

2 The Points of Sailing

Sailing across the wind

One of the delights of sailing is that the boat is completely silent on the wind. This means that you must be aware of the wind direction and also its strength.

- On your first sail you will start by steering on a **beam reach** with the wind coming over the side of the boat. This is the easiest point of sailing on which to practice steering the boat.
- You can sail in two directions on a beam reach – on **port tack** when the wind comes over the port side, and on **starboard tack** when the wind comes across the starboard side.
- On a beam reach the sails are set about halfway out. Lower the centreboard about halfway down to resist the sideways force from the sails, which is maximum on this point of sailing.

Sailing upwind

- Sail towards the wind (**hull**) onto a **close reach**. Pull the sails in until they stop flapping. Put the centreboard three quarters down to resist the increased side force.
- Sail further towards the wind and pull the sails in tight to sail **closehauled**. Put the centreboard fully down. This is the closest angle a sailing boat can sail to the wind. If you sail any closer the sails will start flapping and the boat will slow down. The heeling force is also greatest so sit out on the windward side to keep the boat upright.
- To sail directly upwind it is necessary to follow a zigzag course turning (**tacking**) through 90 degrees each time.

Sailing downwind

From a beam reach, turn away from the wind.

Downing away onto a **broad reach**

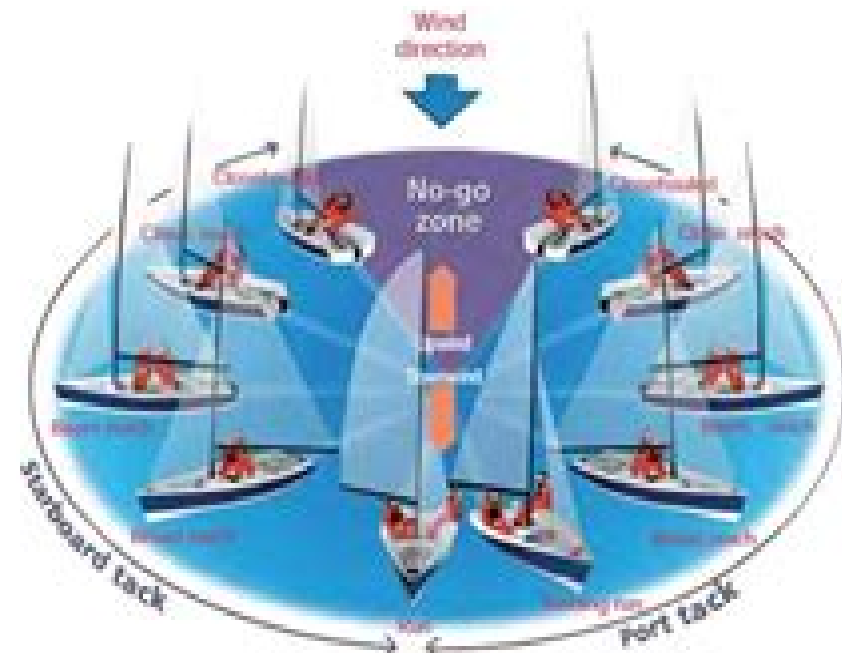
- As you turn **downwind** let the sails out to keep them out at the correct angle to the wind. As this reduces the side force, the centreboard can be raised three quarters. Move the crew inboard.
- Bear away more, letting out the sails as you go, until the jib fills slack in the wind shadow of the mainsail. The boat is now on a **run** with the mainsail right out. Pull the centreboard almost all the way up.
- Sailing on a run can be quite confusing when you start, so huff up until the jib fills again and sail on a **running run**. This is a more stable route downwind. Sit one or other side to balance the boat.

Sailing to windward

To go upwind, sail as close to the wind as you can. Sailing closehauled efficiently means sailing on the edge of the no-go zone without turning into it.

- The crew pulls the jib in tight and can clear the sheet.
- The helmsman steers by watching the jib telltale.
- Huff gently until the windward telltale lifts then, if the boat starts to slow down, bear away until both telltales stream together. If sailing a singlehander, use the telltales on the mainsail.

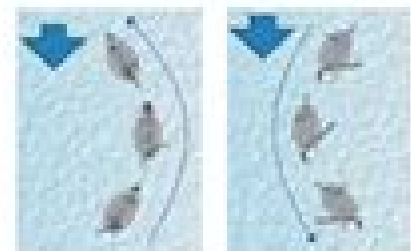
Use the jib telltale to tell and bear away gently along the edge of the no-go zone.



The points of sailing describe a boat's course in terms of the angle of the boat to the wind.

Tacking and gybing

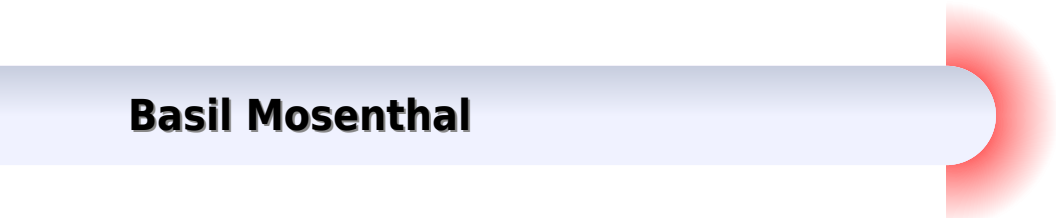
When sailing upwind, to change course from port to starboard tack (or vice versa), turn the bow through the wind. This is known as **tacking**. When sailing downwind turn the stern through the wind. This is known as **gybing**.



Change from one side to the other by tacking (bow) or gybing (stern).

Start Sailing Beginners Handbook G302

Basil Mosenthal



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