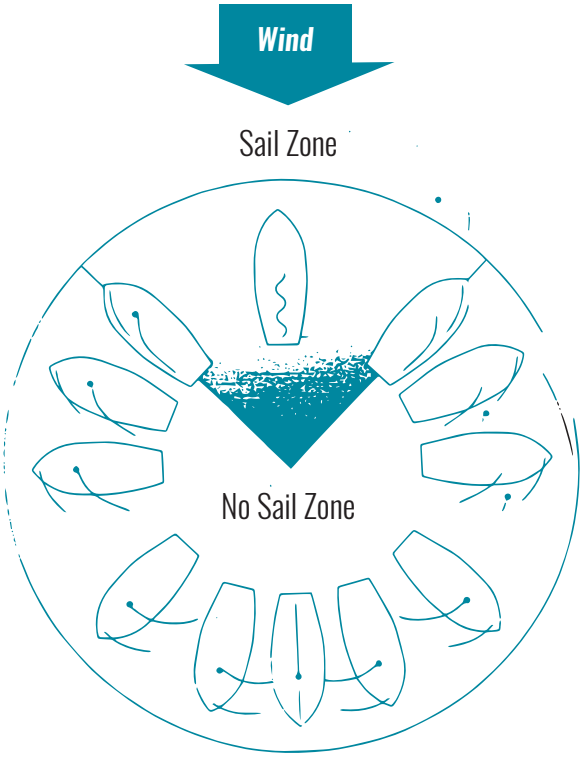
612-230-6400
minneapolisparks.org

Man Overboard Drill

Quickly sail to leeward, either by jibing or by coming about, and luff up alongside the person in the water.

612-230-6400
minneapolisparks.org

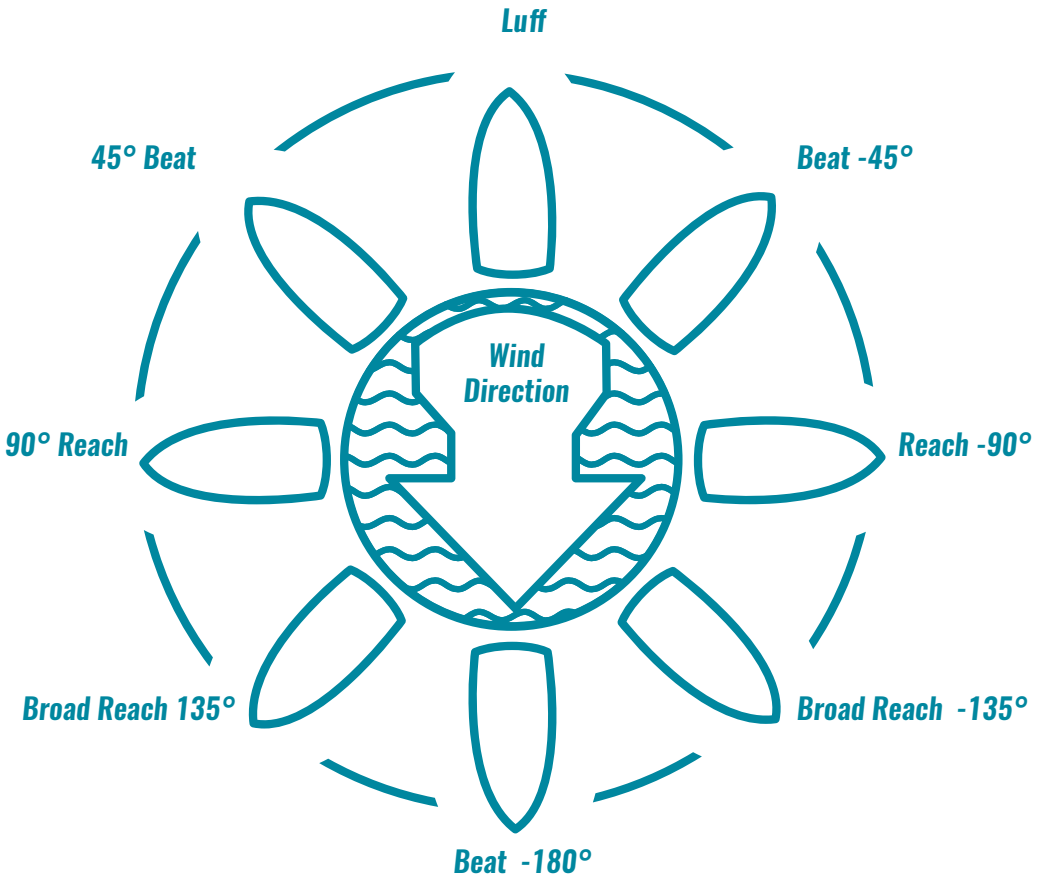
Now you can see the tack and point of sail you are on for every position of the wind.



Minneapolis Park and Recreation Board Sailing Camp

612-230-6400
minneapolisparks.org

Points of Sale



Luff/irons

The bow is pointed directly into the wind, which prevents the sails from filling properly.

Beat/close haul

The bow is pointed approximately 45 degrees to the eye of the wind. Sails are well trimmed over the stern of the boat.

Beam reach

The bow is pointed at 90 degrees to the eye of the wind and sails are approximately halfway out.

Broad reach

The bow is pointed approximately 110 to 150 degrees to the eye of the wind. Sails are between halfway and completely out.

Run/running

The bow is pointed downwind at approximately 180 degrees to the eye. Sails are completely out and the boat is “running” with the wind.

Minneapolis Park and Recreation Board Sailing Camp

612-230-6400
minneapolisparks.org

Orientation and Common Commands

Starboard
The right side of the boat when looking forward.

Port
The left side of the boat when looking forward.

Windward
Toward or facing the wind; upwind.

Leeward
Away from the wind, downwind.

Up, Upwind
Towards the wind.

Down, Downwind
Away from the wind

Fore
Forward, toward the front of the boat

Aft
Toward the rear of the boat.

Beam
The widest part of the boat; a wind from over the side of the boat.

Read about
Command to prepare to tack.

Hard a'lee
Command as the helm is put hard to the lee side of the boat, executing the tack.

Prepare to jibe
Command to prepare to jibe.

Jibe Ho!
Command that the jibe is commencing.

Ease sheets
Command to let out the line controlling the sail.

Trim sheets/Sheet in
Command to haul in on the line controlling the sail.

Cast off
Command to unmoor the boat.

Sail loft – full service
Sails, sail repair and sailcloth gear
Sail la vie
White Bear Lake, MN
651.251.5494

You do not have to own a boat or be experienced to sail.

Lake Harriet Yacht Club
www.lhycsailing.com
Anyone is welcomed to crew. No experience needed.

Times to show up at picnic table just east of the band shell

Wednesdays 6:30 p.m. race
5:45 – 6:00 p.m.
Saturdays 1:00 p.m. race
11:45 a.m. – 12:15 p.m.
Sundays 10:30 a.m. race
9:30 – 9:55 a.m.

Wayzata YC – Lake Minnetonka
www.wyc.org

Times to show up at round "crew needed" table

Thursdays 6:30 p.m. race
5:00 – 5:20 p.m.
Sundays 1:30 p.m. race
noon – 12:20 p.m.
The need for extra crew is greatest when wind exceeds 10 mph.
See www.wunderground.com

Twin Cities Sailing Club – Cooperative
tcsailing.com/tcsc
Lake Harriet on Tuesday evenings
5:45 – 7:00 p.m. and
Saturdays
10:00 – 11:30 a.m.

CYC – Lake Calhoun
www.lakecalhoun.org

Sailing Stores

Seven Seas
Shorewood
www.sevenseas-mn.com

Hi Tempo and White Bear Boat Works
White Bear Lake, MN
West Marine – Minnetonka, Bloomington, Stillwater

WBYC – White Bear Lake
www.wbycsail.org

Medicine Lake Sailing Club
www.medicinelakes/lingclub.org