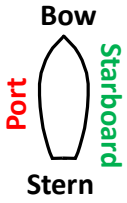
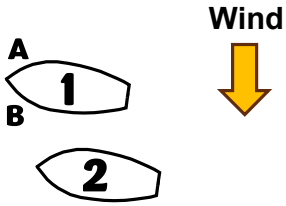
Sailing Terminology



Port - Left Side when looking forward
Starboard - Right Side when looking forward
Bow – Front point of boat
Stern – Rear of boat

***Tip**: Port and Left both have 4 letters*

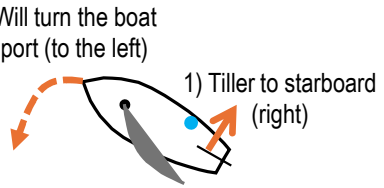
Windward – Closest to the wind (upwind)
Leeward (Loo-ward) – Away from the wind (downwind)

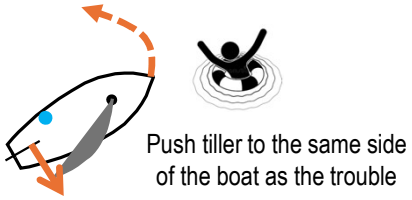


A is the Windward side of Boat 1
B is the Leeward side of Boat 1
Boat 1 is Windward (further up wind) than Boat 2
Boat 2 is Leeward (further down wind) than Boat 1

Steering the Boat

The boat will turn in the opposite direction that you push the tiller.
If you want to **go left, move the tiller to the starboard** and visa versa.





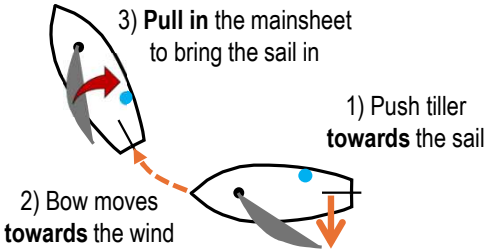
Tiller Towards Trouble (TTT)

Avoid collision by pushing or pulling the Tiller Towards the Trouble (what you are avoiding).

Steering in relation to the wind

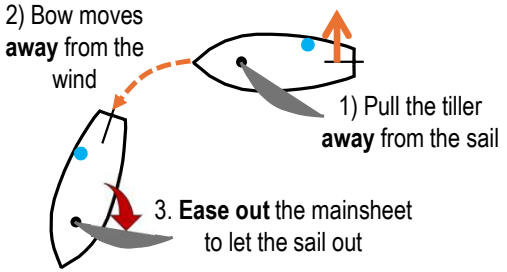
Head Up/Bear Up/Come Up

Moving the bow of the boat towards where the wind is coming from



Head Away/Bear Away/Fall Off

Moving the bow of the boat away from the direction of the wind



Safety – Dress appropriately, wear PFD, check the weather, have a plan, and let someone know your plan.

Getting out of Irons or No Go Zone – Push tiller and boom in the same direction until boat makes headway

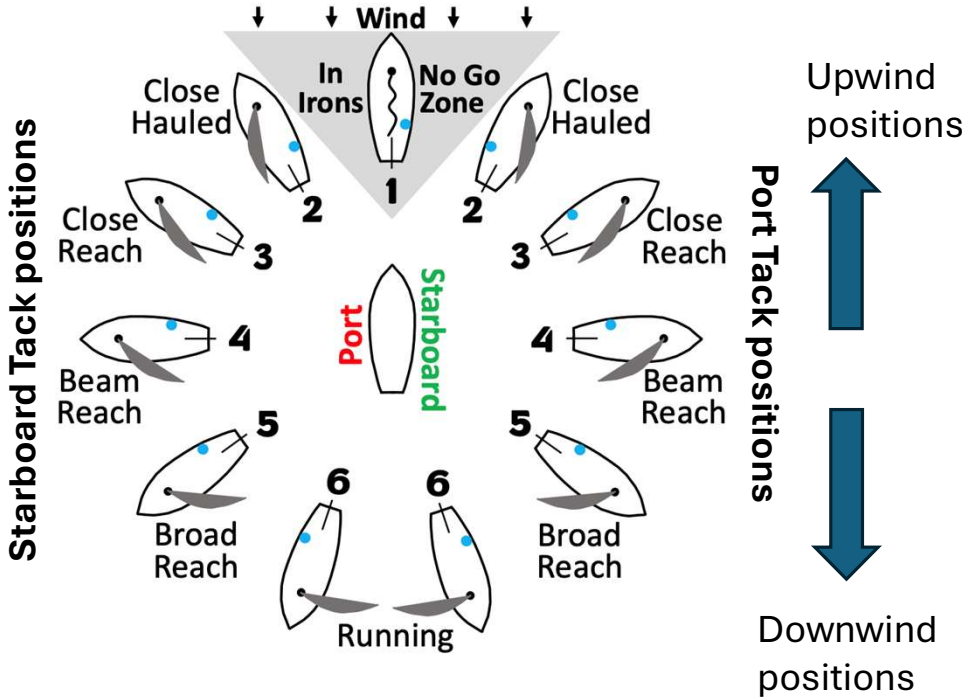
Tacking – Action of turning the bow of the boat through the No Go Zone. Sail and sailor switches sides on the boat.
Hint: Tiller towards sail to tack.

Gybing (aka Jibing) – Action of moving the stern of the boat across the wind. Sail and sailor switches sides on the boat.
Hint: Tiller way from sail to gybe…small tiller movement.

Bow to the Wind – Necessary to rig/raise sails and to slow/stop a boat.

Position on the Boat
Sailor at the tiller (helm) sits opposite of the sail.
In very light winds, sit on the same side as the sail to keep the boom over.

6 Points of Sail



Trimming Sails

Up and in – When sailing the boat upwind, pull in the sails
Down and out – When sailing download, let the sails out
When in Doubt…Let It Out – If you think the sail may be over trimmed, ease it out until the sail starts to luff and then trim it in until the sail stops luffing.

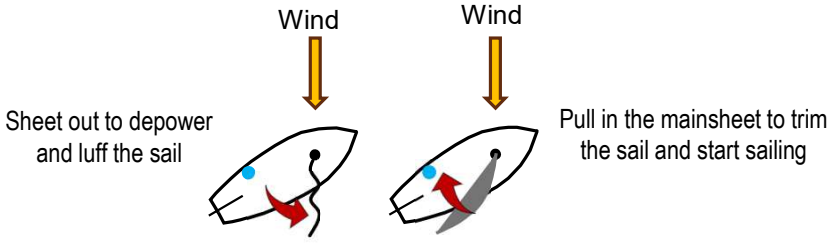
Sail Shape

- Luffing – Sail flutters, indicating that the sail is in line with the wind.
- Luffing depowers the sail and slows the boat.
- If sail is luffing, either trim in (pull in on the mainsheet) to shape the sail or pull the tiller away from the sail.

Safety Position

Safety position allows you to take a break while sailing but still maintain control of the boat.

1) Sail at Close Reach point of sail and let mainsheet out until sail is luffing. Close Reach point of sail is about 60 degrees away from wind.
2) Maintain hold of tiller and trim sail in briefly to keep control of position as needed.
3) When ready to sail, pull in the mainsheet.



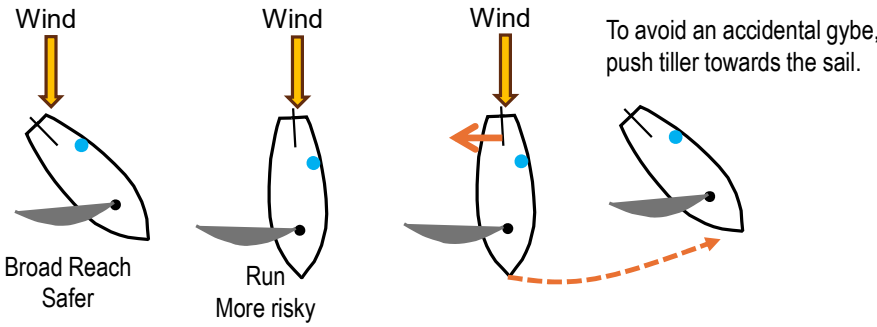
Heeling – When sailing up wind, the boat may heel (lean). Move weight outward to counterbalance.

When things get hectic

1) Let out the mainsheet to depower the sail. Boat will flatten and slowdown. When in Doubt…Let it Out
2) If sail does not luff, push tiller toward sail to turn the boat toward the wind.

Downwind Sailing

- Sailing directly downwind creates risk of an accidental gybe where the boom will come across the boat unexpectedly.
- In higher winds, sail a broad reach (wind at 45 to the stern of the boat).



Right of Way Rules on the Water

#1 Always aim to AVOID COLLISIONS no matter who has right of way!

"Stand on" boat can hold course; "Give Way" boat changes course.

Starboard tack has right of way over **port tack**

Leeward position has right of way over **Windward** position

A boat being **overtaken** has right of way over the boat passing

Sailboats should give way to those less maneuverable (swimmers, kayakers, stand up paddlers, anchored boats)

Power boats should give way to sailboats **under sail** power.

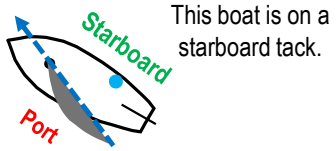
What's your Tack?

Boats will either be on a starboard or port tack.

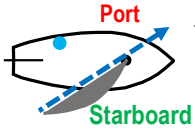
Ways to remember your tack:

1) Think of your boom as an arrow pointing at the mast. The side of the boat the **boom points to is the tack** you are on.

2) **The tack** is the side of the boat **opposite the sail.**



This boat is on a starboard tack.

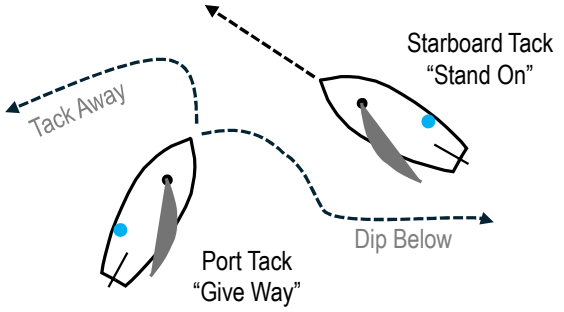


This boat is on a port tack.

Wind

Starboard Tack vs Port Tack

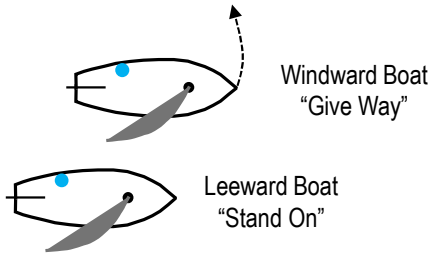
Port Tack Boat – Tiller Towards Trouble



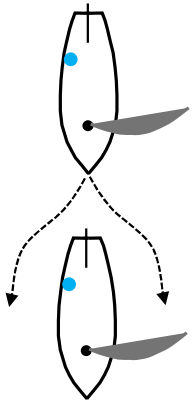
Leeward Boat vs Windward Boat

Windward Boat – Tiller Towards Trouble

Boats must be close for this rule to apply (generally, less than 2 boat lengths separation)



Clear Ahead vs Clear Astern



Over Taking
Clear Asten
"Give Way"

Overtaken
Clear Ahead
"Stand On"

Wind