

Tacoma Mountaineers
2016 Basic Crewing / Sailing Course

Second Training Sail

At The Dock

- Review process for preparing boat to leave the dock - crew positions, difference between “prepare to” and “do” cast off.

Under Power

- Outline your process for stowing fenders and dock lines and making boat ready to sail;
- Discuss any right-of-way situations you encounter;
- Review all steps of hoisting/setting sails.

Under Sail

- Review all concepts covered in 1st training sail - during the sail, mention names of all running and standing rigging and parts of the boat;
- Adjusting sail shape - halyard tension/cunningham, outhaul tension, use of the traveler, jib fairlead position;
- Practice tacking, rotate crew - sail to an upwind “mark”;
- Sail all points of sail and discuss sail trim as heading changes, rotate crew;
- Practice jibing, rotate crew, demonstrate sailing “by the lee”;
- Demonstrate overboard rescue methods - quick stop method, quick turn method, life sling if you have one.