

Tacoma Mountaineers

Basic Crewing / Sailing Course

First Training Sail

At The Dock

- Stow Gear
- Complete orientation of the boat, including safety gear/lifesling and head.
- Discuss and assist with all steps for preparing the boat to get underway.
- Walk through the process for undocking the boat, including crew positions and duties.

Under Power

- Assist with stowing fenders and dock lines
- Identify the parts of the boat including standing and running rigging.
- Practice knots - bowline, round turn and 2 half hitches, clove hitch, and figure 8
- Review/demonstrate how to safely use a winch.
- Identify any aids to navigation you encounter.
- Identify boats with right-of-way under power and under sail. Discuss any right-of-way situations you encounter
- Identify wind direction. Discuss onboard, water and land signs for identifying wind direction. Discuss the difference between true and apparent wind.
- Name points of sail
- Demonstrate steering the boat - note how boat turns around keel
- Observe masthead fly through 360 degree turn.
- Identify all steps of hoisting sails. Prepare to hoist/set the sails.
- Raise mainsail using steps: "Prepare to hoist main": main sheet off and free to run, vang off, head to wind. "Hoist"
- Deploying the appropriate head sail.

Under Sail

- Identify part of the sail: head, clew, tack, foot, luff, leach
- Identify names of running and standing rigging.
- Discuss true wind vs apparent wind.
- Discuss rough trim for points of sail. 'When in doubt, let it out'
- Practice tacking, rotate positions - sail to an upwind "mark"

- Identify port tack and starboard tack.
- Sail to all points of sail on both tacks and trim sails as heading changes; Use telltales as appropriate; rotate positions.
- Discuss need and process to make adjustments to halyard tension, cunningham, outhaul.
- Review steps to lower & stow sails, prepare to lower sails
- Assist with lowering and stowing/covering sails

Returning to the Dock

- Review and assist with all steps for preparing to dock the boat.
- Assist with docking the boat.
- Assist with putting away all lines, reinstalling all covers, folding sailing, if necessary, and other items needed to put the boat away.