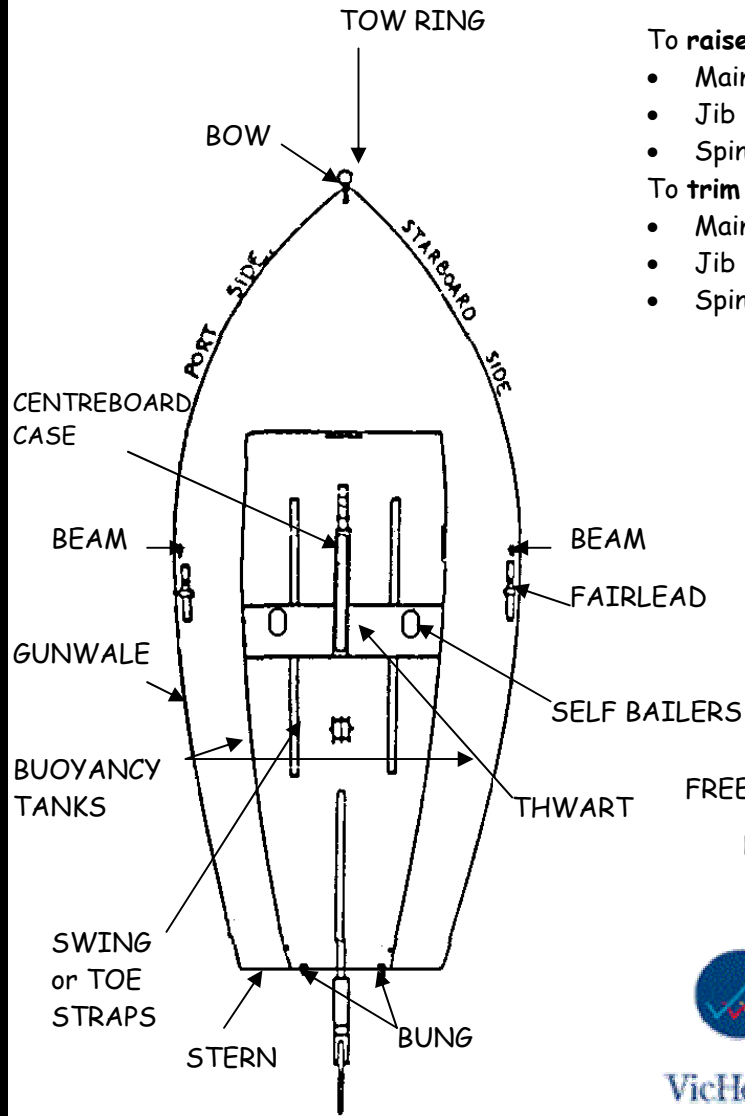


PARTS OF A BOAT

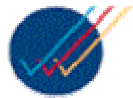
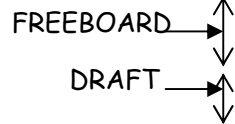


To raise & lower sails - HALYARDS

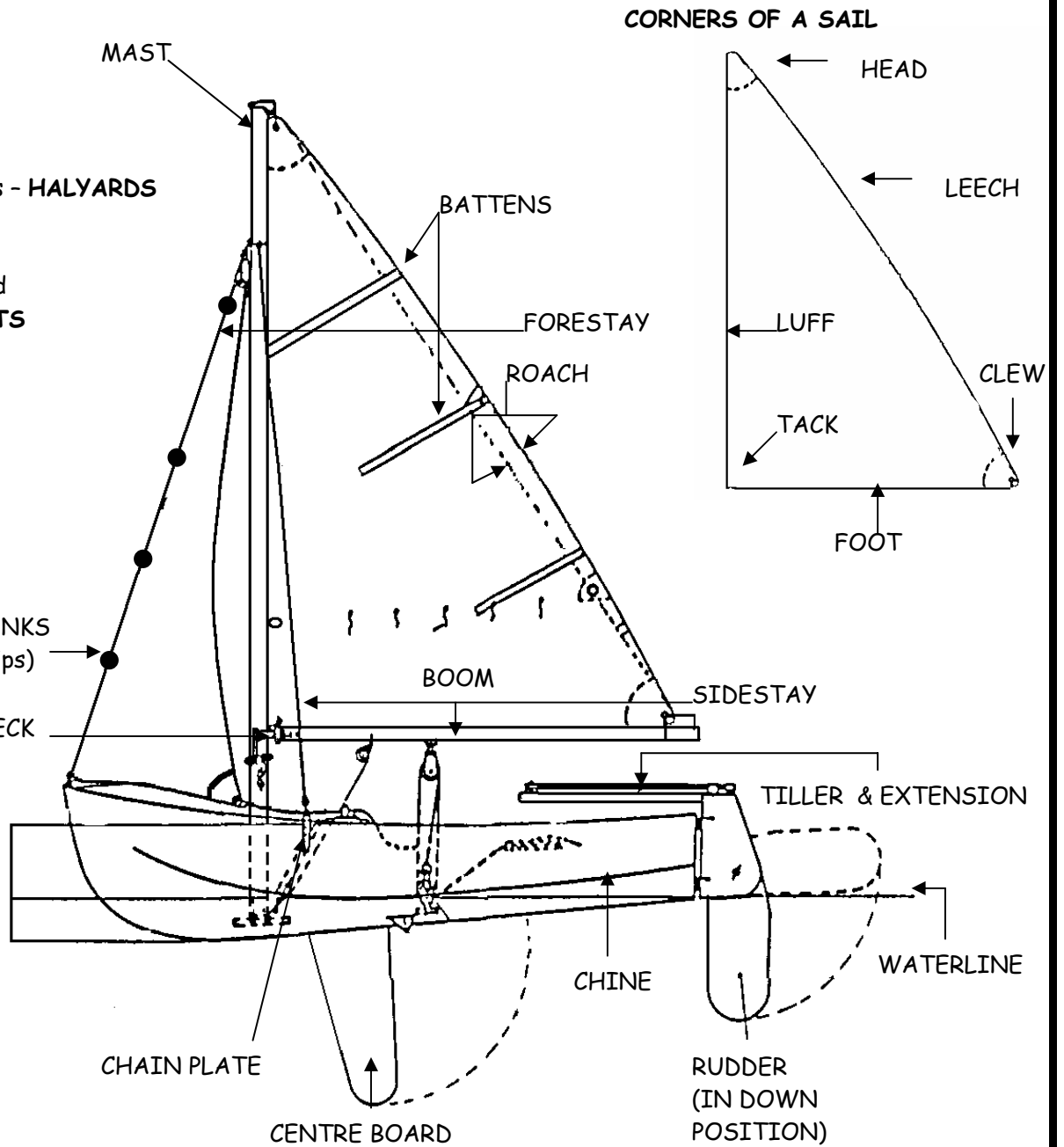
- Main Halyard
- Jib Halyard
- Spinnaker Halyard

To trim sails - SHEETS

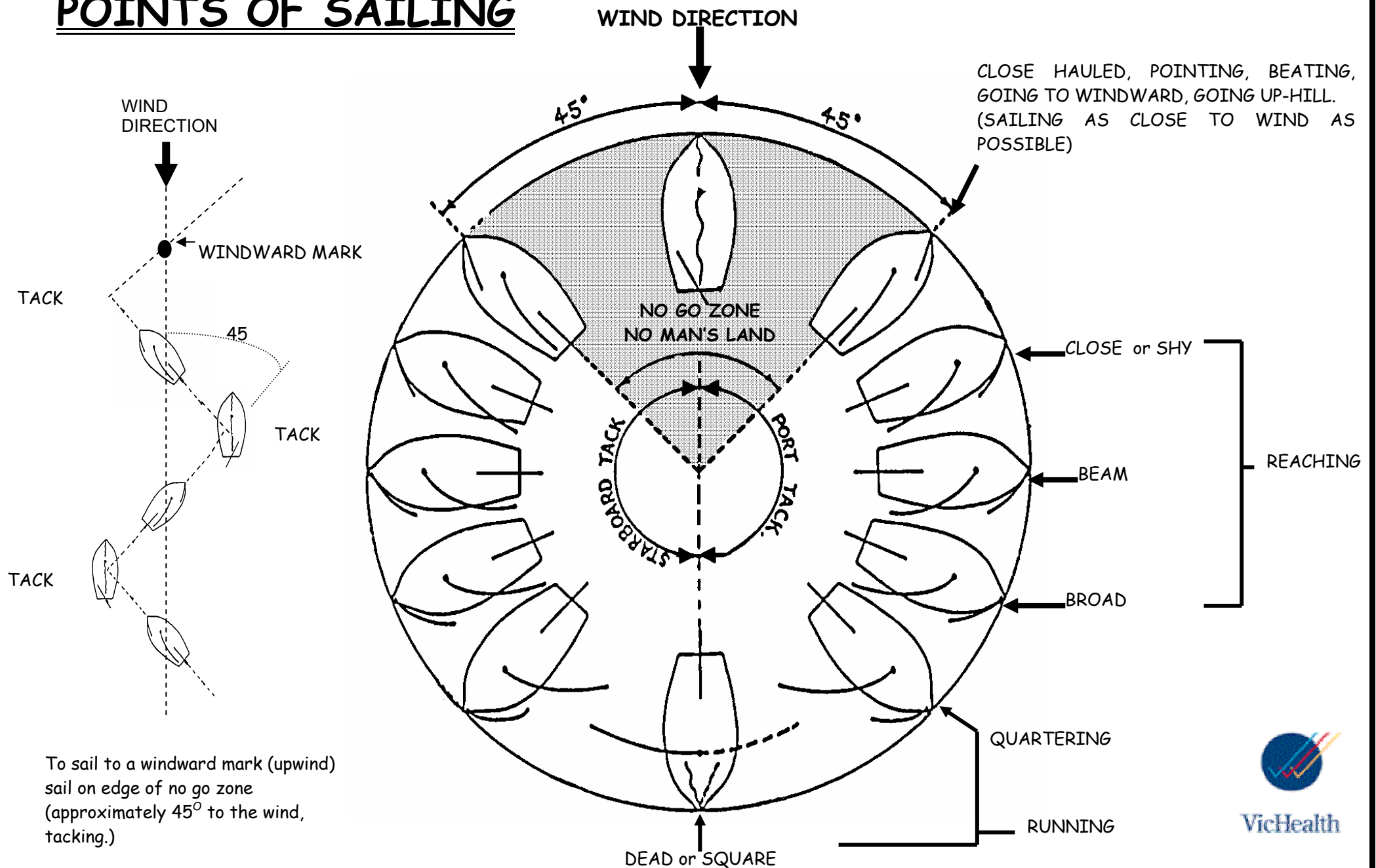
- Main Sheet
- Jib Sheet
- Spinnaker Sheet



VicHealth



POINTS OF SAILING



To sail to a windward mark (upwind) sail on edge of no go zone (approximately 45° to the wind, tacking.)



TACKING



↓
WIND
DIRECTION.

WINDWARD →

← LEEWARD

CLOSE HAULED
ON PORT TACK

- Skipper straightens tiller



- Crew & skipper swap sides here
- Crew lets go jib sheet & pulls on 'new' jib sheet

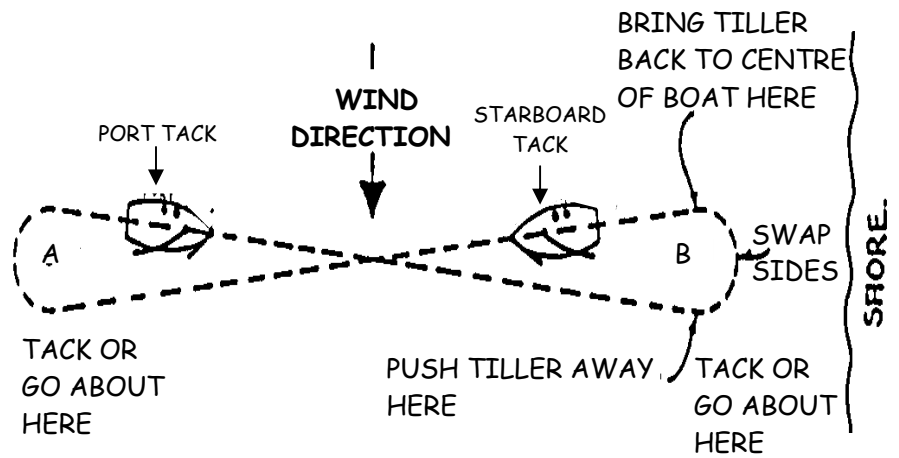
- Skipper calls 'READY ABOUT' or GET READY

- Skipper calls 'TACKING' & pushes tiller towards the main sail.

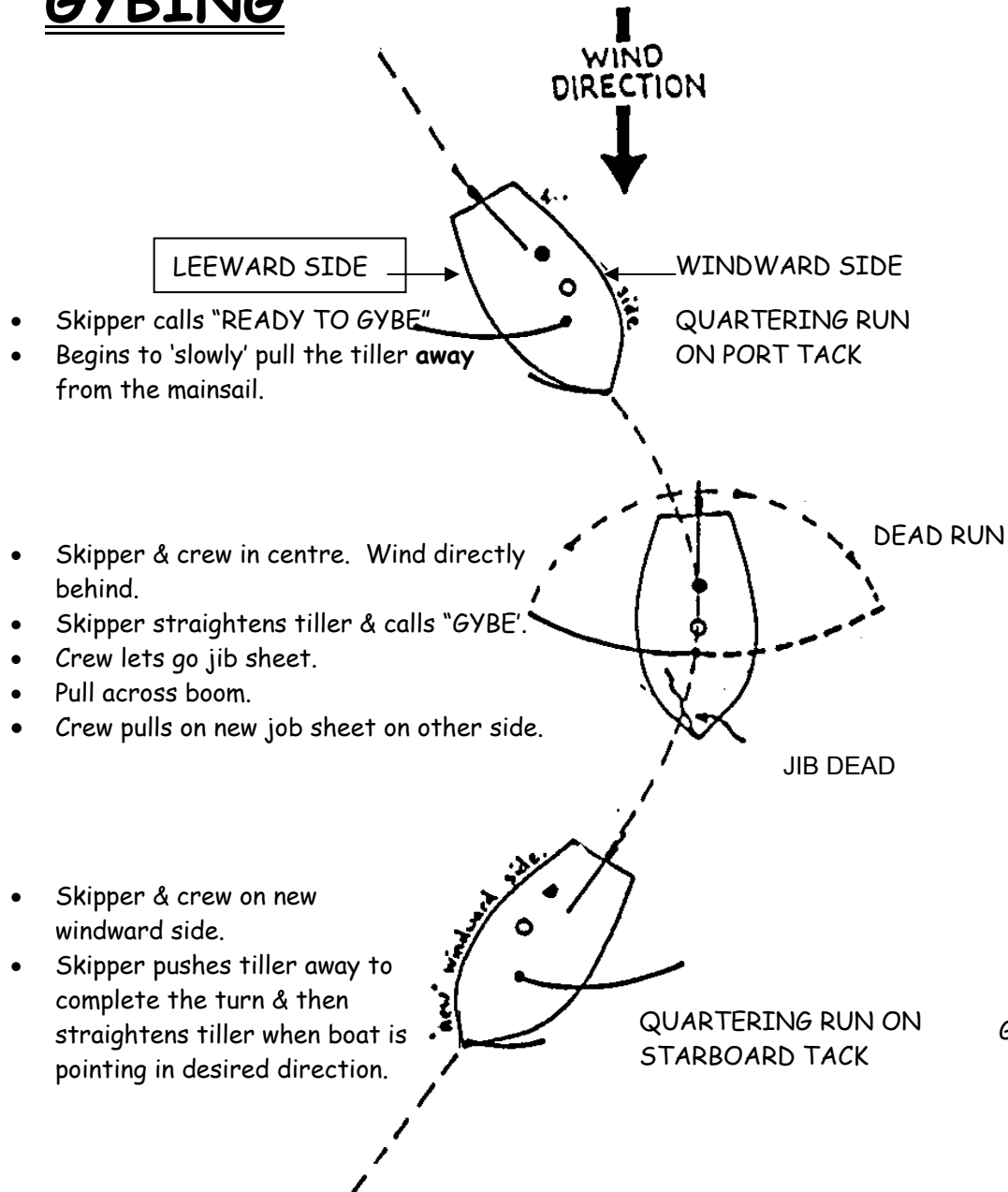
CLOSE HAULED ON
STARBOARD TACK

GOING ABOUT OR TACKING

- Both skipper & crew are on windward side of boat.
- Skipper gives crew warning of intention to Tack by calling "READY ABOUT"
- Skipper calls 'TACKING'
- **Pushes** the tiller away, toward the boom
- As boat comes around & sails luff, crew must move across to the other side, which is new windward side. Being careful to balance the boat & not move across too quickly.
- When boat is pointing in desired direction skipper then straightens tiller.
- You are now on 'new' tack



GYBING



- Skipper calls "READY TO GYBE"
- Begins to 'slowly' pull the tiller **away** from the mainsail.

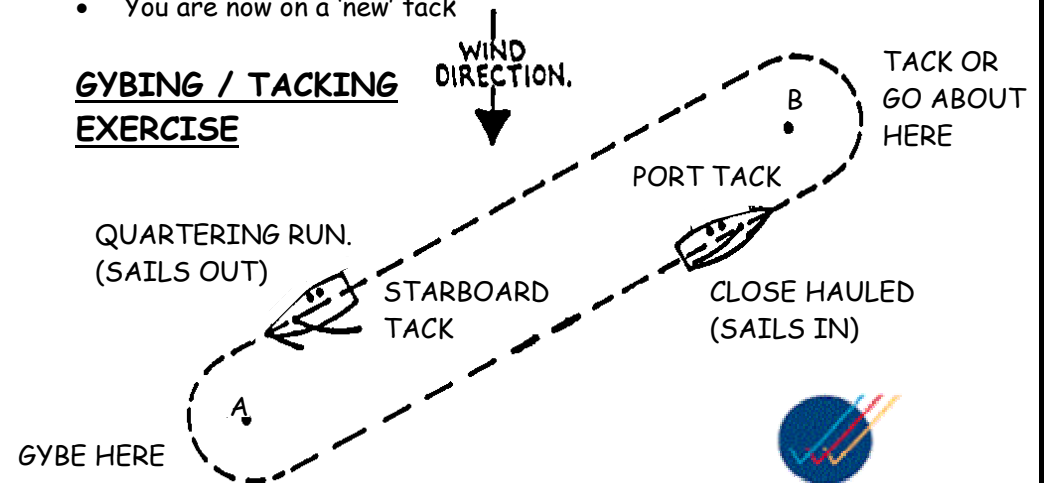
- Skipper & crew in centre. Wind directly behind.
- Skipper straightens tiller & calls "GYBE".
- Crew lets go jib sheet.
- Pull across boom.
- Crew pulls on new jib sheet on other side.

- Skipper & crew on new windward side.
- Skipper pushes tiller away to complete the turn & then straightens tiller when boat is pointing in desired direction.

GYBING

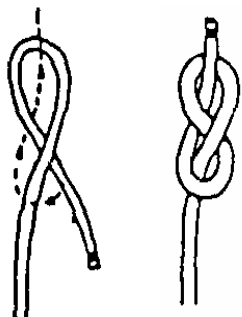
- Boat on a quartering run, ie with wind coming over back corner of boat, on windward side. Skipper & crew on windward side of boat.
- Skipper call 'READY TO GYBE' & moves tiller **away** from mainsail SLOWLY.
- As boat comes around into a dead run, ie. Wind directly behind the boat, the jib goes dead, ie, hangs limp.
- Skipper straightens tiller & holds steady.
- Skipper calls 'GYBE'
- Crew lets Jib sheet go
- Grab main sheet & pull boom across to other side. Pull in 'new' jib sheet on opposite side.
- Thru-out this manoeuvre skipper & crew move from the 'old' windward side to the centre on the dead run, then after gybing across to the 'new' windward side.
- Skipper then pushes the tiller '**away**' to complete the turn.
- When boat is pointing in desired direction skipper then straightens tiller
- You are now on a 'new' tack

GYBING / TACKING EXERCISE



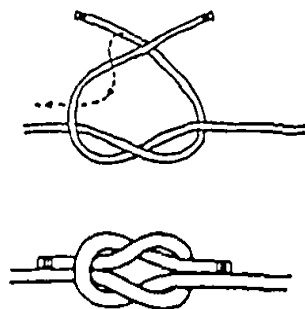
MAJOR KNOTS AND THEIR USES

FIGURE OF EIGHT (STOPPER KNOT)



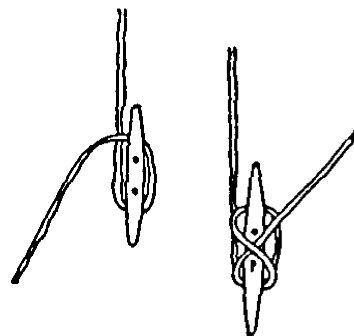
A stopper knot. Prevents sheets running through blocks

REEF KNOT



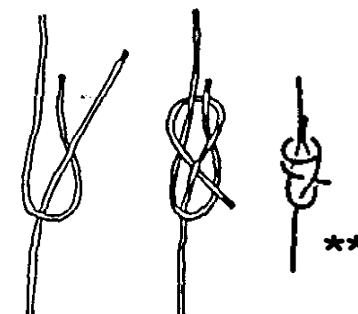
Used for reefing points, sail ties etc.

MAIN OR HALYARD TO HORNED CLEAT



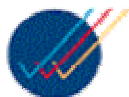
The end of the halyard is then rolled up neatly And wedged between the Mast & the standing part of the halyard.

SHEET BEND



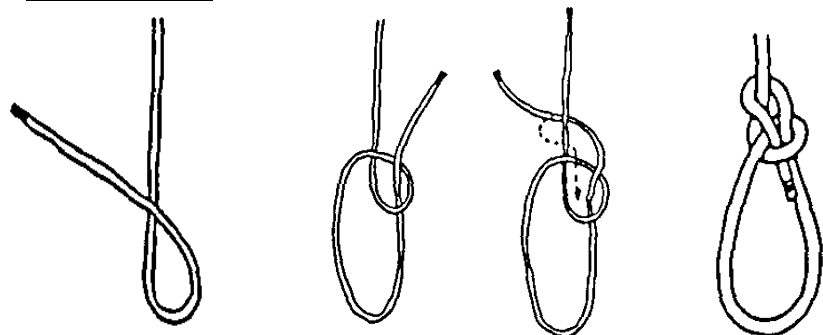
For joining lines of different thickness.

* Double sheet bend for safety



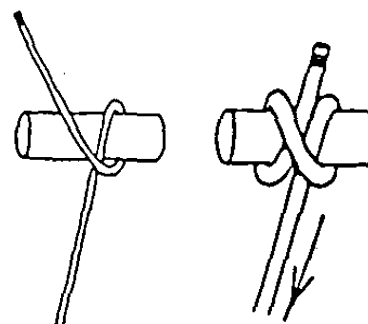
VicHealth

BOWLINE



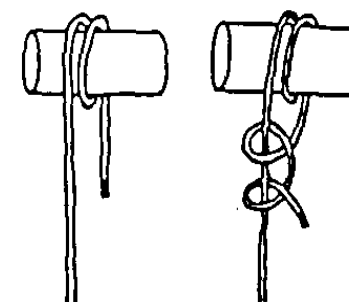
Used for tying the mainsheet to the eye of the mainsheet pulley block. Will not slip

CLOVE HITCH



Used for securing a rope to a spar or rail.

ROUND TURN & 2 HALF HITCHES



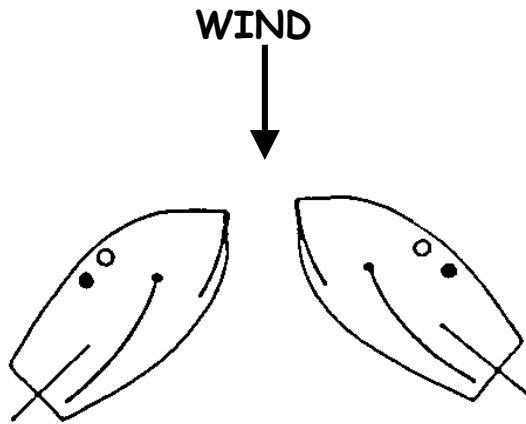
Simple & Safe way of securing a line to a spar, ring or shackle.

RULES



When boats meet:

PORT & STARBOARD

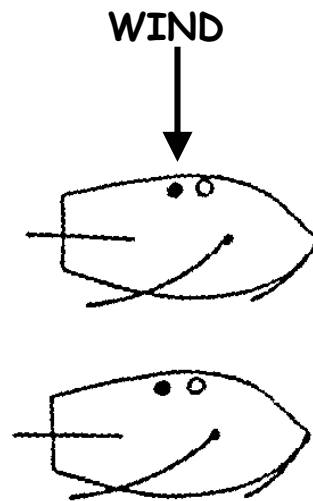


Opposite tacks, a port tack boat shall keep clear of a starboard tack boat

Rule 10. ON OPPOSITE TACKS

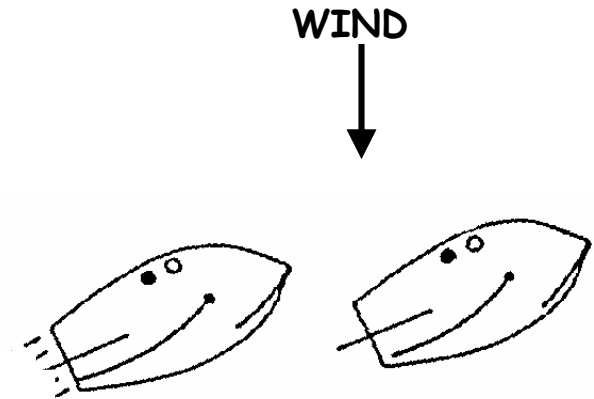
When boats are on:

WINDWARD LEEWARD



The same tack & overlapped a windward boat shall keep clear of a Leeward boat.

Rule 11. ON SAME TACK - OVERLAPPED



The same tack & not overlapped a boat clear astern shall keep clear of a boat clear ahead

Rule 12. ON SAME TACK - NOT OVERLAPPED

Rule 13. While tacking - after a boat passes head to wind, she shall keep clear of other boats until she is on a close hauled course. (During that time rules 10, 11 & 12 do not apply)

Rule 14. Avoiding Contact - A boat shall avoid contact with another boat if reasonably possible. However, a right of way boat or one entitled to room
a). need not act to avoid contact until it is clear that the other boat is not *keeping clear* or *giving room*, and
b). shall not be penalized unless there is contact that causes damage.

TIPS ON USING SUNSCREENS

- Sunscreen should be applied to the skin before using a moisturiser.
- Sunscreen should be applied to dry skin
- Sunscreen should be applied 15 - 30 minutes before going out in the sun.
- Sunscreen should be used whenever you are likely to be exposed to the sun.

Not just the beach.



KEY FACTS ABOUT SUNSCREEN

- No sunscreen offers complete protection against the sun. Hats, clothing and other forms of natural protection should also be used.
- Zinc cream does offer total blackout. It works by reflecting the sunlight. However, it should only be used on small areas as it is very thick and completely coats the skin.
- All sunscreens with the same SPF factor are equally effective. You don't have to pay a high price.
- SPF stands for 'Sun Protection Factor'. It is a very approximate indication of the extra length of time you can stay in the sun without burning when using the sunscreen. The higher the SPF number the greater the protection. ie. an SPF sunscreen enables you to stay in the sun without burning approximately 15 times longer than you would be able to without sunscreen, while a 15+ sunscreen has a protection factor of over 15. However, the amount of sun your skin can take varies according to the time of day, how cloudy it is and your previous exposure to the sun.
- 'Broad Spectrum' means that the sunscreen blocks out UVA and UVB rays. UVB rays are the primary cause of skin cancer, while UVA rays contribute to the drying and premature ageing of skin as well as to skin cancer.

- Most 15+ Broad Spectrum sunscreens are water resistant. This means they are less likely to come off while swimming. However, it is still advisable to reapply sunscreen when you come off the water. Dry yourself first.
- A sunscreen can be bought as a cream, lotion or gel. All work equally well and can be chosen with regard to your skin type and individual preference. Creams are thicker and tend to be more expensive per gram than lotions. Lotions have a thinner consistency which can be milky or clear. Clear lotion has an alcohol base as do some gels. Alcohol based sunscreens are less sticky but more drying than a milky lotion or cream.
- **Every case of severe sunburn in childhood increases the risk of skin cancer in later life.**
- Using SPF 15+ sunscreen regularly for the first 18 years of life could reduce the number of people getting skin cancer by over 70%.
- Infants and very young children should not have their whole area covered in sunscreen. Their skin is more likely to absorb the chemicals in sunscreen than that of adults. Natural protection is the best protection for infants & very young children. However, a small amount of Broad Spectrum SPF 15+ can be used on areas that may not be protected naturally, ie. Hands and face, without the likelihood of any problems.
- Toddler sunscreens differ only slightly from regular sunscreens. The sunscreen Chemicals they contain are the same as regular sunscreens but they have less fragrance (a possible skin irritant) and some brands have a slightly different base