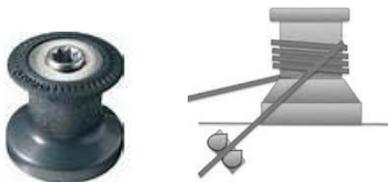


Winches & Lines

Winches

Mechanical devices used to pull in (wind up) or let out (wind out) or otherwise adjust the *tension* of a line on a boat. Generally used for adjusting jib sheets.

Standard Winch



- Wrap line in **clockwise direction**, usually 1 full wrap, and pull.
- Add a 2nd and 3rd wrap then grind /crank with winch handle if needed.
- *Tail* the line while cranking by pulling the line simultaneously.

Self-Tailing Winch



- Add 3rd wrap by placing line over the "feeder arm", pulling the line into self-tailing "jaws", and crank.

LINES

Lines are all ropes used on sailboat.

Don't step on lines on deck; they roll and you may roll with them!

Keep lines *coiled* and out of the way.

Coil a Line

Three-stranded lines have a natural twist built in. Always coil lines clockwise to avoid kinking.

1. Start coiling at standing end.
2. Hold line in left hand. Using right hand make a coil.
3. Twist line and place in left hand. Continue coiling to end.

Stow a Line

Coil line then wrap it so it will not come undone.



1. Wrap free end upward around the coil 2-3 times.
2. Make a loop with free end and pass it through top loop of coils.
3. Pass tail through loop created.

Throw a Line

Always start with a coiled line.

1. Separate coils into 2 sections.
2. Throw the smaller coil and let the rest of the line uncoil from your other hand.
3. Throw to crew with their arm out, aiming for extended arm.

Crew Essentials

*For Crew Members of
Sailing Singles South Florida*



- ✚ Learn the Basic Boating Knots
- ✚ Know Where to Use Each Knot
- ✚ Become Proficient Tying Basic Knots
- ✚ Understand Purpose of Each Knot
- ✚ Handle Fenders & Lines
- ✚ Use Winches Efficiently
- ✚ Operate Head Appropriately
- ✚ Perform Assigned Tasks
- ✚ Work Cooperatively with Crew
- ✚ Enjoy Your Time On The Water

May 2017

Sailing Singles of South Florida
Sailing Orientation Session

Basic Boating Knots

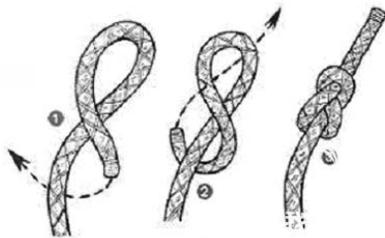
A Good Knot

- Can be made almost automatically.
- Holds securely in the usage it was meant for.
- Can be untied easily.

With practice you should be able to tie knots in the dark and in different positions. In many knots there is a:

- **Standing End**, takes the strain
- **Bitter End/Tail**, loose end

Figure Eight



- **Stopper Knot** used at end of a sheet or halyard. Keeps end of line from running through a block, car, or grommet.
 - <http://www.animatedknots.com/fig8/index.php>
1. Pass tail over itself to form loop.
 2. Continue under and around the standing end.
 3. Pass tail down through the loop to complete the knot.

Bowline

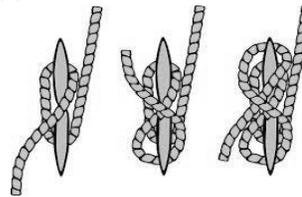


- **Fixed Loop End** never slips or jams; can always be untied easily after having load. Widely used for a variety of purposes.

<http://www.animatedknots.com/bowline/index.php>

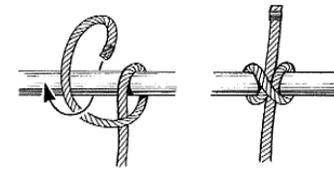
1. Form small loop with tail long enough for desired loop size.
2. Pass bitter end through small loop and continue around the standing end.
3. Pass bitter end down through small loop.

Cleat Hitch



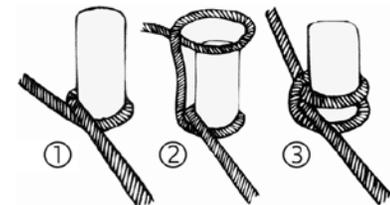
- **Hitch** used to secure a line to a cleat, once around, over, and loop
 - <http://www.animatedknots.com/cleatdeck/index.php>
1. Take line to ear of cleat furthest from where line comes from (the *load*).
 2. One wrap around base of cleat, then start a figure eight across top of opposite ear.
 3. Finish with half hitch turned under so line is coming away from cleat in opposite direction from which it came in.

Clove Hitch (fenders)



- **Hitch** used in supporting role, to increase security of primary knot. Used to tie fenders on a sailboat.
- <http://www.animatedknots.com/cloveend/index.php>
1. Pass end of rope around pole.
 2. Continue over standing end and around pole a second time.
 3. Thread end under itself (arrow).
 4. Tighten to take load on *standing end*.

Clove Hitch using Loops



- **Hitch** used to tie boat to a piling.
- <http://www.animatedknots.com/clove/index.php>
1. Form loop in line, then form second loop the same way.
 2. Cross loops one above the other so they form a knot.
 3. Place loops over the post.