

Tacoma Mountaineers

Basic Crewing / Sailing Course

Dockside Training Session

- Demonstrate safe, proper boarding; use "permission to board".
- Safety and boat review. Walk through the boat, cover safety rules, point out all safety gear, when/how to wear PFDs, how to safely move around on deck, how to safely get on and off the boat when leaving & returning to the dock, use of lifelines, emergency VHF Radio use.
- Point out and discuss all parts of the boat: bow, stern, hull, deck, cockpit, keel, rudder, tiller(helm), mast, boom, lifelines, stanchions, bow pulpit, stern pulpit, masthead fly, port, starboard.
- Identify and describe the function of the Standing Rigging (keeps mast standing); forestay, backstay, shrouds, spreaders.
- Identify and describe the function of the Running Rigging (moves); halyards, sheets, cunningham, boom vang, furling line.
- Demonstrate how to tie a bowline, round turn and 2 half hitches, clove hitch, and figure 8
- Demonstrate how to secure a line to a cleat
- Discuss how to properly use dock lines and fenders to secure and boat to a dock.
- Demonstrate the steps to rig the boat in preparation for hoisting sails.
- Demonstrate how to safely load, grind and cast off line from a winch.
- Undocking; discuss the difference in "prepare" and "do" cast off.
- Discuss the process for stowing fenders and dock lines and other steps to make the boat ready to sail.
- Demonstrate how to steer the boat; tiller/wheel lesson,
- Discuss location of head and how it operates.