

# 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



Pat Robinson



Dolly Leber

# Your Instructors



Adam Boyd

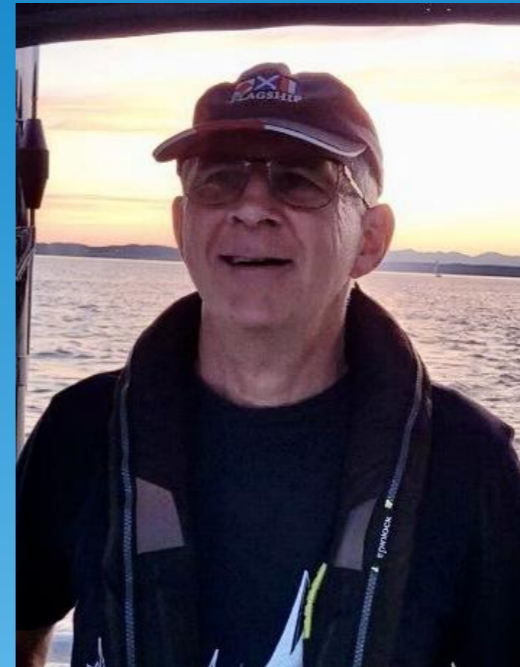


Braden Price

# Your Skippers



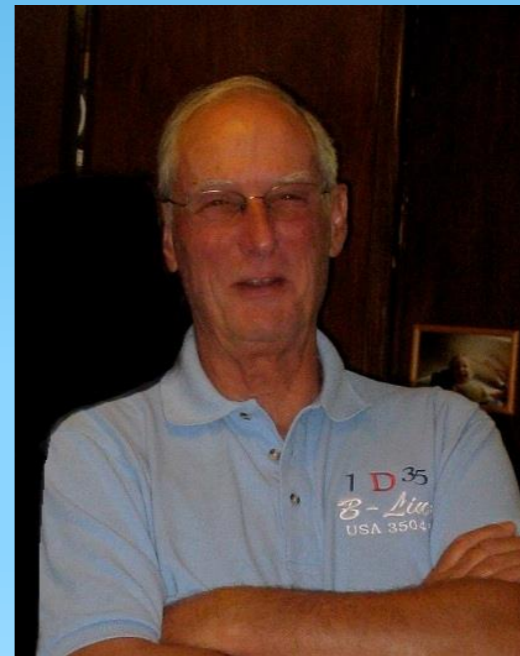
Dwight Motz



Tom Jardine



Greg Greene



Jim Hoye



# Your Skippers



Laura Cruz



Adam Boyd



Ross Chamberlain



Nikki Remy and Ken Lazarus



# Your Skippers



Pat Robinson



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!

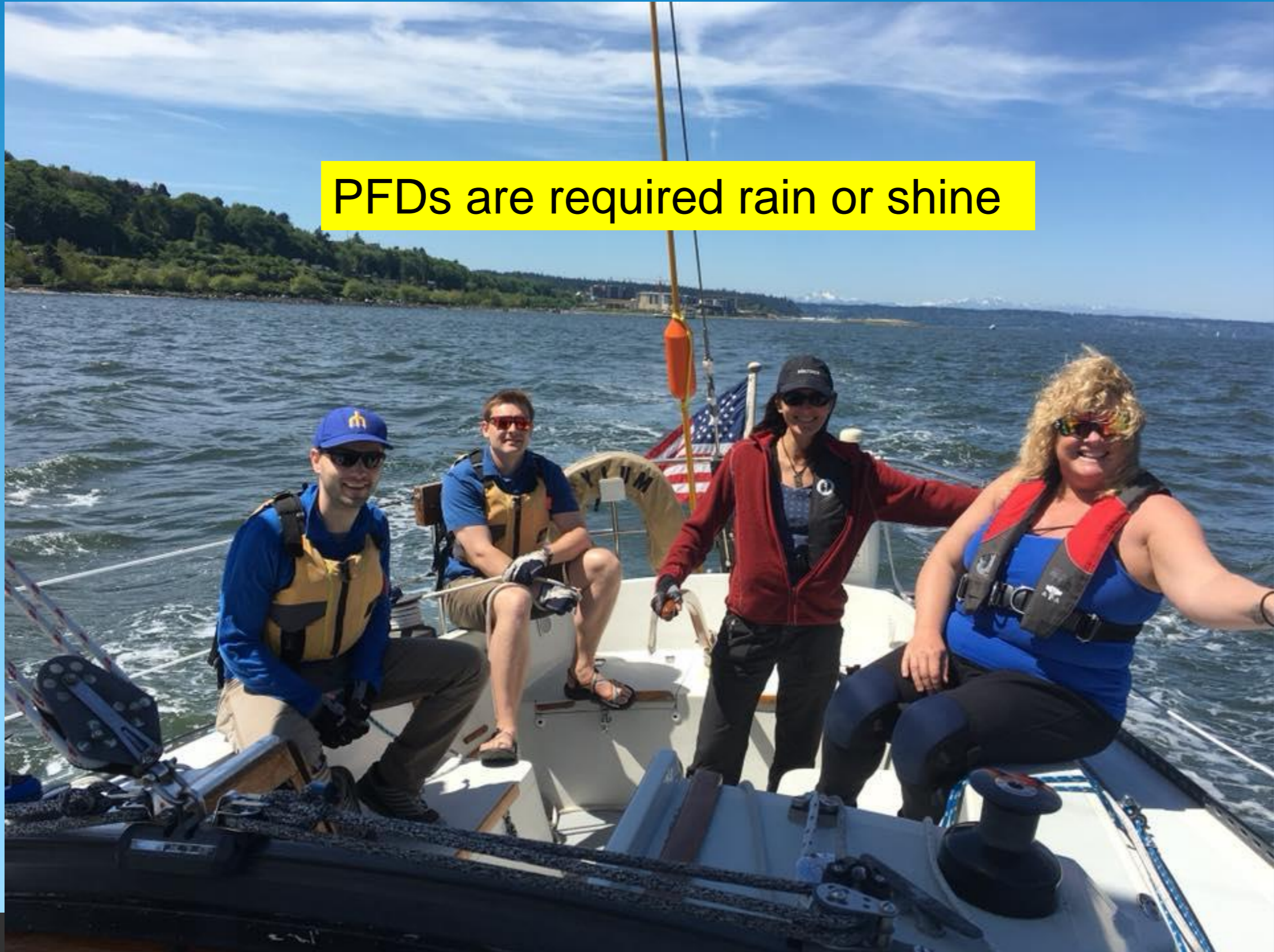
Widest Part of  
boat at dock





# 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 Thing...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**



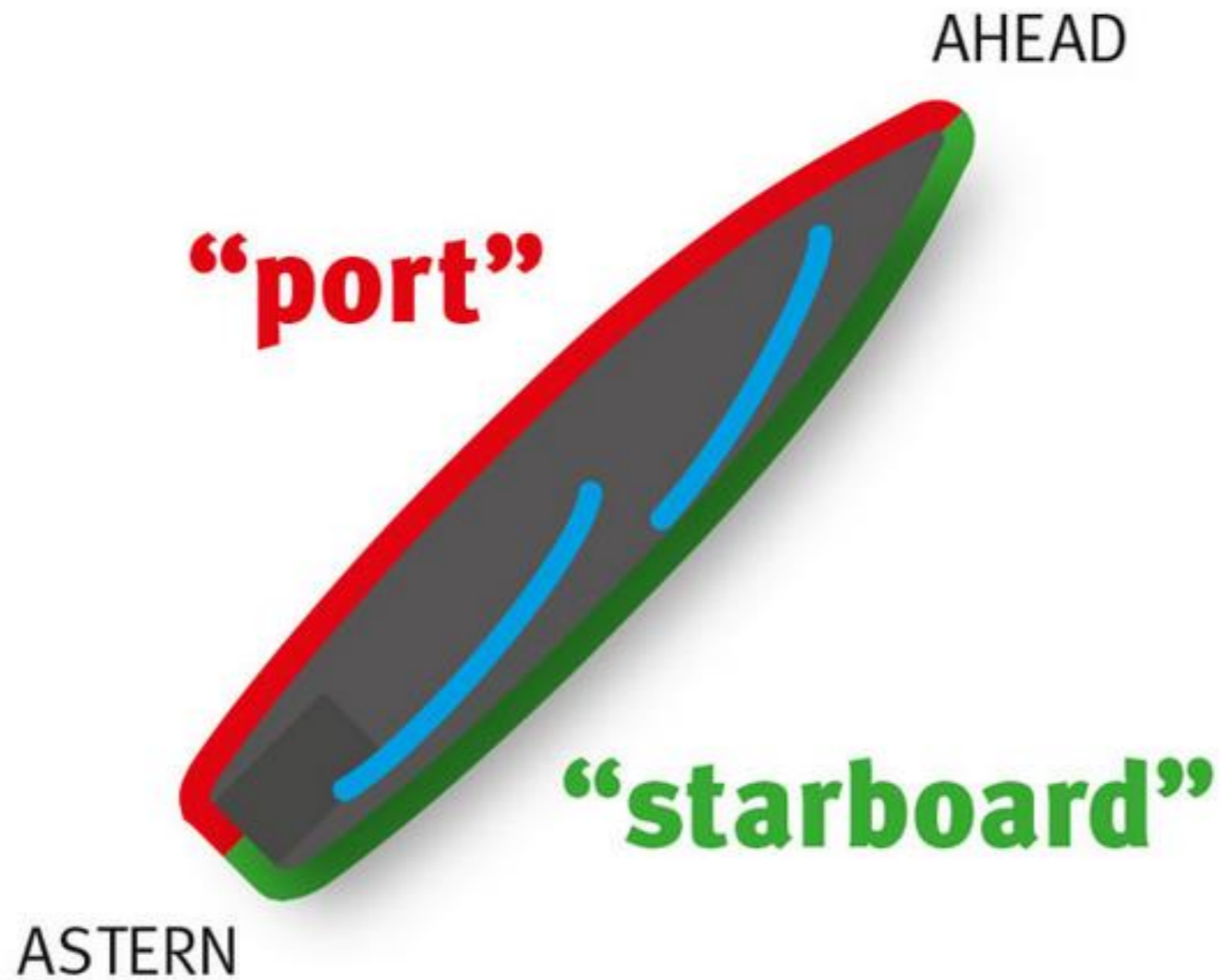
[ASA Knots Made Easy Videos](#)

# 10 Minute Break

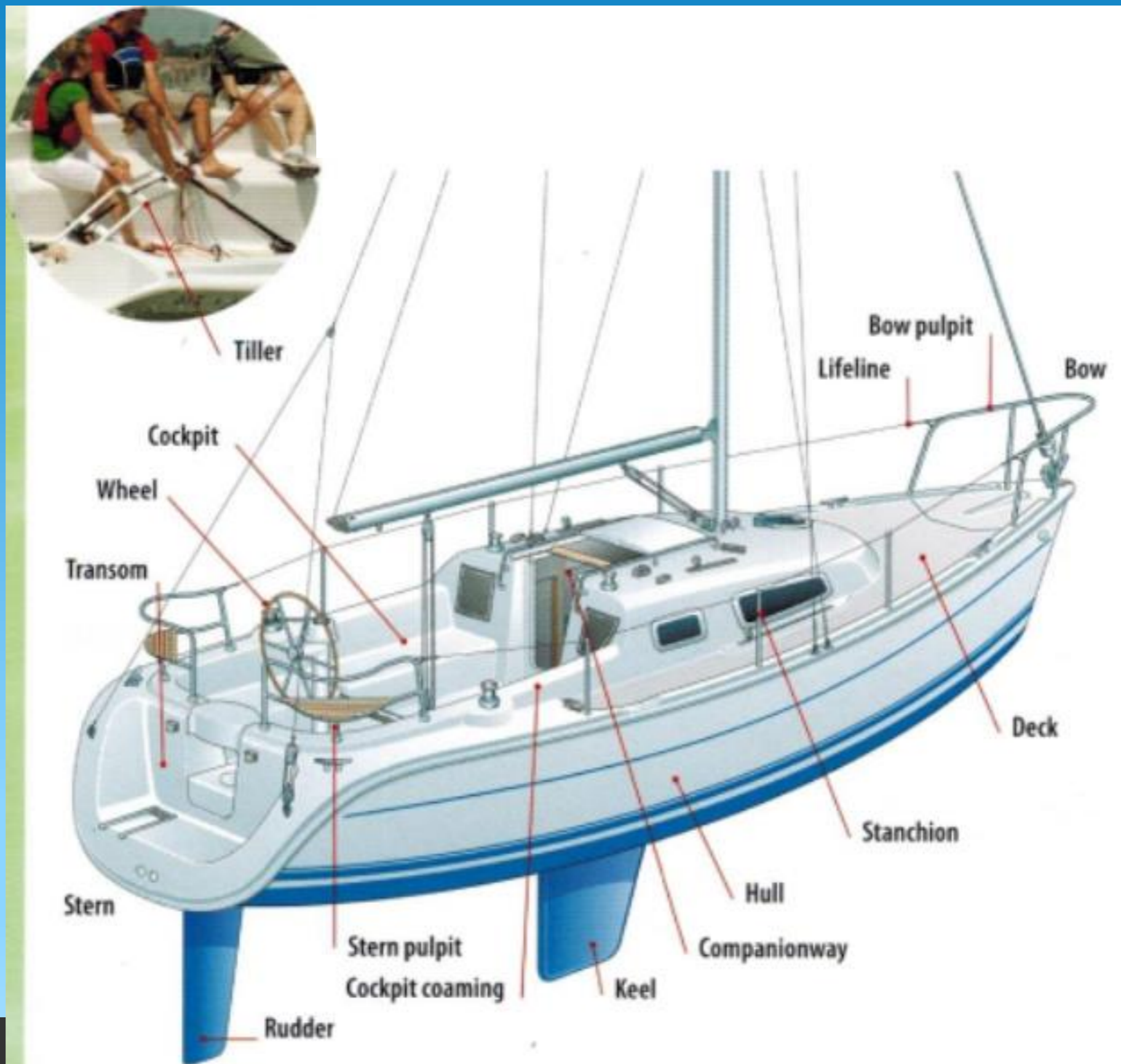
# **Terminology & Parts of a Sailboat**



# Basic Terminology



# Anatomy - Parts of a Boat

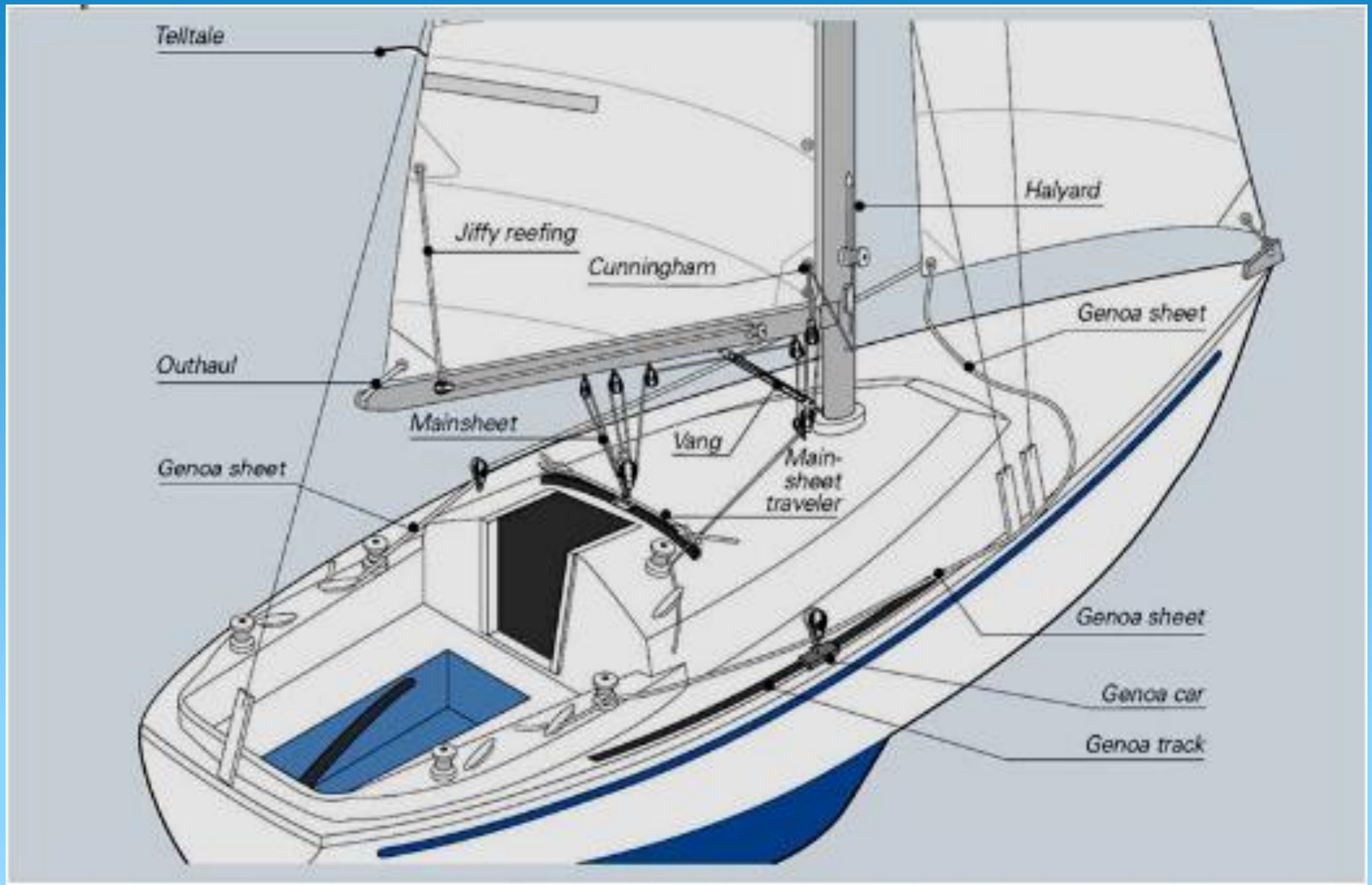


# Anatomy – Standing Rigging

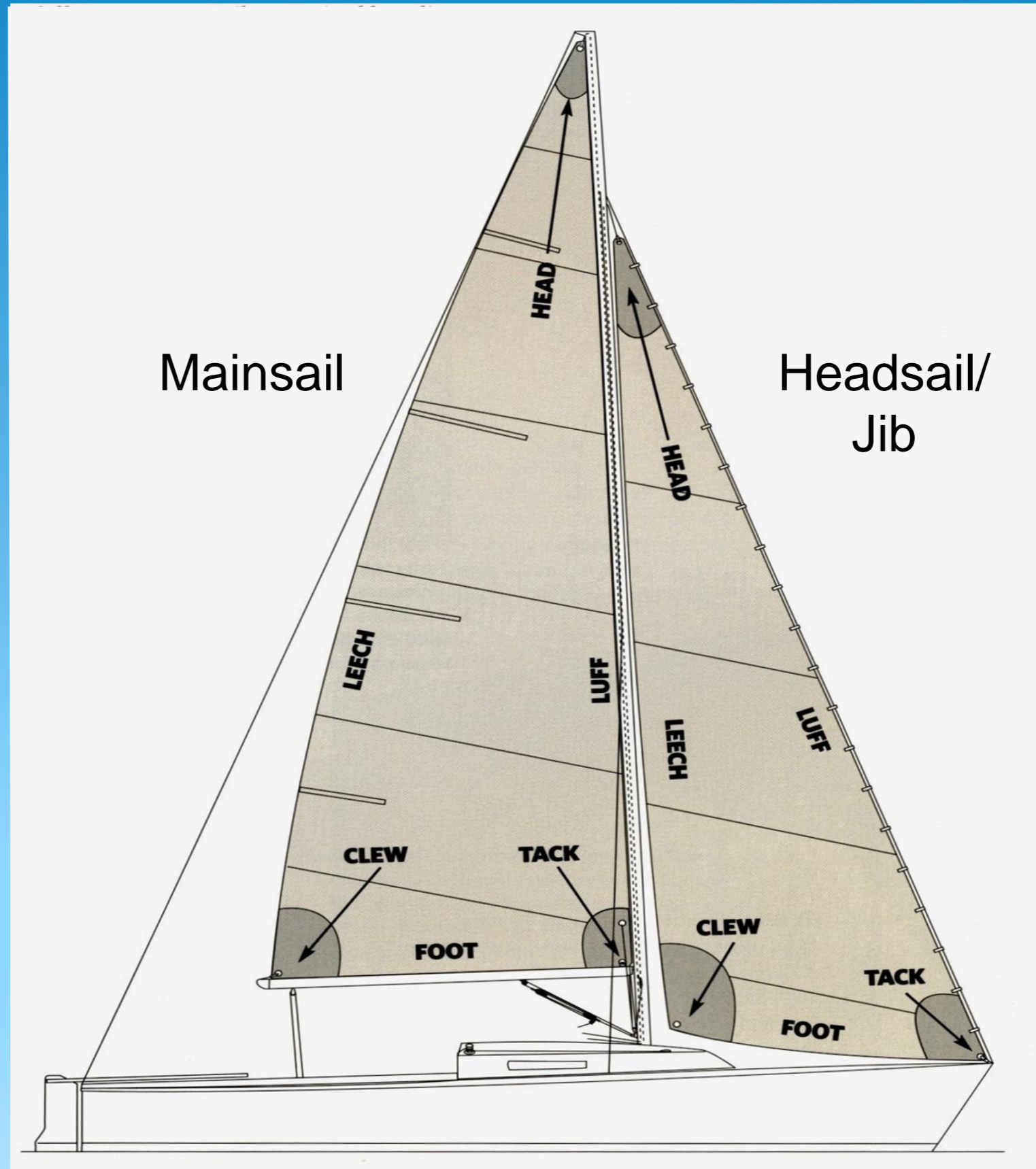




# Anatomy – Running Rigging



# 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



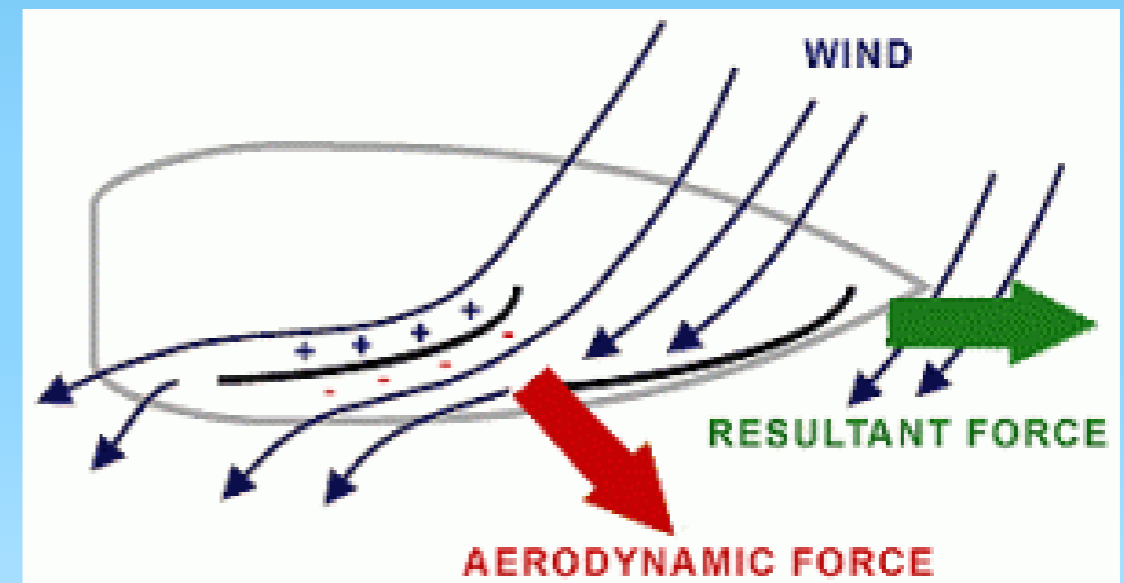
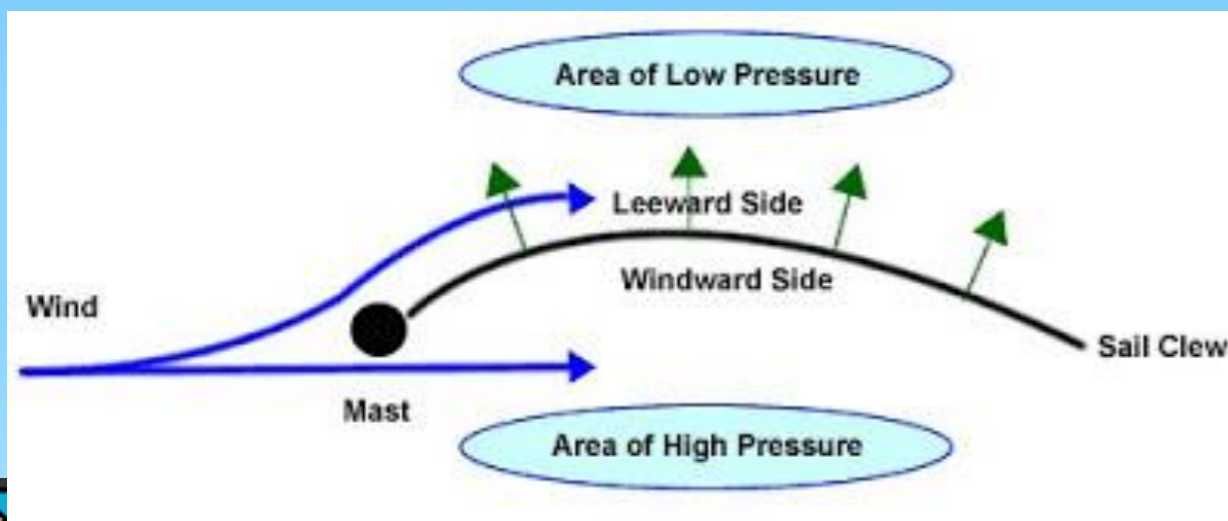
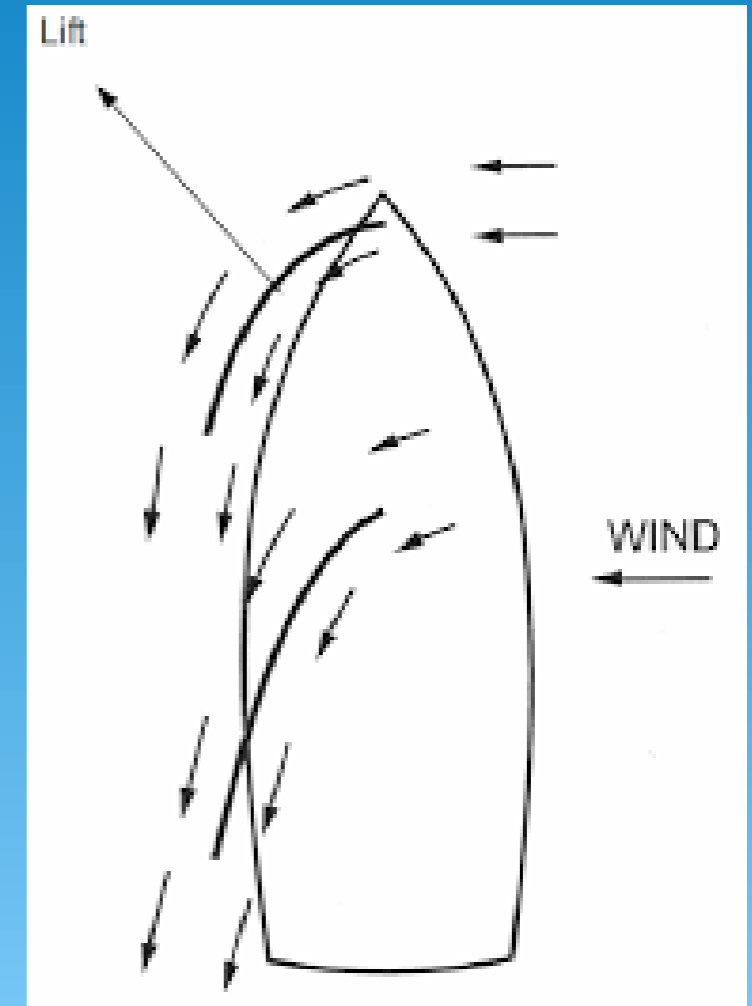


# How to Determine Where the Wind is Coming From

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

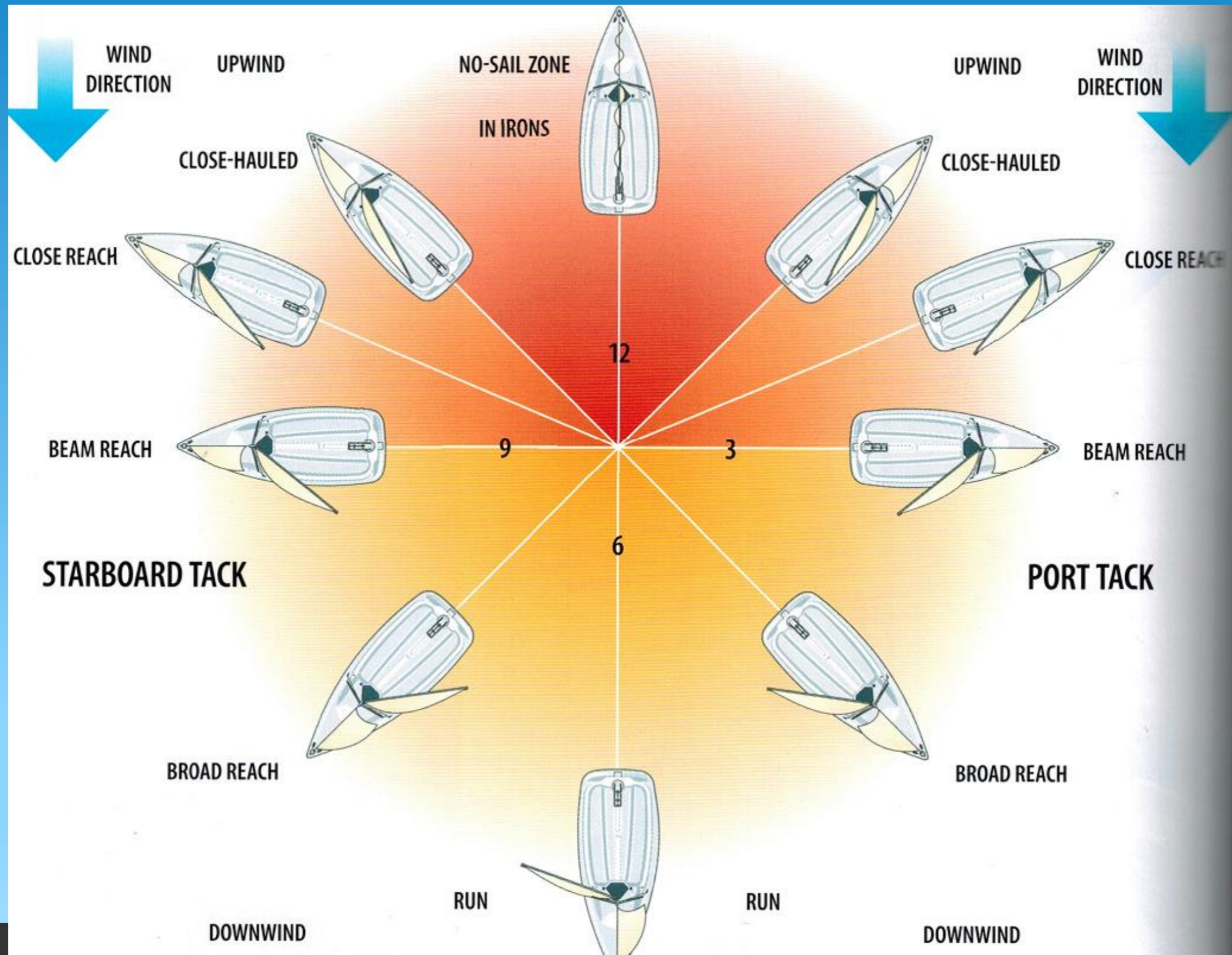




# Slot Affect

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 on Thursday at 7 Seas**