



SMALL SAILBOATS SIMPLIFIED

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BASIC TERMS

Bow – The front of the boat (hint: you **bow** forward or to the front).

Stern – The **back** of the boat, where the tiller is (hint: You **Steer** from the **Stern**).

Mast – The tall vertical pole that the mainsail is connected to (hint: the **flag** was at **half-mast**).

Halyard – The line used to **haul** or hoist the sail up the mast (hint: the **halyard hauls** up a sail).

Boom – The horizontal pole at a right angle to the mast that supports the bottom of the sail.

(hint: It can swing across the boat and if you are not careful it can **go boom** on your head!)

Dagger-board – A removable keel to stabilize a sailboat and keep it from drifting sideways.

(hint: It inserts **like a dagger through the middle of the hull**. Pull it up in shallow water.)

Rudder – A vertical board hinged to the stern used for steering (it is like a downward fishtail).

Tiller – A pole attached to the rudder used to steer smaller boats. Move left to **turn** bow to right.

Mainsheet – the line (rope) used to control the **mainsail**. It is your gas and your brakes.

Pull **mainsheet in** to pull **sail in** to allow you to go **into** the direction of **wind**. (**Close Haul 1:30**)

Let mainsheet **out** to let mainsail **out** to allow you to go better **downwind**. (**Broad Reach 4:30**)

Tack – **Turn** (opposite sail) to zigzag **Through** wind to go **Upwind**: Push **Tiller** across boat **To** sail.

Jibe – Turn **Downwind** (side sail is on). Pull main in partway; **slowly** push **tiller away from** sail.

Windward – **Upwind**. **Towards** the wind; the direction which the wind is coming **from**.

Leeward – **Downwind**. (loo-werd). Where wind blows **to**. A full sail is on the leeward side; a boat

Leans Leeward. **If in doubt, for safety, pass pilings and obstacles downwind**.

Fall Off – Head **Downwind** slightly. Do this when sail starts to **Luff** or flutter, so you can fill sail.

DEALING WITH PROBLEMS

To avoid capsizing a small sailboat if the wind is blowing you (Heeling) way over to one side:

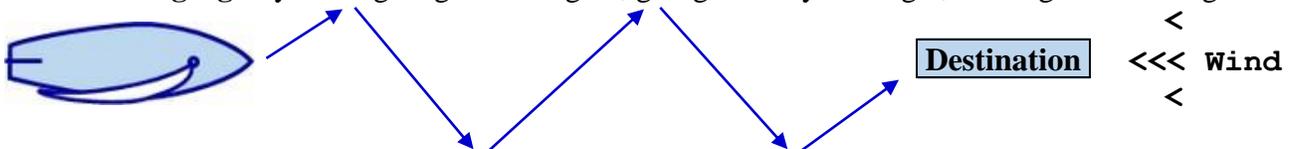
1. **Hike** your body (move your butt) up and **lean on the High side**.
2. If going upwind: Let a **little of the mainsheet out** to let a little wind (gas) out of sail.
3. If going upwind: Point the bow of the boat a **little more into the wind** to slow it down a bit.
If going downwind (less common): Let wind out of the sail by pulling mainsheet in a bit.

If you capsize a small sailboat: (Keel boats with heavy fixed keels, instead of dagger-boards, are far more stable)

1. Make sure the **dagger-board** is pushed **all the way in** or center-board is rotated all the way down.
2. Make sure the **mainsheet is released** so that the boat will not sail away when you right the boat.
3. Make sure the **tiller is not tangled** on the back bridle or traveler lines. Try to point bow to wind.
 - A. While keeping contact with the boat, swim around so that you face the bottom of the boat.
 - B. Pull the dagger-board or center-board downward until the boat comes back up.
It may be necessary to pull yourself up on the dagger-board and stand on the very tip of it.

If you cannot get to where you are going because your destination is directly up wind:

Tack or **Zigzag** to your target again and again, going left of your target, then right of the target.



If you Stall (Point of Sail: In Irons 12:00) because you are pointing directly into the wind:

1. Push the tiller across boat towards the sail, then grab the boom and slowly pull it back over your head till the sail fills with wind and the bow turns. Or push tiller one way and boom opposite direction.
2. **Sculling** – Push tiller to one side of boat and then **fishtail** rudder back and forth till bow turns.