

**Tacoma Mountaineers**  
**2016 Basic Crewing / Sailing Course**

**Dockside Training Session / First Training Sail**

At The Dock

- *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.
- *Demonstrate safe proper boarding* "permission to board".
- *On Board;* rig boat, tiller lesson, cleat lesson, winch lesson.
- *Undocking;* stress difference in "prepare" and "do" cast off.

Under Power

- *Steering* - boat turns around keel.
- *Basic powerboat right of way.*
- *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

- *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