

Tacoma Mountaineers 2017 Basic Crewing / Sailing Course

Dockside Training Session / First Training Sail

At The Dock

- Demonstrate safe proper boarding "permission to board".
- Safety and boat review. Walk through boat, cover safety rules, don PFDs.
- Quick review of 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.
- Standing Rigging (keeps mast standing); forestay, backstay, shrouds, spreaders.
- Running Rigging (moves); halyard, sheet, cunningham, boom vang, furling line.
- On Board; rig boat, tiller/wheel lesson, cleat lesson, winch lesson.
- Knots demo: bowline, round turn and 2 half hitches, clove hitch, figure 8
- Undocking; stress difference in "prepare" and "do" cast off.

Under Power

- Steering - boat turns around keel.
- Basic powerboat right of way.
- Discuss onboard, water and land signs for identifying true wind direction.
- Observe masthead fly through 360 degree turn.
- "Prepare to hoist main": main sheet off and free to run, vang off, head to wind.
- "Hoist"

Under Sail

- True wind vs apparent wind; head up, head down.
- Rough trim for points of sail. 'When in doubt, let it out'
- Practice tacking, rotate crew.
- Trim to Telltales for close and beam reach.
- Drive to Telltales for close hauled.
- Terms; head, clew, tack, foot, luff, leach.
- Demonstrate; halyard tension, cunningham, outhaul