

# **Tacoma Mountaineers**

## **2017 Basic Crewing / Sailing Course**

### **Experience Sails 3 & 4**

#### **At The Dock**

- Knots demo: bowline, round turn and 2 half hitches, clove hitch, figure 8;
- Review process for preparing boat to leave the dock - safety brief, crew positions, difference between "prepare to" and "do" cast off.

#### **Under Power**

- Outline your process for stowing fenders and dock lines and making boat ready to sail;
- Discuss any right-of-way situations you encounter;
- Where is the wind? Discuss onboard, water and land signs for identifying wind direction;
- Review all steps of hoisting/setting sails.

#### **Under Sail**

- Review all concepts covered in training sails - during the sail, mention names of all running and standing rigging and parts of the boat;
- Discuss sail shape and trim as you turn through all points of sail;
- Rotate crew through positions for tacks and jibes;
- Demonstrate overboard rescue methods - quick stop method, quick turn method, life sling if you have one;
- Demonstrate heaving to, if your boat does it well;
- Discuss and demonstrate shortening sail: changing or rolling head sail, reefing main sail.