



Introduction to Sailing

part 2

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YCC, <http://cern.ch/yachting>

After first outings...

- *“Where does the wind come from?”*
- *“How to slow down/break?”*
- Helming
- Trimming sails
- Is it FUN or just too complicated? 😊



Outline

Wind

Trimming sails

Spinnaker

Trapeze work

Maneuvres:

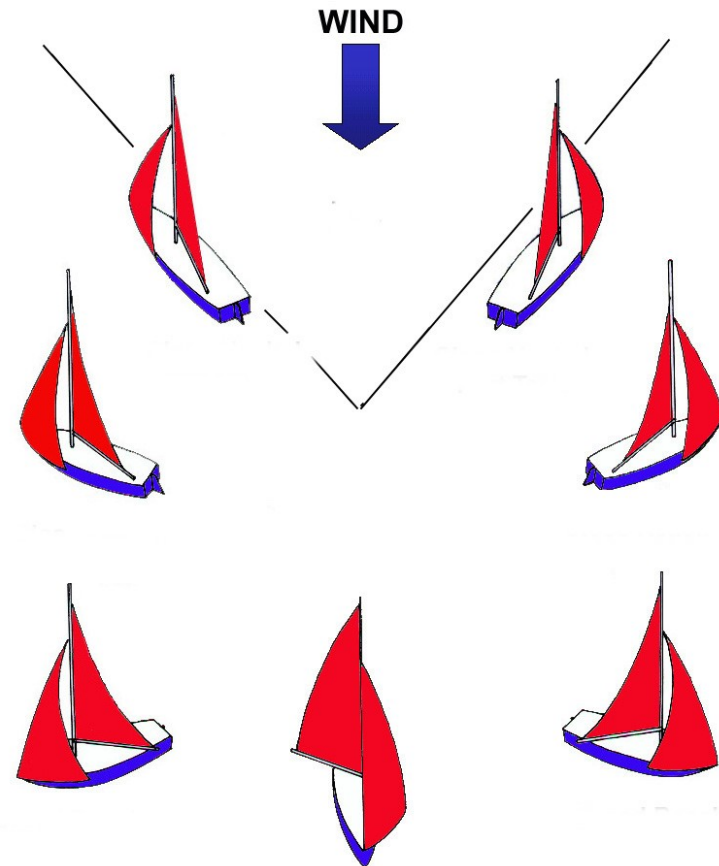
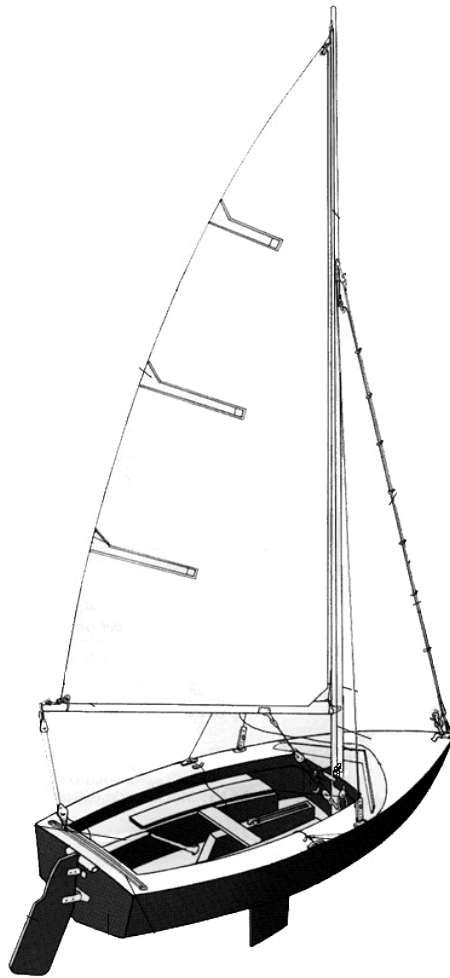
- tacking, gybing
- MOB (man overboard)
- leaving and entering port

Priority rules

**please interrupt
and ask questions!!!**



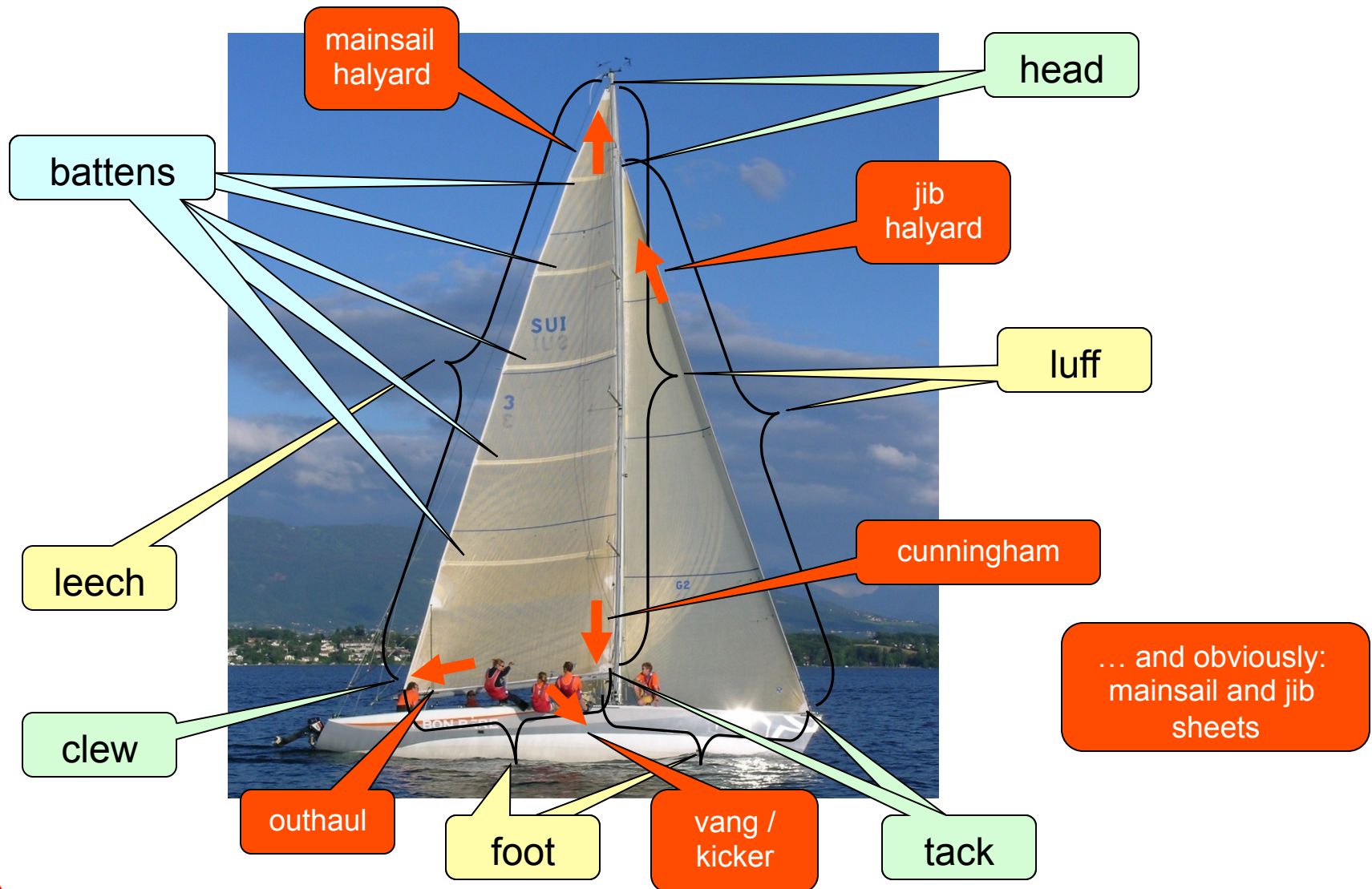
Do you still remember...?



Courtesy of www.easytolearn.net



A sail



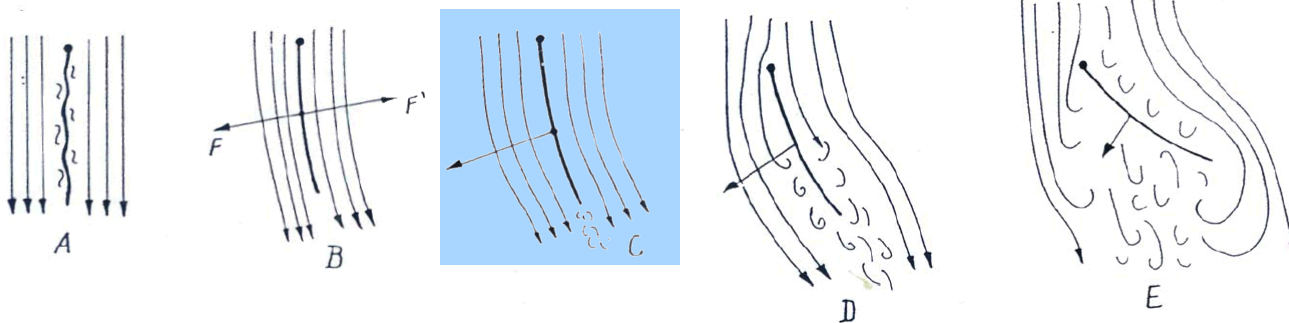
Pictures © Sebastian Łopieński

Some verbs...

- to hoist a sail (fr. *hisser*)
and to lower it (fr. *affaler*)
- to trim a sail (fr. *border*)
and to ease it (fr. *choquer*)
- to luff (fr. *lofer*)
and to fall off (bear away) (fr. *abattre*)
- to tack (fr. *virer*)
and to gybe (fr. *empanner*)

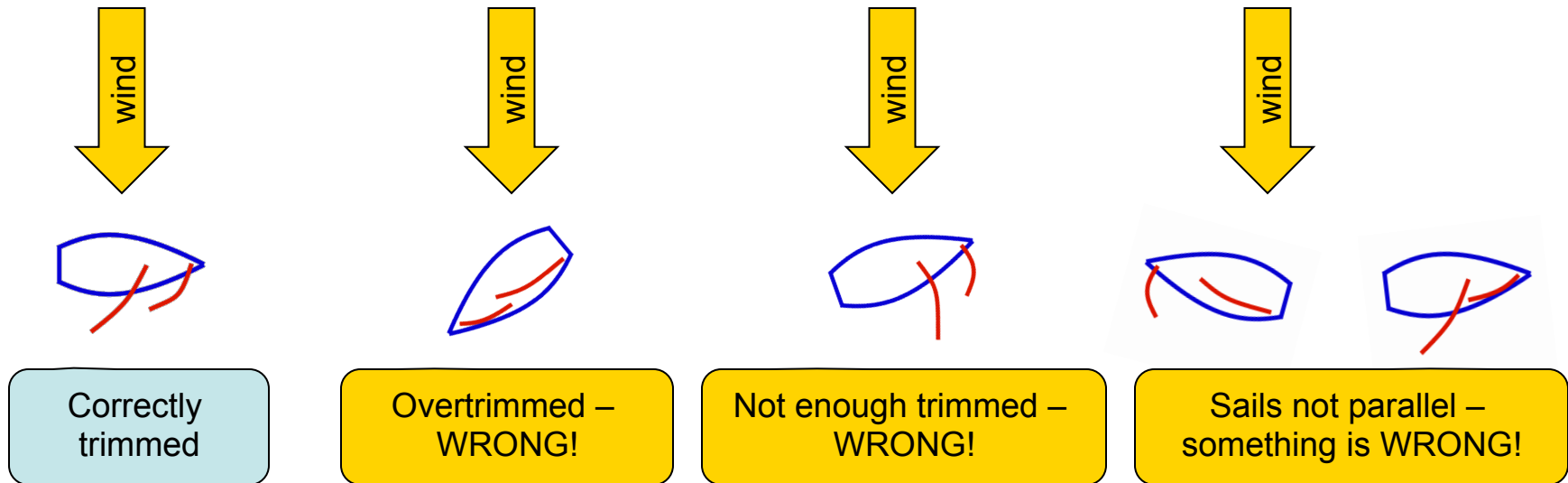


Trimming a sail



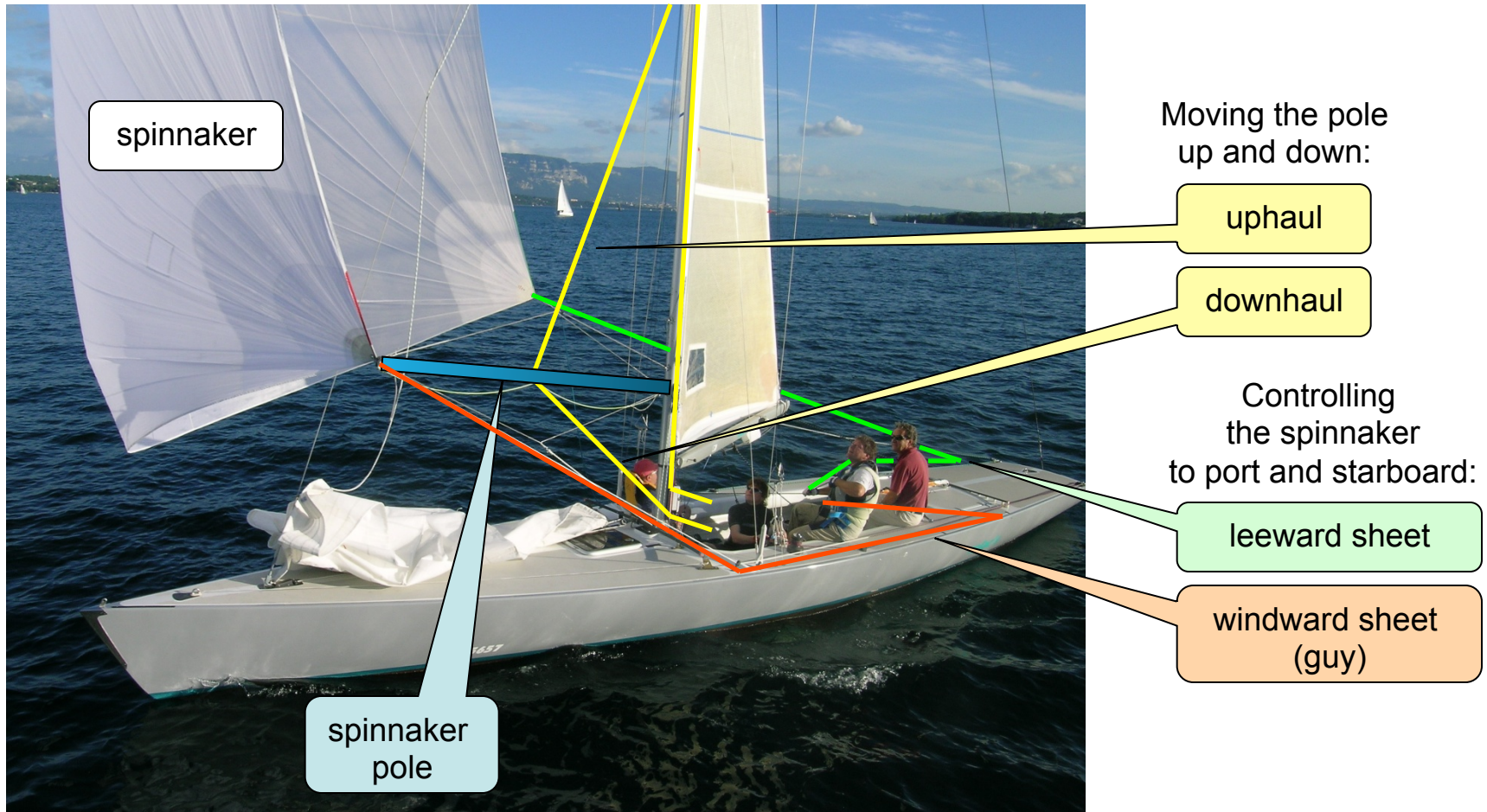
- Sail eased completely flattens and generates no force (A)
- Sail pulled slightly doesn't flutter, but still no force (B)
- When trimmed some more, sail starts to work (C) **OPTIMUM**
- More trimming generates air turbulence and lowers the force (D)
- Hard trimming against the wind is highly inefficient (E)

Trimming sails



- A sail should be let out until it stops working, ...and then trimmed a little to make it stop flatter
- Correct sail trim depends on the course, so:
Changing your course? → work on your sails!
- Both sails (mainsail and the jib) should be (more or less) parallel

Spinnaker

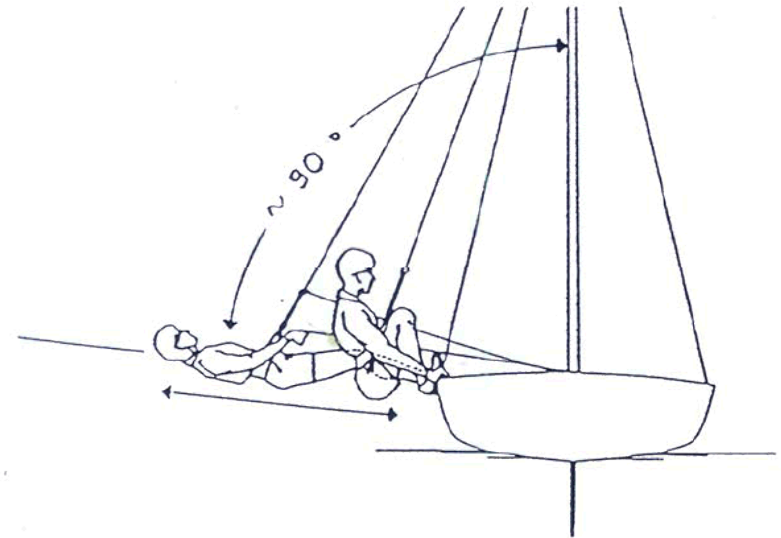
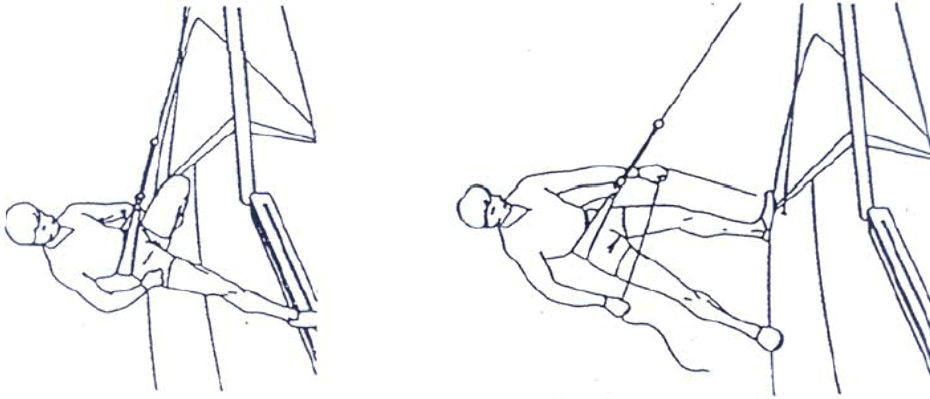
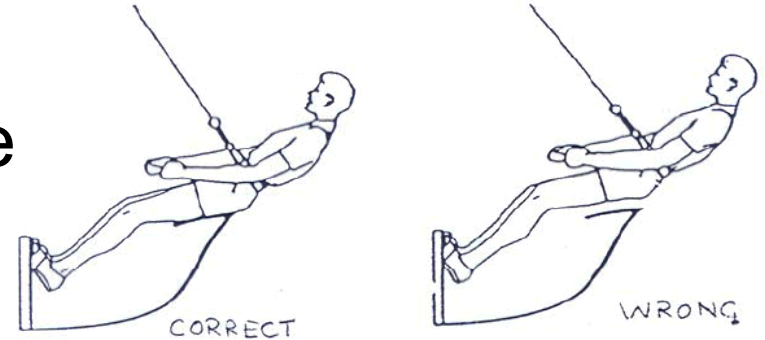


Pictures © Sebastian Łopieński

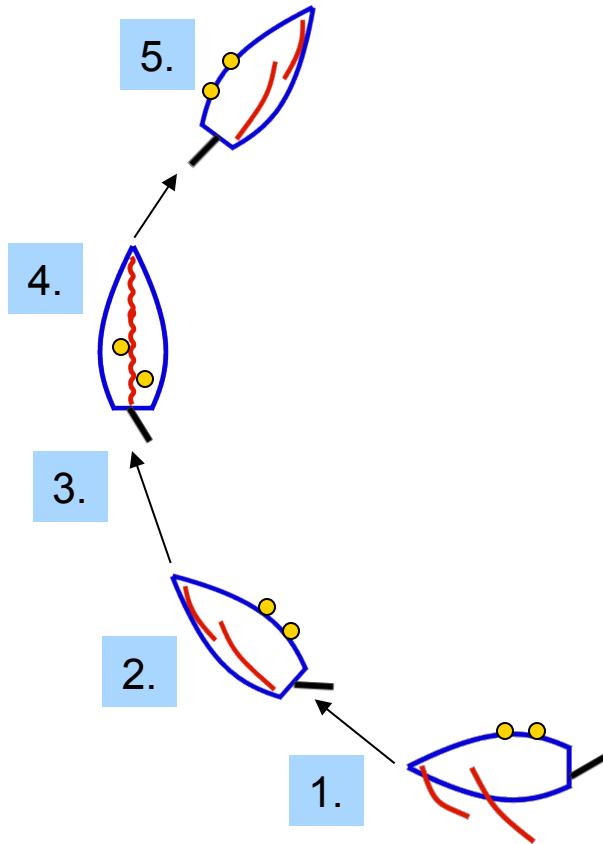


Trapezing

- Why? to balance a boat
- Crew member on a trapeze has to watch for gusts, waves etc.



Tacking



helmsman:

5. rudder zero
4. changing place when passing line of the wind
3. *“tacking!”* / *“lee-oh!”*
luffing up more
(rudder to starboard *)
2. *“ready to tack?”*
1. trimming mainsail
luffing up
to close-hauled course

crew:

5. trimming jib on the new side
4. changing place when passing line of the wind
3. easing jib completely
when it stops working
2. grabbing other jib sheet
“ready!”
1. trimming jib



Gybing

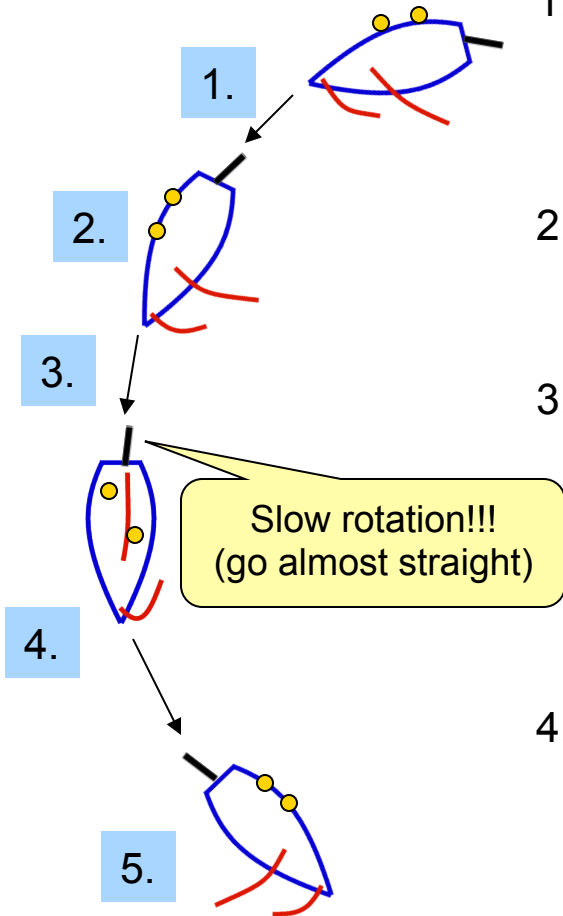


helmsman:

1. easing mainsail falling off to broad-reach course
2. “ready to gybe?”
3. “gybing!”
falling off (very slowly!)
bringing mainsail to the middle
“watch your head” / “heads down”
4. changing place when passing line of the wind
easing mainsail to the other side
5. rudder zero

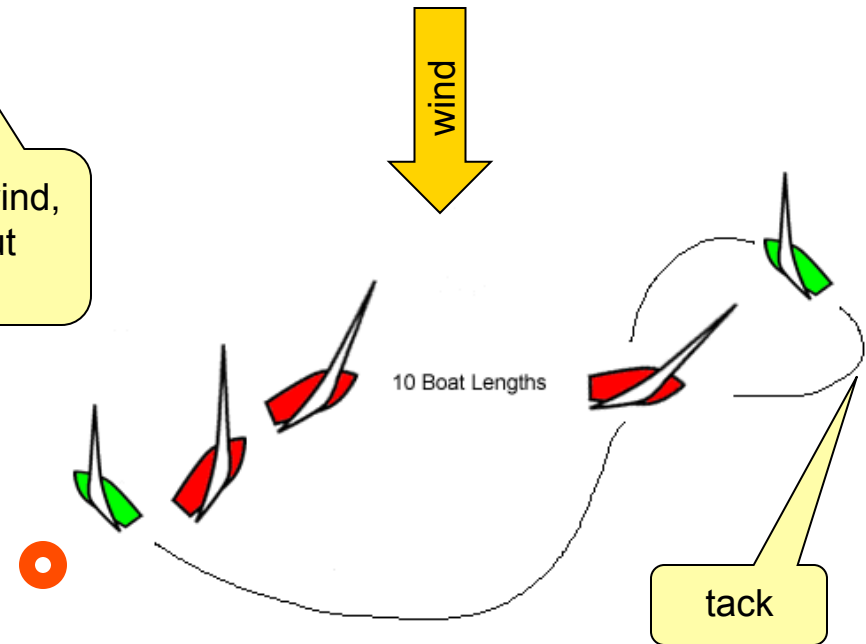
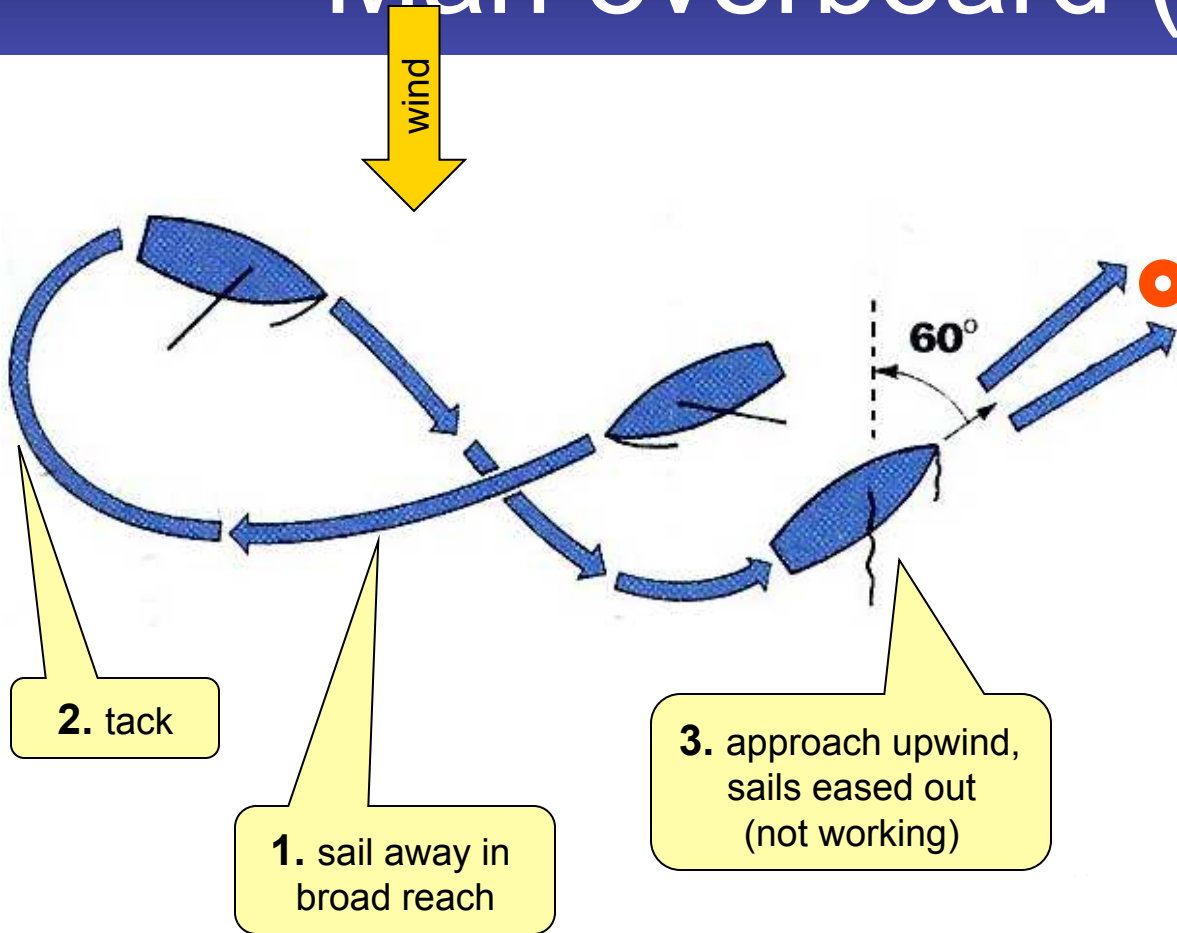
crew:

1. easing jib
2. grabbing other jib sheet
“ready!”
3. continue easing jib
4. changing place when passing line of the wind
pulling jib to the new side
5. trimming jib (loosely!)



Man overboard (MOB)

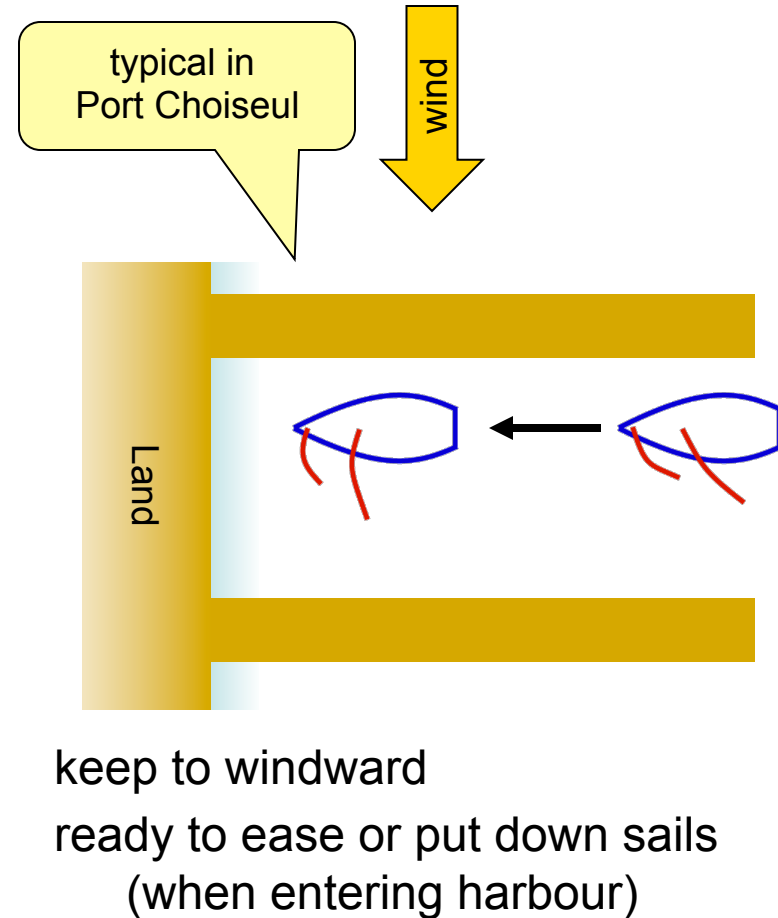
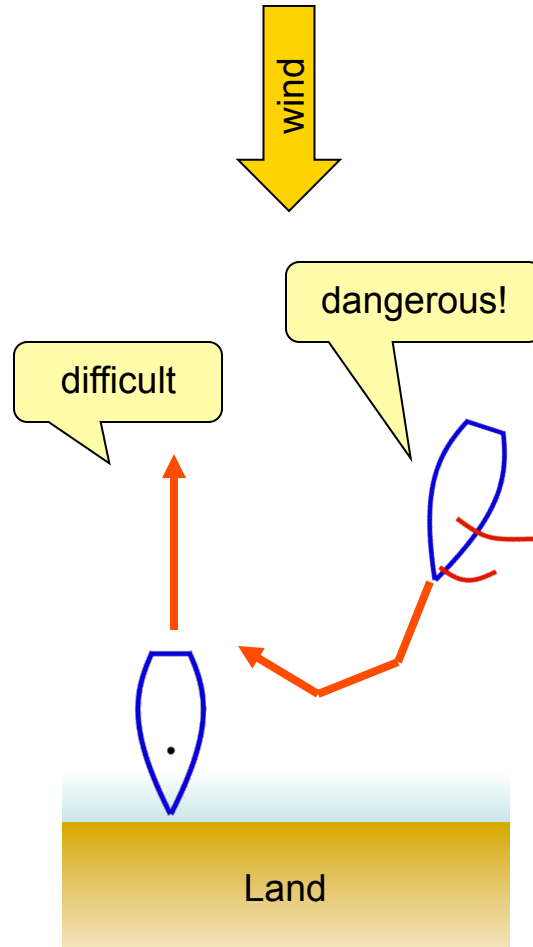
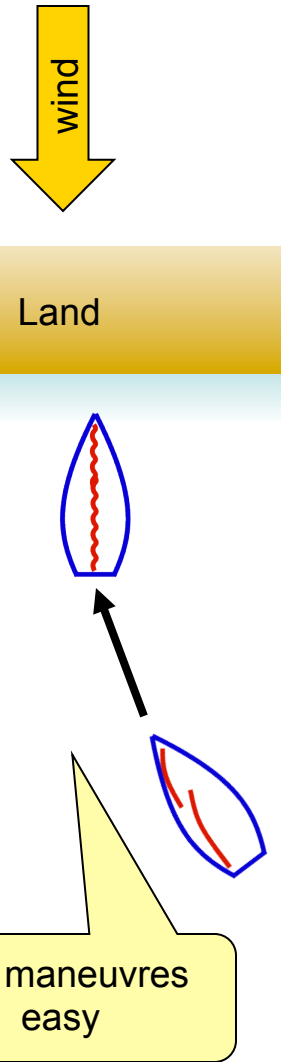
From <http://www.lalzas.com/products.asp?S0=1&S1=4>



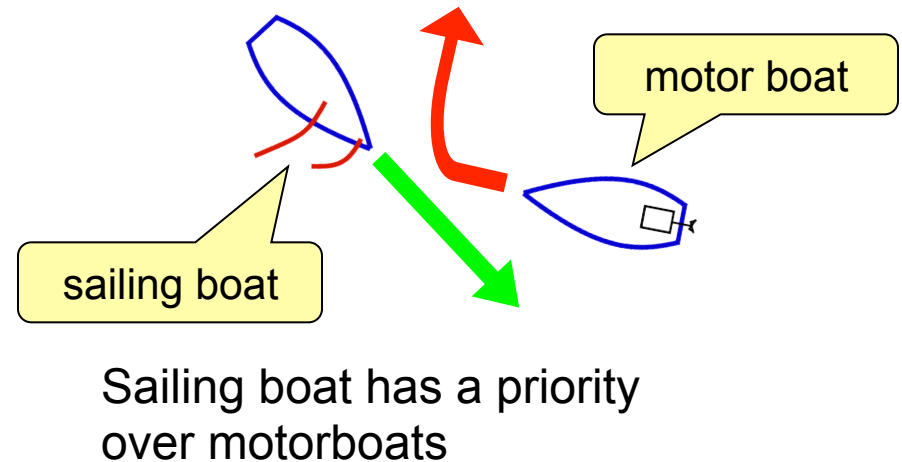
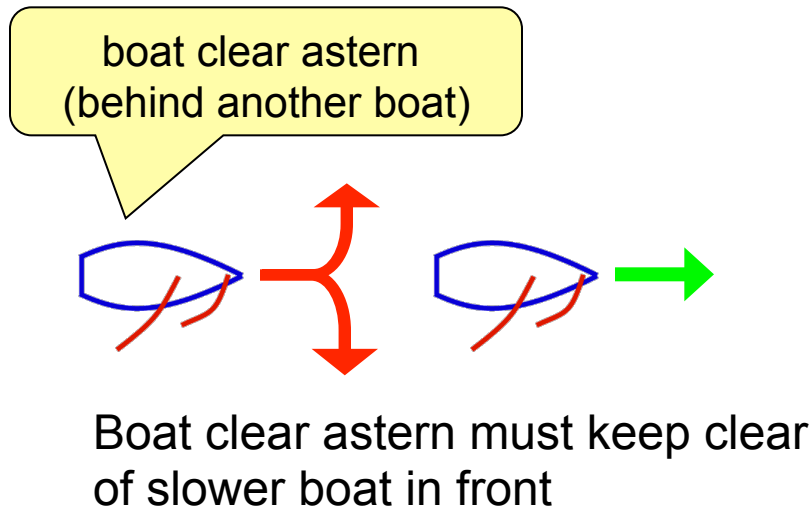
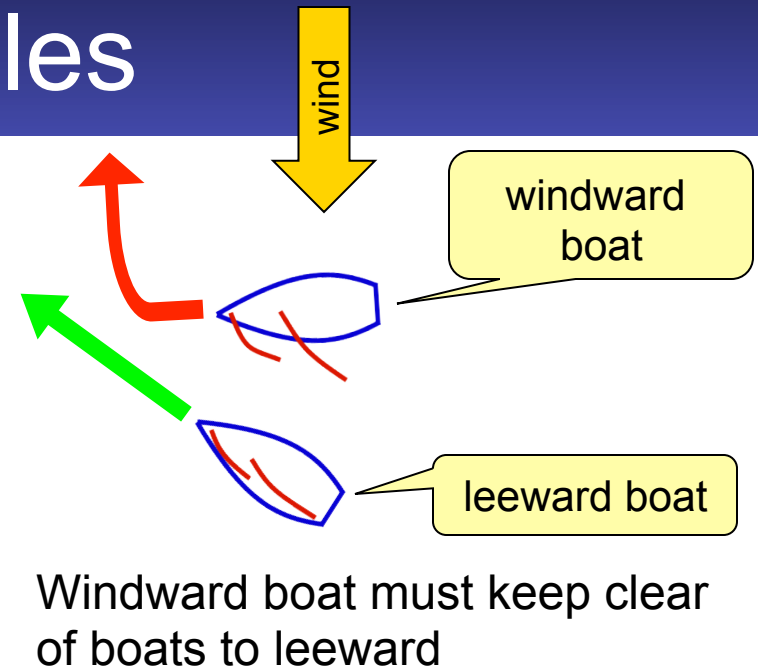
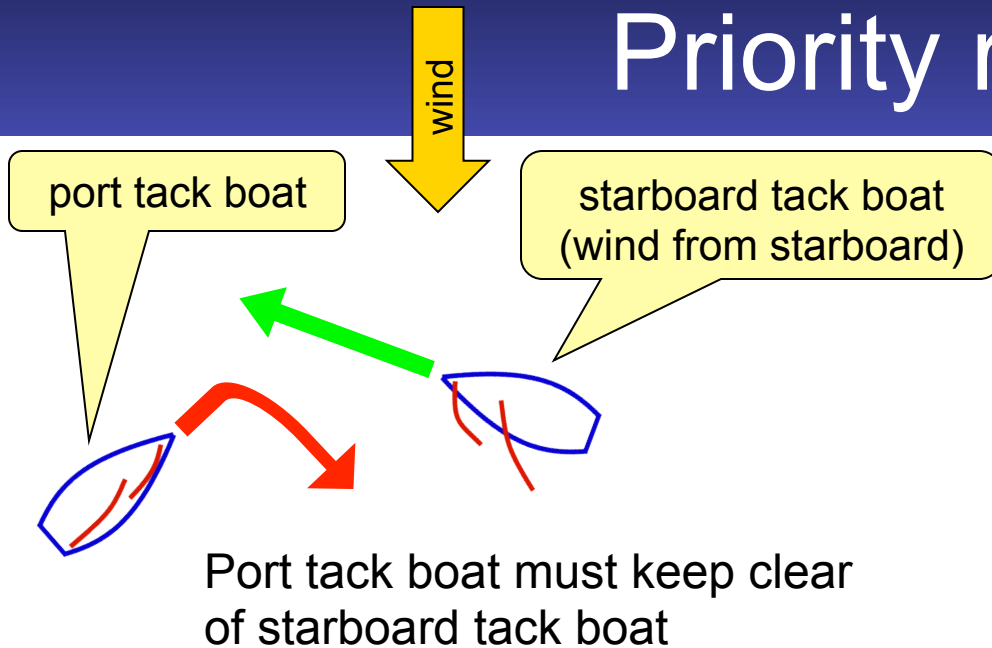
From <http://www.learn2sail.co.uk/dinghies/section.asp?id=11>



Leaving and entering a harbour



Priority rules



There are exceptions!!!

Distance, speed etc.

- **1 nautical mile** (nm) is **1852** meters
(length of 1 minute of arc on the equator)
- **1 knot** (kn) is 1 nautical mile per hour
(2 knots = 1 m/s)
- (YCC) boats - usually 3 to 5 knots,
up to 7-10 knots (could be more for
planning dinghies)



Wind – Beaufort scale

0	0-1 knots	0-1 km/h	flat water
1	1-3 knots	2-5 km/h	ripple
2	4-6 knots	6-11 km/h	wavelets
3	7-10 knots	12-19 km/h	large wavelets
4	11-16 knots	19-28 km/h	small waves, white horses
5	17-21 knots	29-38 km/h	long moderate waves, many white horses
6	22-27 knots	39-49 km/h	large breaking waves, white foam
7	28-33 knots	50-61 km/h	
8	34-40 knots	62-74 km/h	
9	41-47 knots	75-87 km/h	
10	48-55 knots	88-102 km/h	
11	56-63 knots	103-117 km/h	
12	64+ knots	118+ km/h	the air is filled with foam and spray

Hopefully you won't be sailing in these winds on Lac Lemman!



Further reading

YCC Sailing Course for Beginners booklet:

<http://cern.ch/yachting/courses/YCCSailingCourse.pdf>

Clickable dinghy:

<http://cern.ch/wynhoff/Dinghy/>

Nautical glossary:

<http://www.bunganutlake.org/glossary.htm>

Knots:

<http://www.ukdivers.net/boats/knots.htm>



Take part in YCC activities

- Attend other [Theory courses](#)
- Come and sail on [Thursday practice evenings](#)
 - meet people, sail on different boats
- Participate in [Internal regatta](#)
 - best way to learn sailing, even for complete beginners
- Register to [Surveillance boat shifts](#)
 - you'll have to do two shifts before taking a sailing test
- Check the [Calendar](#) for other events
 - *Newcomers Welcome, Opening Dinner, etc.*



The famous Lake Geneva races

- Geneve-Rolle regatta *Saturday, early June*
(200+ boats passing by Versoix around 15-16h)
- Bol d'Or regatta *Saturday, mid-June*
(600+ boats passing by Versoix around 11h-13h)



Thank you

...and please
ask questions!!!

also to
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