

Sailing Basics 101

First day, and everyday vocab

- **Rig:** to put sails on boat and get ready to sail
- **Derig:** to take sails off boat and roll them, done for the day!
- **Regatta:** racing competition, like a “meet”
- **Sail bag:** hat our sails are stored in
- **Sail racks:** What the sails are stored on
- **Dolly:** the “cart” like things that we roll around boats on

Links to videos

Rigging

- How to rig: <https://www.youtube.com/watch?v=PQoutdFlCeQs>
- Another how to rig: <https://www.youtube.com/watch?v=PQoutdFlCeQs>

Roll Tacks

- What it looks like: <https://www.youtube.com/watch?v=UTccA37dbzw>
- Walk through: <https://www.youtube.com/watch?v=UAmQW6mahvs&t=186s>

What a race course looks like, how it works

- <https://www.youtube.com/watch?v=-4-IA4RWlGo>

Knots!

- <https://www.youtube.com/watch?v=63qlMjv-tRI>

Points of sail, aka how to make your boat move and not go in circles lol

- <https://www.youtube.com/watch?v=Tr0un8fR6Vc>

Capsize Recovery

- <https://www.youtube.com/watch?v=gZT-lT0Hb0Q>

Boat control

- <https://www.youtube.com/watch?v=1ACs3VYRyno>
 - Very old video but it works