

Tacoma Mountaineers Basic Crewing Course

Welcome to Session 1



Opening Remarks

- Tonight's Schedule
- In-room teaching aids
- Rest Rooms
- Use of the Book
- All presentations and Ref material on course material section of course webpage
- We are not teaching ASA 101 or providing ASA 101 Certification

Who We Are

- We are volunteers
- People who love sailing and want to share our passion with others
- Knowledgeable and experienced sailors and sailboat racers
- Boat owners or boat crew

Your Co-Leaders



Terri Benz



Eric Johnson

Your Instructors



Tom Davis



Ross Chamberlain



Eve Engnoth

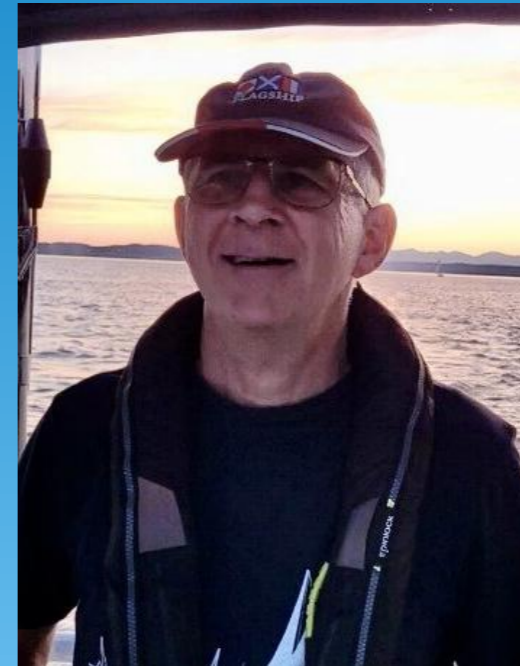


Dolly Leber

Your Instructors



Adam Boyd

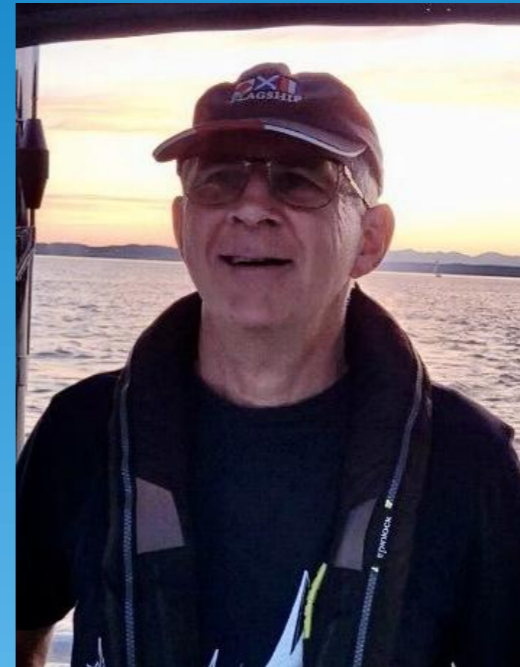


Tom Jardine

Your Skippers



Adam Boyd



Tom Jardine



Greg Greene



Emile Wood

Your Skippers



Laura Cruz



Meredith Taylor



Ross Chamberlain



Clay Anderson

Your Skippers



Steve Thompson



Eric Johnson

Please Introduce Yourself

- Name
- Where are you from?
- Boating/Sailing Experience

Who are you?

Raise your hand if you...

- Have not been out on a sailboat
- Have been passenger on a sailboat
- Have helped sail/drive a sailboat
- Have been on a multi-day sailing cruise
- Sailed out of sight of land
- Raced on a sailboat

What We Will Cover-Session 1

- Session 1 Objectives
 - Personal Gear and essentials
 - Essential safety principles
 - Knots : Bowline & Cleat hitch
 - Terminology & Parts of a sailboat
 - How a sail works
 - Detecting the direction of wind
 - Points of sail
 - Overboard Procedure
 - How to sign up for a sail

11 Essentials

- Non-skid deck shoes (or sea boots) with non marking (clean) soles.
- Leather palmed finger or fingerless gloves for line handling.
- Warm clothing layers head to foot (Note: The ambient temperature on the water is usually lower than on land).
- Foul weather (rain) gear
- Sunscreen & Sunglasses
- Knife on lanyard
- Whistle on a lanyard
- Food and drink
- Flashlight and/or Red lamp headlight
- Personal Flotation Device (PFD) if you have one. Most boats will have extra PFDs.

A soft duffel bag without metal buckle that can scratch woodwork to carry your gear.

We Are Lucky!

We Can Sail Year Round With The Right Gear



Layer up early- at the dock! Don't wait until you are cold to dress

©2007 Pacific Fog Photography

Basic Safety Considerations

Before you leave home

- Check The Weather And Tides
- Assemble Your Gear- check your PFD

When you get to the boat

- How do you get on the boat?
- Put on and check your PFD
- Watch your head, hands, and feet at all times
- Stay on the boat! Stay low and stable, hand holds
- Strive to have 3 points of contact with the boat

Boarding Boat At the Shrouds

Boats often have gates in lifelines at cockpit

- Some boats do not
- Stern of boat may be away from dock, leaving water gap
- Often no good handholds at gate

Most secure way to board/leave a boat

- Grab the shrouds
- Step onto boat

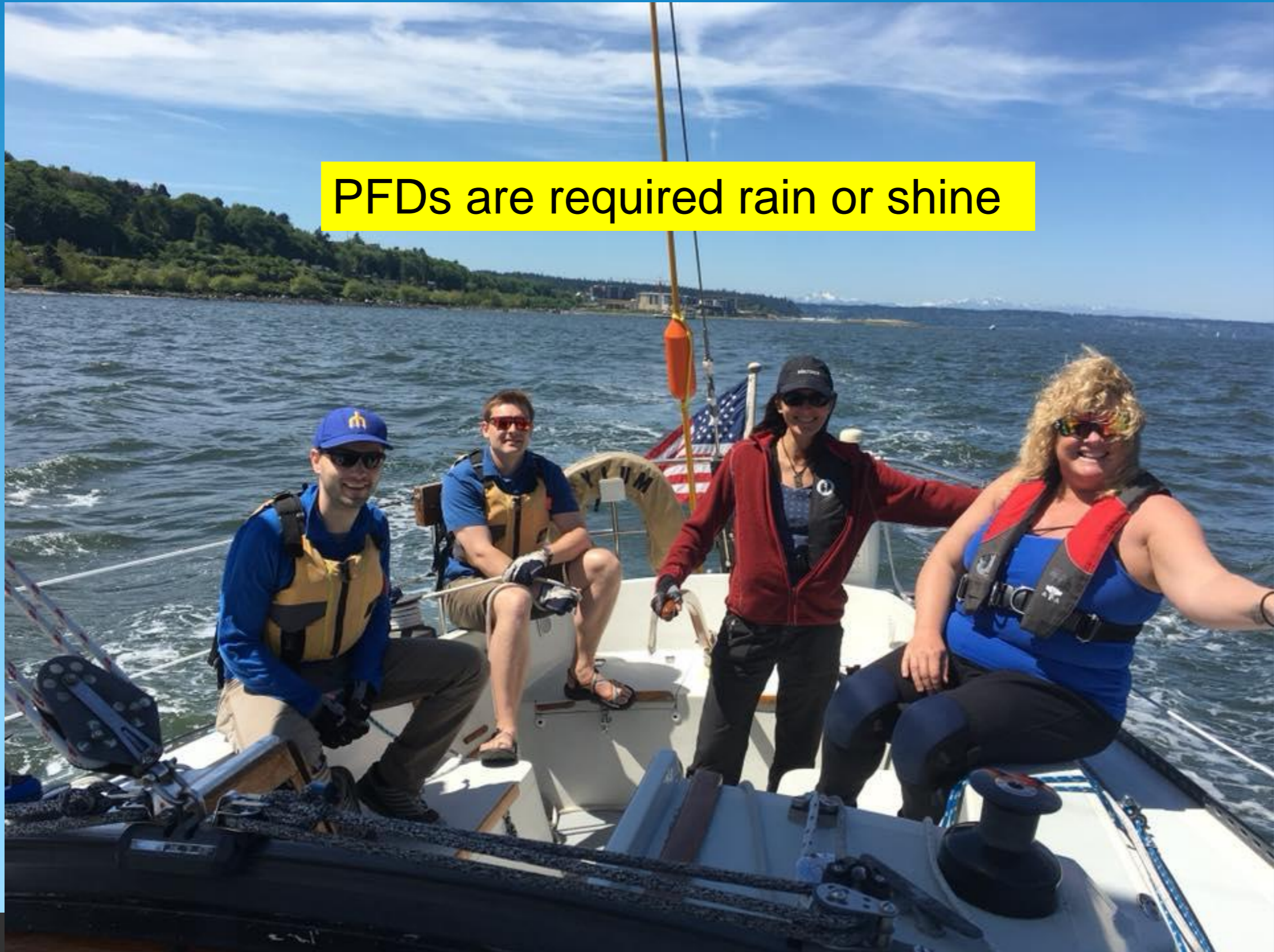
Use Shrouds as
handhold
Very Stable!

Widest Part of
boat at dock



Mountaineers Sails

PFDs are required rain or shine





Hands & Feet

Don't trap your hand between the sheet and winch, or pulled into a cleat

Don't get your feet wrapped in any sheets

Don't get your hands or feet between the boat and any other solid object

Watch Out For The Boom!



#1 Rule...Stay on the Boat!



VHF Radio use in Emergency



Emergency: Channel 16

Nature Of The Emergency

Mayday, Mayday, Mayday

Location

Questions?



Ode to Rope

As I cast off for that very first time, the "rope" in my hand has now become "line".

And hauling the sails to the top of the mast, that "rope", now a "halyard" holds strong, taught and fast.

Then sailing in brisk winds full force on a beat, the sails are trimmed in by that "rope" that's a "sheet".

And now at my anchorage with sails safely stowed, I trust in that "rope" that now serves as a "rode".

Through all my life I will never lose hope, Of a reason or time to play with a rope.....Anonymous

Tying knots 101

Bowline



Cleat hitch

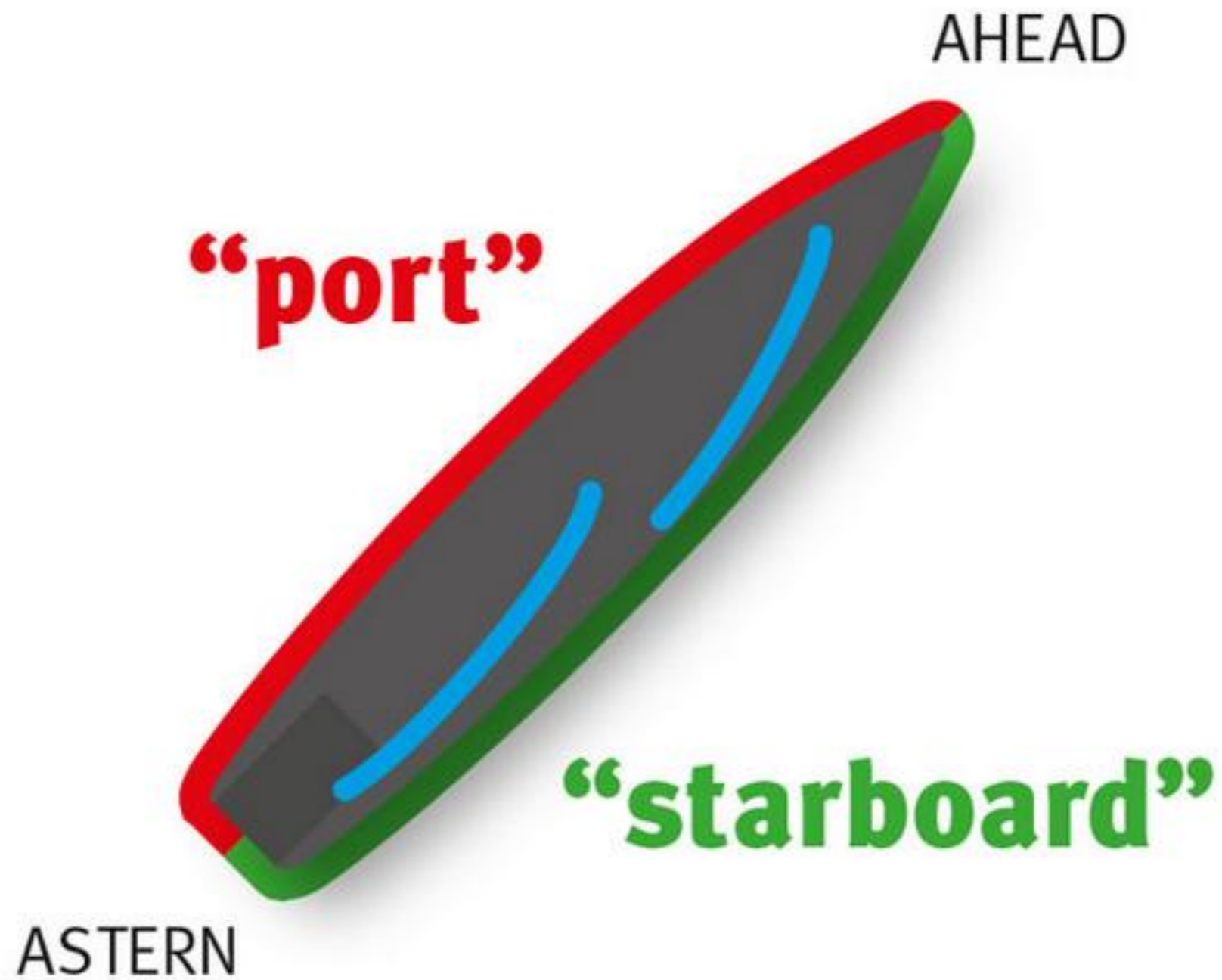


[ASA Knots Made Easy Videos](#)

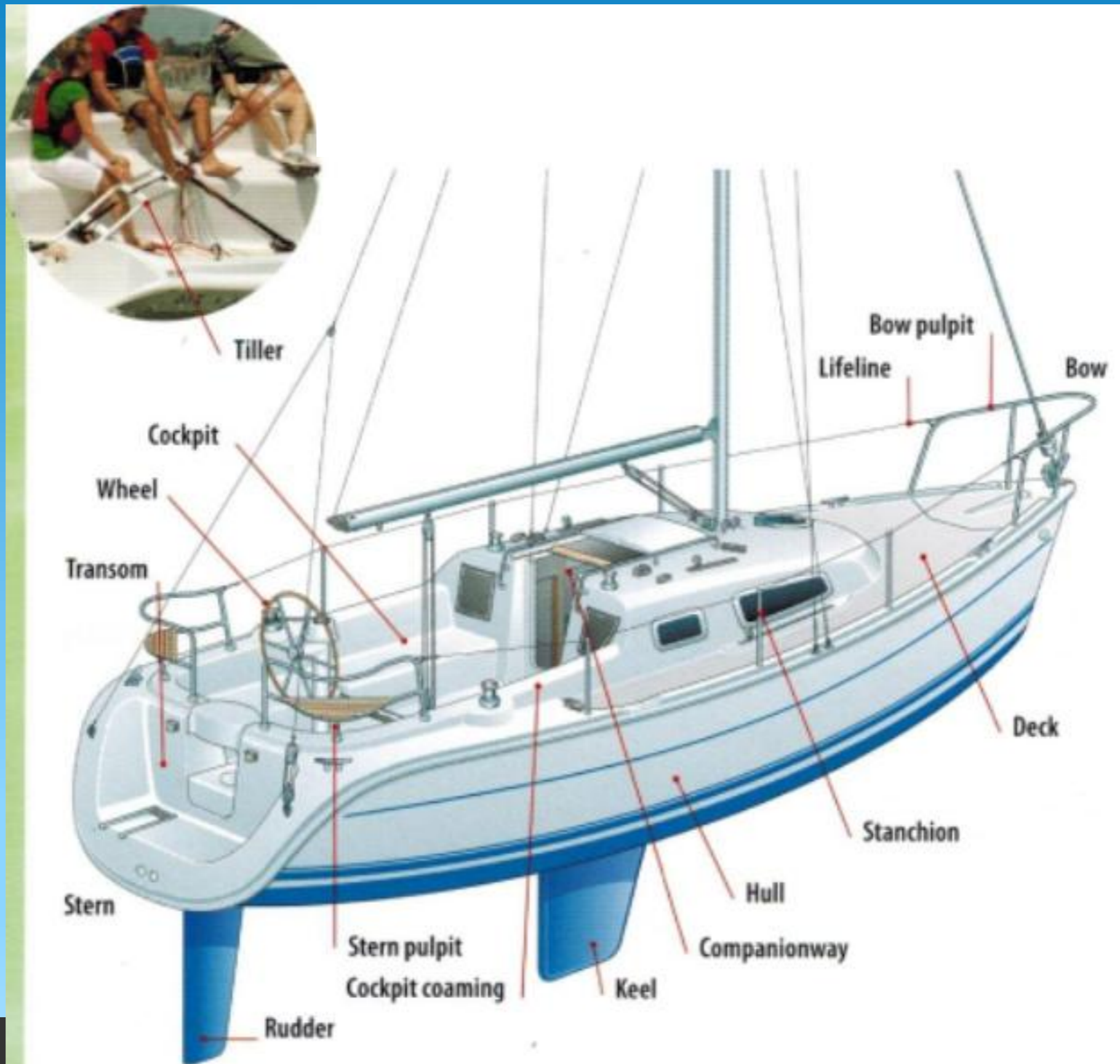
10 Minute Break

Terminology & Parts of a Sailboat

Basic Terminology



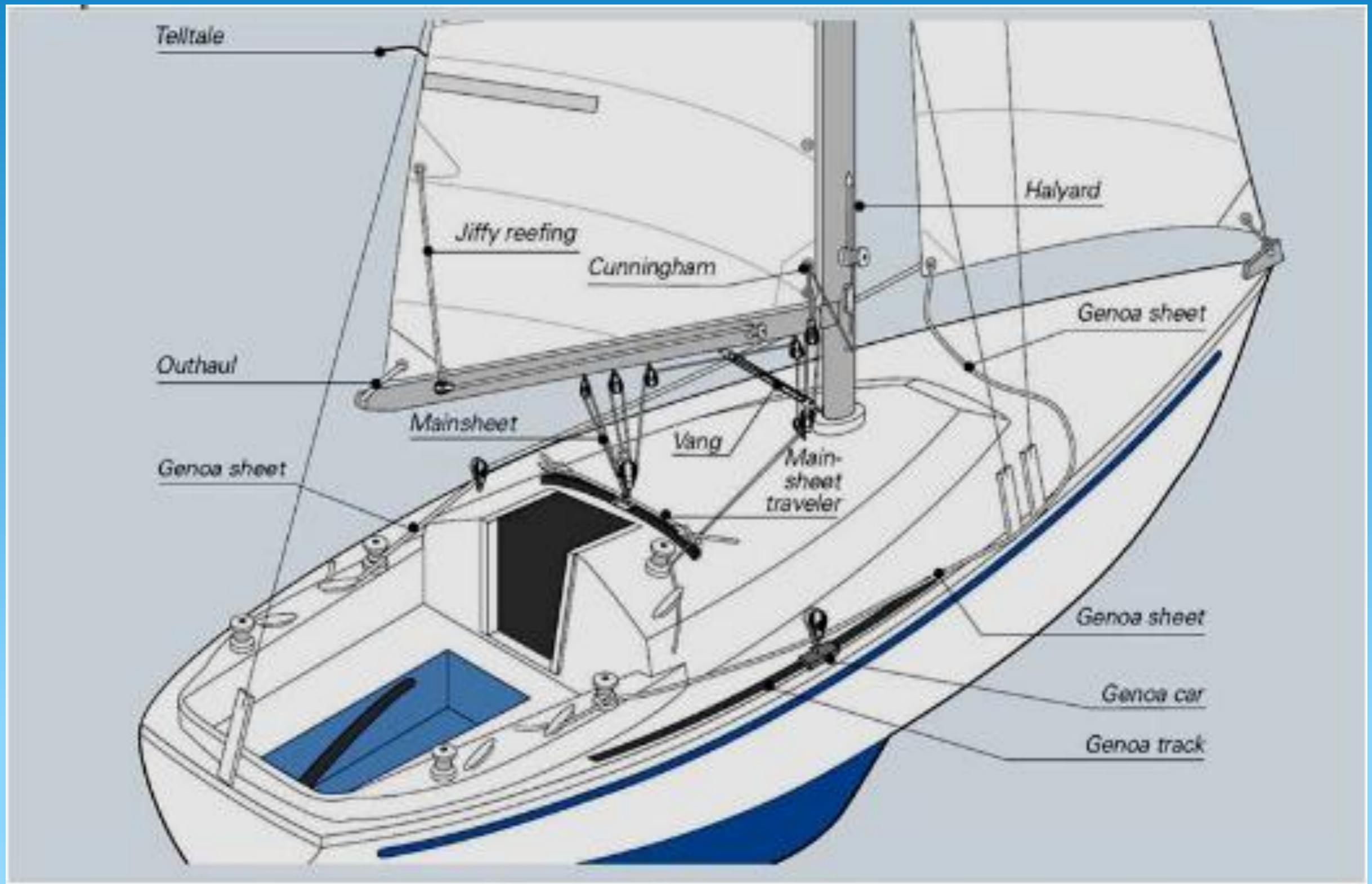
Anatomy - Parts of a Boat



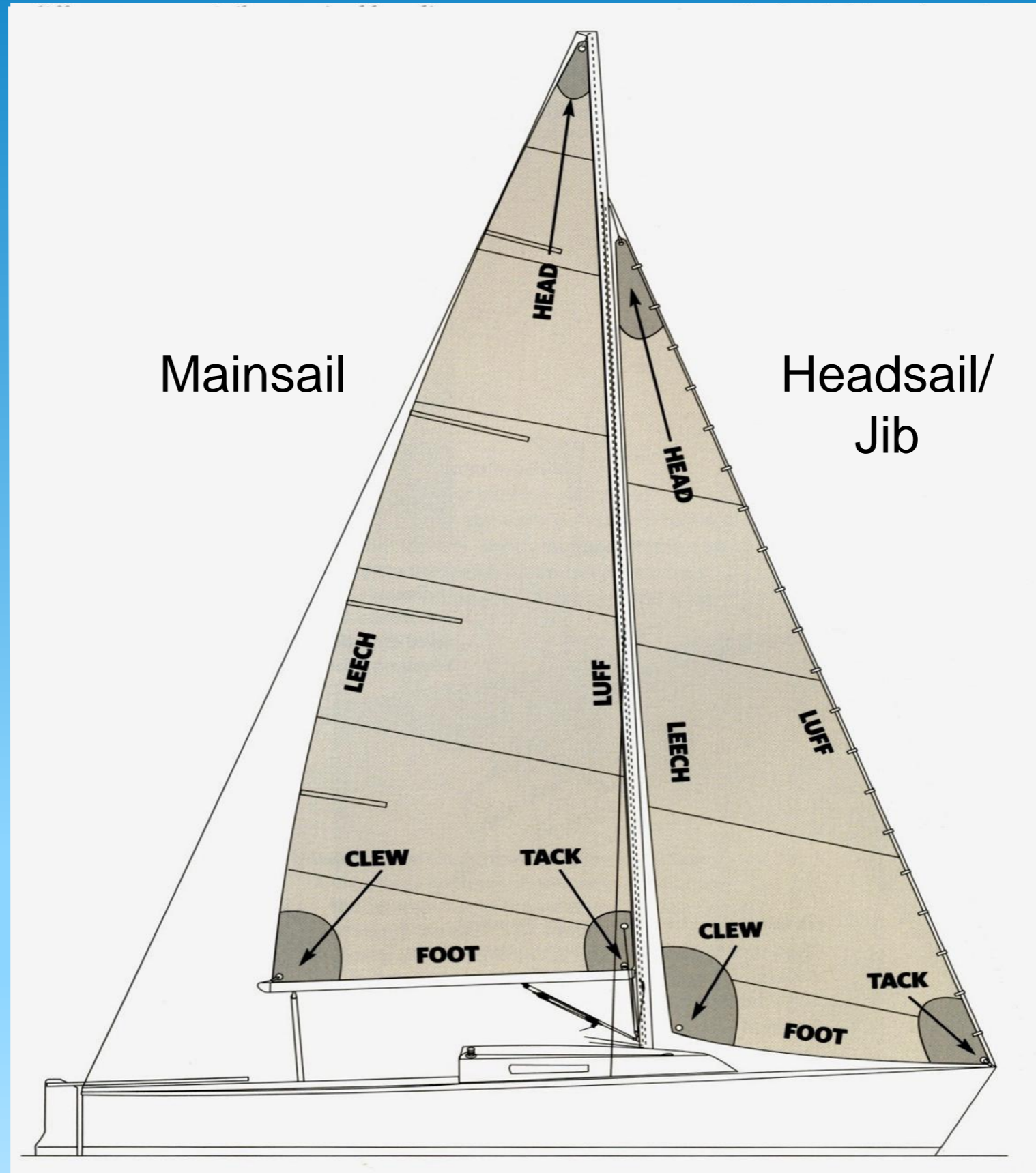
Anatomy – Standing Rigging



Anatomy – Running Rigging



Anatomy – Sails



How to Determine Where the Wind is Coming From

Most important instrument on boat, Windex!

- Top of mast
- Points to where wind is coming from

Look Onshore

- Flags, trees
- Smoke

Look at the water

- Waves, ripples
- Other boats under sail
- Other boats at anchor

Learn to feel it on your face

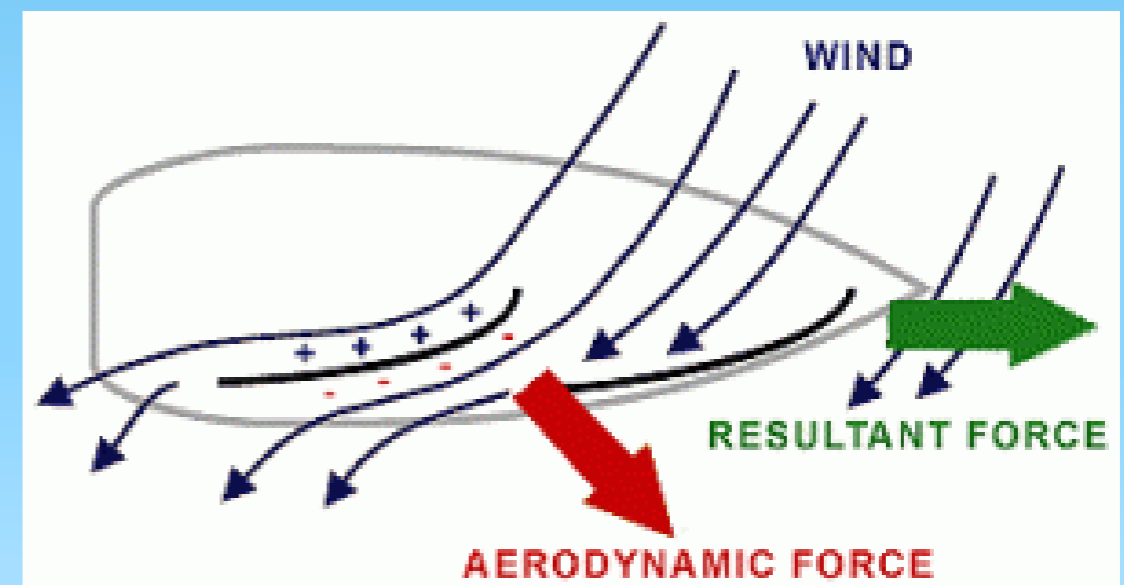
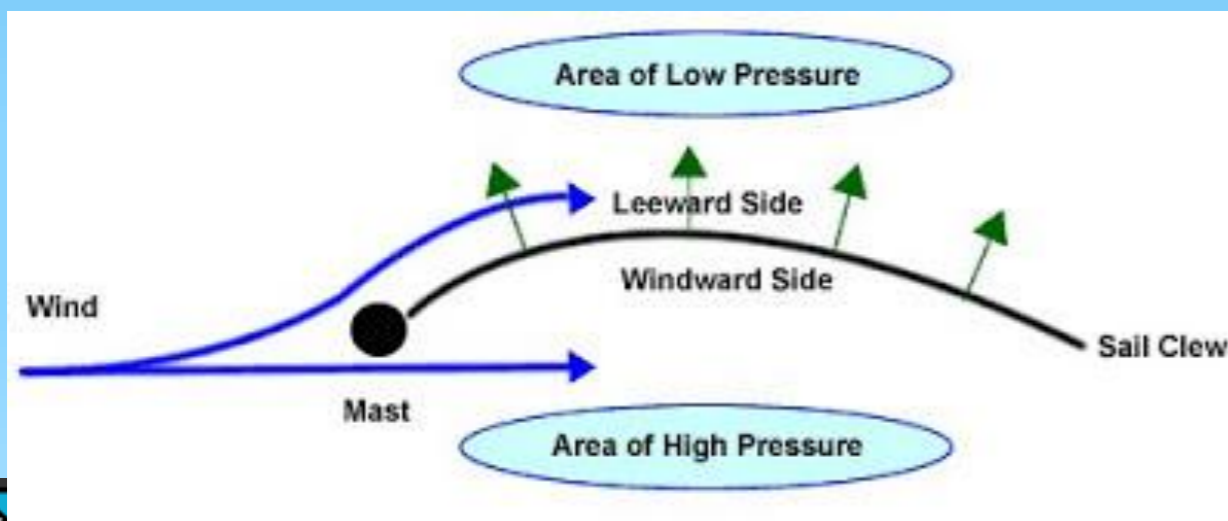
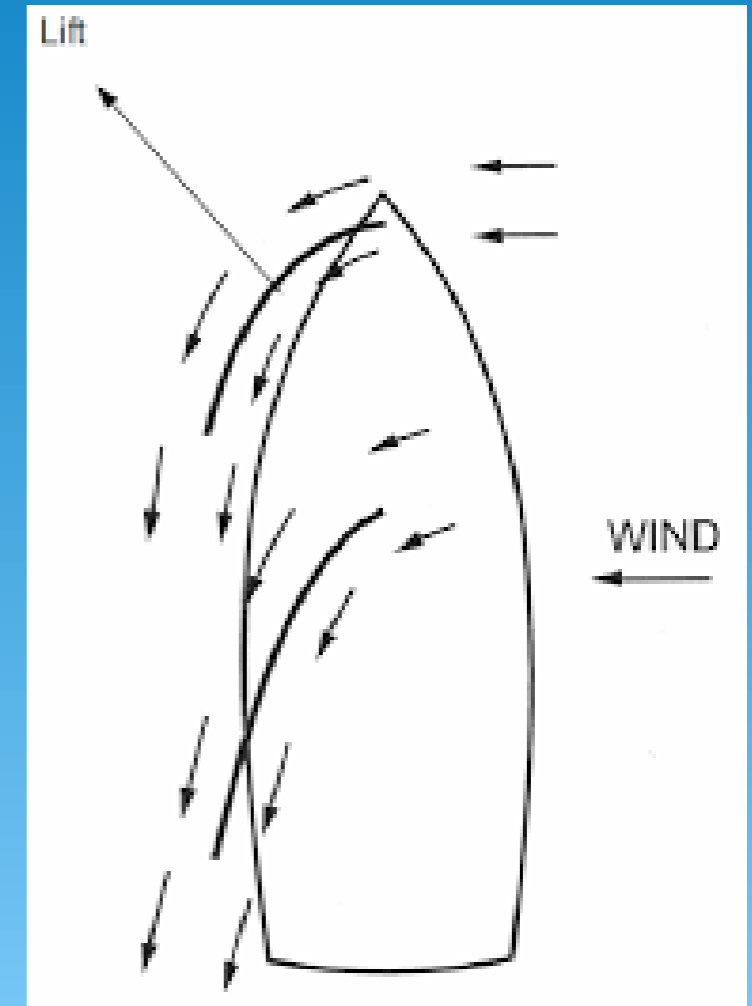


How to Determine Where the Wind is Coming From

Many boats will have an electronic wind instrument that provides wind direction and speed



A Sail is an Airplane Wing Standing Up



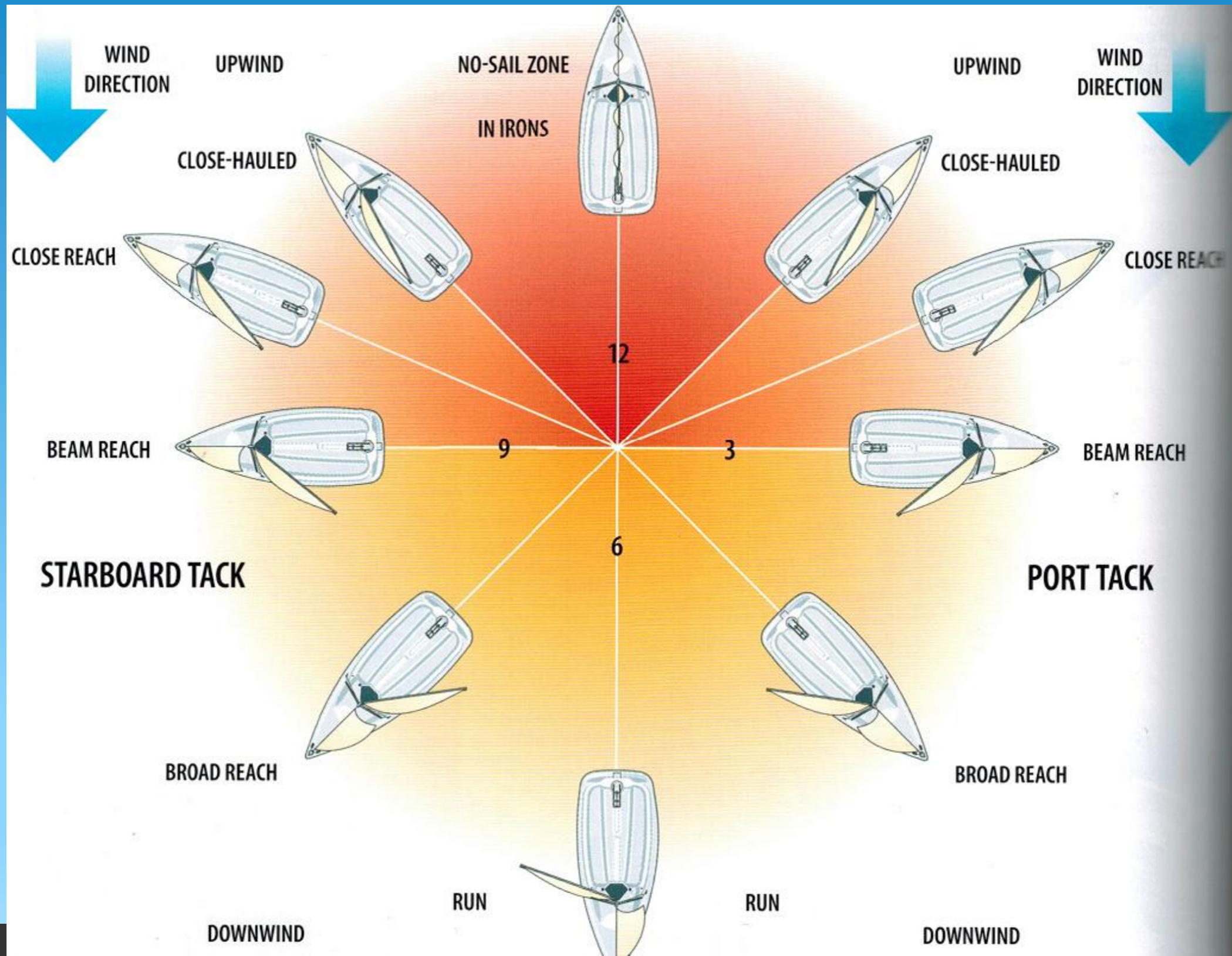
The Modern Sail



Slot Affect

ASA Sailing Made Easy: Slot Effect

Points of Sail



Overboard rescue procedures

- **If you go overboard:**
 - Do not try to swim
 - Float and let boat come to you- save your energy
 - Let boat know you are okay, conscious/not hurt
 - Grab lifesling line as it comes around you
 - Put Lifesling around you BACKWARDS- face away from boat
 - Boat crew will pull you to the boat
 - You will get a terrible face full of cold water otherwise
 - Boat crew will pull you back on board with lifesling

Overboard Rescue Procedures

If someone else goes overboard:

- Yell “*Man Overboard*” and
 - Point at them, continue pointing and don’t take eyes off person in water
 - If relieved by skipper of pointing job, then help with other jobs
- Stay Calm! No screaming!
 - Try to calm other crew members and keep them smart
- Skipper will designate someone to Deploy Lifesling
- Boat will circle person in water - **STAY UNDER THE BOOM!**
- Crew will pull person to side of boat with lifesling
- Crew will attach lifesling to halyard(s)
- Crew will pull person back aboard using halyards

Questions?



Closing Remarks 1 of 2

Dockside Training Session this Saturday 10am at Foss Waterway Public Dock below *Rock the Dock Pub and Grill (Rain or shine!)*

Review Student Outline for Dockside Training Session prior to Saturday

Sign up for 3 additional sails on the Mountaineers Website...

Instructions how to sign up for a sail in the Course Materials Section

Closing Remarks 2 of 2

Review Training Sail 1 & 2 Student Outlines on in the Course Material Section

Homework: Take the Quiz On Page 26 in ASA 101 Book Sailing Made Easy

Next Classroom session next Monday

Social gathering 6:00 Thursday 4/24 at Sand Bar