

## Communications

Sound of waves, **Wind** and **Sails** luffing can make communications on the water difficult. Use **Hand Signals**.

### Clenched Fist



- **Stop**
- **Hold This Course**

### Fanning a Palm Hand



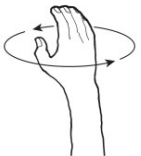
- **Slow Down**

### Pointing to Weather



- **Change of Course in that direction**

### Winding the Arm



- **Speed Up**
- **Let's Go**

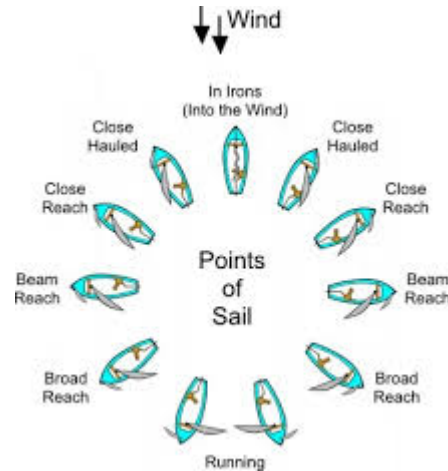
### Thumb Down



- **Drop Anchor**

## Points of Sail

Headings of a sailboat in relation to the wind.



**In Irons** - Boat is pointed into the wind and has stopped or is moving backward through the water, temporarily unable to turn onto either tack.

**Close Reach** – Sailing with the wind just forward of abeam or with bow approx.  $70^{\circ}$  to the wind source.

**Beam Reach** – Sailing approx.  $90^{\circ}$  to the wind source, sails out half-way.

**Broad Reach** – Sailing approx.  $135^{\circ}$  to wind source blowing over stern corner.

**Running** – Sailing away from the wind, sails let out all-the-way.

**Only Red Lense flashlights at night to preserve night vision.**

White light destroys night vision; it takes up to 20 mins. to readjust vision to the darkness.

# SSSF Sailing

*For Crew Members of  
Sailing Singles South Florida*



*Sailing with Sailing Singles of South Florida is more than being pushed and pulled by the wind. As Crew you will meet new friends, enjoy the water, handle new challenges, learn from others, and share in a unique bond among sailors.*

*The more you understand about sailing, the more you will be able to contribute to the sail and the more enjoyable your time at sea will be.*

**May 2017**

Sailing Singles of South Florida  
Sailing Orientation Session

## SSSF Sailing



### Sailing with SSSF

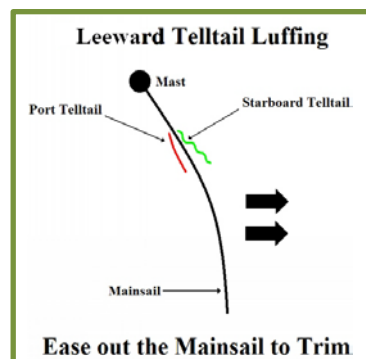
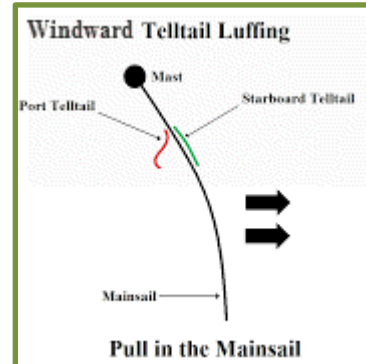
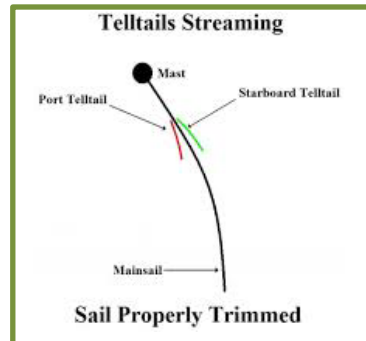
- Most sailors will acquire entry level skills quite rapidly: terminology, knots, responding appropriately to commands, etc.
- Mastering sailing skills will require experience that comes with time on the water
- Try to learn something new each sail. Ask for guidance or skill refresh if needed. Our SSSF Captains and Crew are always ready to help.

### Push & Pull

- When wind comes from behind, sails block the wind which **pushes** the boat forward.
- When sails curve from wind hitting, they generate **lift** by bending the wind. The lift is a power which **pulls** the boat forward and sideways.
- *The keel or centerboard* keeps the boat from sliding sideways.
- Wind blows over the **windward** (high) side of boat first and **leeward** (low) side last.

### Sail Trimming

- **Luffing** is the sail flapping in wind; it develops no power. Use sheets to trim; change angle of sails relative to wind.
- **Telltails** show wind flow over sails. Made of yarn or thread, should be parallel to water, *straight back*.



### Come About - Tacking

Changing direction wind hits your boat from one side to the other, **turning bow towards wind** and through **no-sail zone**.

- Helmsman ensures boat has speed.
- Helmsman calls "**Ready About?**"
- Crew uncleats jib, says "**Ready**" while holding jib sheet.
- Helmsman calls "**Hard a-Lee**" or "**Coming About**" and starts turn.
- As boat turns into no-sail zone, sails begin to luff, Crew releases sheet.
- Once jib passes mast or wind backfills sail, Crew sheets in jib.
- One wrap of sheet on winch to pull, then 2-3 wraps to grind/crank until telltails are trimmed.

### Jibing

Changing from one tack to the other when sailing downwind. Mainsail swings across the boat, stern crosses through the wind as bow turns away from the wind.

- Helmsman says "**Prepare to Jibe**".
- Crew uncleats jib leaving one wrap, says "**Ready**" while holding jib sheet.
- Helmsman slowly starts to turn while pulling in main until boom at centerline, then calls "**Jibe-Ho**".
- Crew lets jib luff until crossing mast or backfill with wind, then releases and sheets in on opposite side.
- Helmsman lets boom cross centerline and eases out the main.
- All sails are trimmed to new heading.