



Class Room Session #1

Parts of the boat and capsized recovery

March 9 2022

Goal for Today

- Gain a basic understanding of where parts of the boat are located and their function
 - Parts of the boat
 - Types of lines (ropes)
 - Parts of the sail
- Understand and feel more comfortable with capsizing recovery (writing a boat), and getting people back in the boat



Parts of the boat!

- Universal through all sailboats (for the most part)
 - Keel boats sometimes have different terminology but do not worry about that



Parts of the boat

Hull: the body of the boat
- Made of fiberglass

Bow: front of boat

Stern/Transom: Back of the boat

Rudder: One of the ways to steer the boat, what the skipper holds on to, take on and off when going on and off the water
- also made of fiberglass

Tiller: attaches to the rudder

Tiller extension: an extension of the rudder that allows the skipper to steer easier

Center board: what goes under the boat that gives the boat a CenterPoint to turn on, creates friction with the water, you would sideslip with out it! Goes UP/DOWN
- also made of fiberglass



Types of lines/sheets (aka ropes)

PSA: always call ropes lines or sheet on a boat, everything has name. Its universal in the sailing word and will sound much cooler

- **Halyards:** anything that pulls the sail UP/DOWN
- **Main Halyard:** Brings the main sail up/down
- **Jib Halyard:** Brings the Jib up/down

***Skying the Halyard:** When one of the halyards that runs at the top of the mast pulls all the way through.

- How do we fix this?

- **Mast:** the large metal pole sticking up in the sky, the main sail attaches through the mast through a track like system, and the jib from a pulley system. Gives something for the sails to be pulled up on.

- **Boom:** What the bottom of the sail slides in, pivots/moves, hurts when it hits your head



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Types of lines/sheets (aka ropes) cont.

- **Mainsheet:** what pulls the main sail in and out, runs through a pulley system, skipper controls

- **JibSheet:** What pulls the jib in and out, controls the jib trim and shape, crew controls



Stuff that holds the mast up

- **Forestay:** holds the mast up, used to put jib tension on when rigging to keep the mast from being loose. NEVER take off!

- **Sidestays/shrouds:** the two metal wires on each side of the boat, bends the mast back to change sail shape



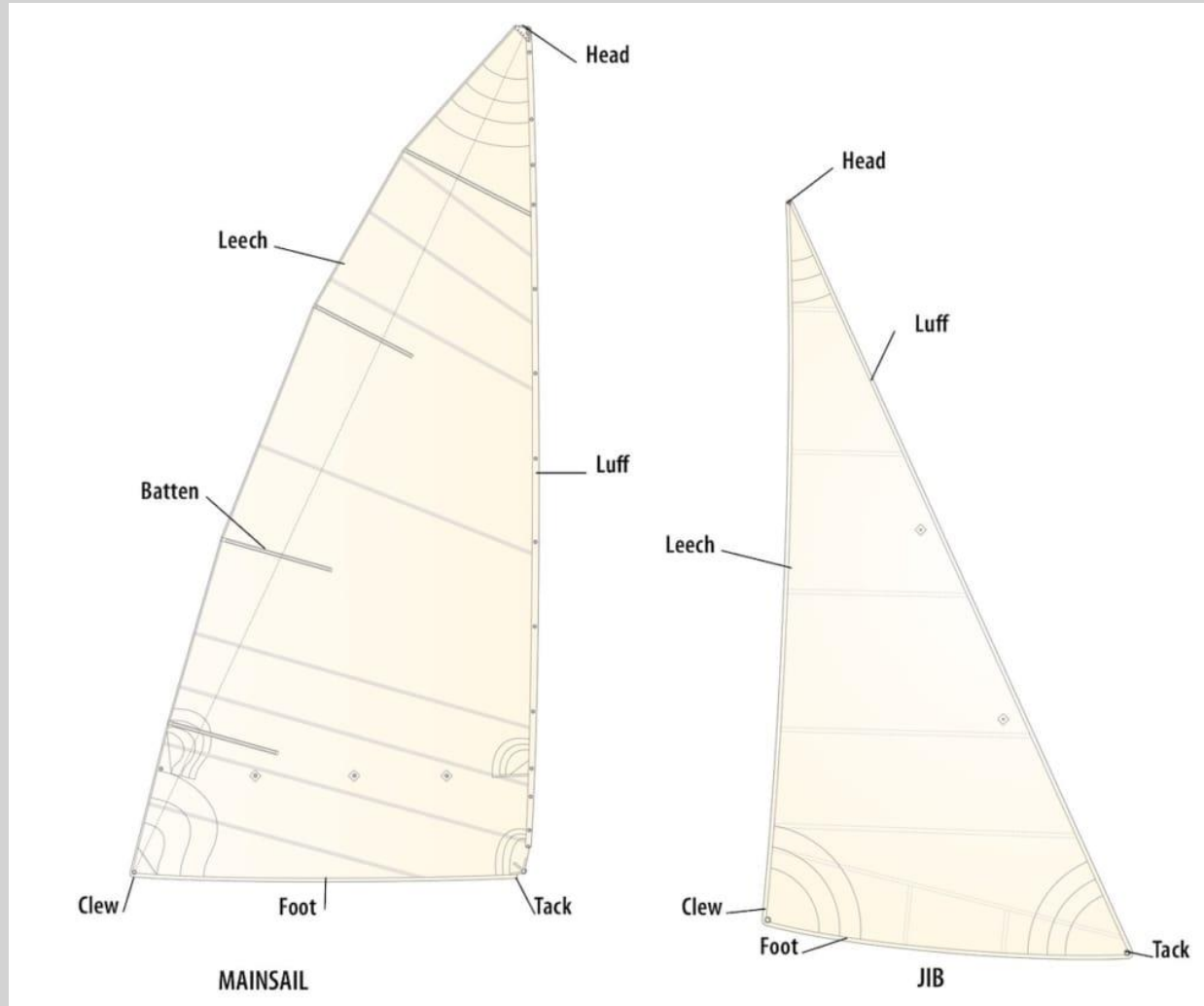
Cleats

Painter: The front rope on the boat that you use to tie to a cleat

Cleat: what you use to tie ropes off to, typically on the dock and some on the mast to hold halyards up



Parts of the sail and their functions



Head: The top of a sail

Foot: the bottom of the sail

Clew: the bottom back part of the sail

Tack: the bottom front part of the sail

Leech: the edge of the sail that is not on the mast

Luff: the front edge of the sail that is closest to the mast

Parts of the sail and their functions

Sail controls: controls that change the shape on different parts of the sail, in different types of conditions

- *General rule of thumb*

- *Windy: tight sail controls to flatten sail*

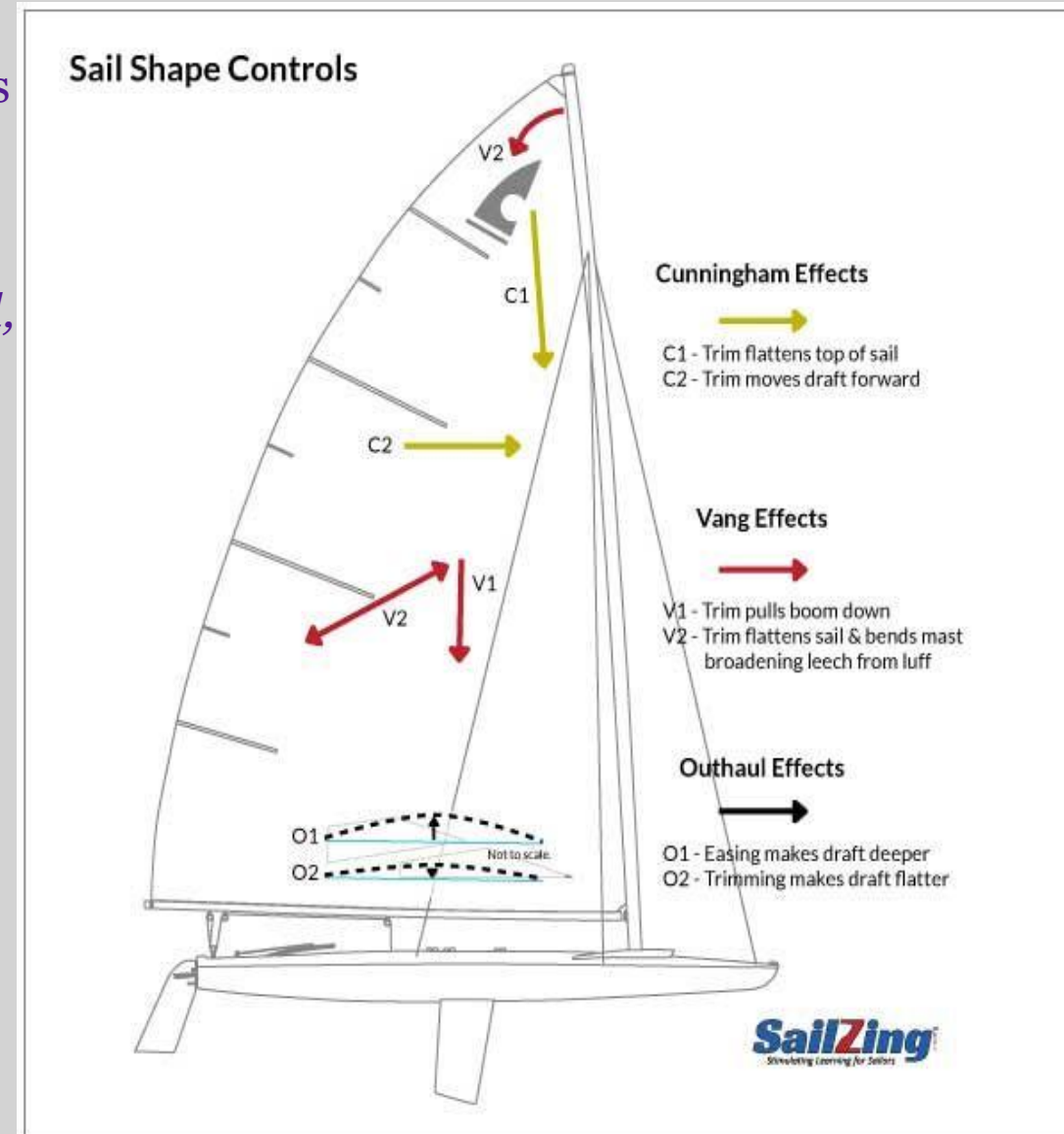
- *Not windy: looser sail controls to have more full sail, catch more wind*

Types of Sail Controls

Vang: pulls DOWN on the boom, affects the leech of the sail, creates twist in the sail

Cunningham: pulls down on the luff of the sail, gets rid of wrinkles in the sail

Outhaul: tightens the foot of the sail, too much/too little outhaul



Capsize Recovery



The Scoop Recovery Method

Important steps to remember after you capsize:

Step One: Ask your partner: "Are You Okay?"

Step Two: The skipper (driver) swims around the stern while the crew prepares the boat for righting (checking lines/making sure sheets aren't cleated).

Step Three: The Skipper should quickly grab the centerboard to prevent a turtle, while the crew holds onto the lower hiking strap.

Step Four: The skipper should ask the crew if they are ready for the boat to be righted.

Step Five: SCOOP! The skipper pulls down on the centerboard to right the boat while the crew is scooped over the side.

Step Six: The crew helps the skipper in over the stern and you continue sailing.



Turtle Recovery

- Sometimes a capsized boat ends up completely upside down. This is called a Turtle.
- This is fine. . . but it will take a little longer to right the boat
- Both the skipper and the crew should climb on top of the hull and lean off the centerboard until the boat is back in a normal capsized state.
- After that you can follow the same steps as the scoop recovery.

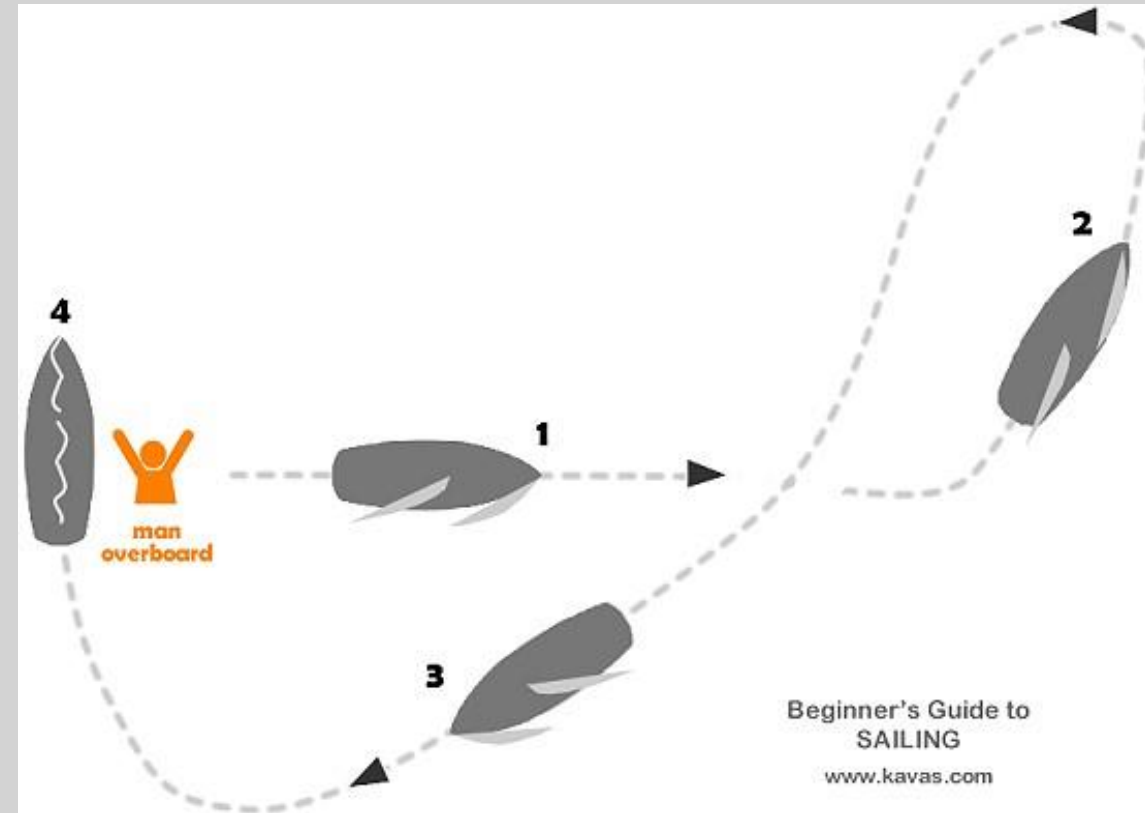


Example Video

- <https://www.youtube.com/watch?v=7DKvRdX935c>

Man Overboard Rescue

- This is called the figure 8 method
- Stay calm and regain control of the boat.
- Sail a few boat lengths away from the PIW
- Turn the boat through the wind and then sail down until you are below the PIW
- Point the boat into the wind and coast just to the side of the PIW
- Help them into the boat from the stern.



Other Stuff

- Share Crowdfunder link right now with at least 2 people or more
- What days are you planning on practicing?
- First Tuesday after break is 1st day of practice
- Any questions?

