

# Tacoma Mountaineers

## 2022 Basic Crewing / Sailing Course

### Second Training Sail

#### At The Dock

- Stow gear
- Complete orientation of the boat, review safety gear (including lifesling) and marine head.
- Review and assist with all steps for preparing/rigging the boat to get underway.
- Review process for preparing the boat to leave the dock - safety brief, crew positions, difference between “prepare to” and “do” cast off.

#### After leaving dock while under power

- Assist with stowing fenders and dock lines
- Review names of 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.
- Review points of sail
- Review all steps of hoisting/setting sails. Prepare to host/set the sails
- Host main and head sails

#### Under Sail

- Review names of running and standing rigging.
- Review parts of the sail: head, clew, tack, foot, luff, leach
- Review true wind vs apparent wind.
- 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.

- Review jibing steps and boom awareness. Practice jibing, rotate positions, demonstrate sailing “by the lee”
- Practice adjusting sail shape using halyard tension, backstay tension, cunningham tension, outhaul tension, fairlead (car) position. Discuss the need to change sail shape to match wind strength.
- Adjust fairlead (car) position (slowly head up and watch telltales break)
- Adjust mainsail trim using the traveler in combination with main sheet.
- Discuss how mainsail and headsail work together.
- Discuss and demonstrate how to get the boat “out of irons”.
- Discuss and demonstrate (if possible) reefing both mainsail and headsail.
- 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.