



Lilongwe Sailing Club

LILONGWE SAILING CLUB BEGINNERS SAILING COURSE

SATURDAY

09:00 **FIRST TALK**

INTRODUCTION; The club, the boats, the course.

SAFETY; Buoyancy aid / Lifejacket, Summoning help, common injuries, comfort / clothes, paddle.

PARTS OF A DINGHY I; See separate sheet

RIGGING AND HOISTING SAILS, halyards, sheets, Rudder.

SAILING TERMS

STEERING; to a point on land i.e. in a straight line and (on a close reach) following the changes in wind direction. Use of the tiller extension.

TACKING (basic turning) Tiller away and change sides.

LYING TO

MAN OVER BOARD; control boat and avoid capsize, release jib sheet, keep sight of person in the water, reach away tack and make final approach on a close reach, let mainsail out to stop with person alongside the windward shroud. Person in the water should not try to swim to boat.

CAPSIZING ; 1. don't panic, do not leave the capsized boat, get into the water between hull and mainsail, move to the stern, check rudder, helmsman takes mainsheet and moves to centreboard, crew moves into boat and throws upper jib sheet to helmsman. Helmsman takes jib sheet releases main sheet and climbs onto centreboard, crew checks mainsheet is free.

Helmsman stands on centreboard near hull and leans back on mainsheet , boat comes upright, crew is scooped aboard and helps helmsman aboard over side or stern.

If inverted bring the boat back onto its side by standing on the edge of the hull and lean back holding the centreboard or sheet.

Bail out and check for damage or tangled ropes while letting sails flap.

10:00 **FIRST SAIL**

LAUNCHING

REACHING

PADDLING

11:15 **SECOND SAIL**

LYING TO

MAN OVER BOARD

CAPSIZING

12:00 **LUNCH** and individual questions.

13:00 **SECOND TALK**

POINTS OF SAILING: close hauled, reaching , running.

HOW A SAILING BOAT WORKS; forces created by the wind on the sail and the water on the centreboard and the weight of the crew.

Five essentials; after changing one check the other four.

CAN	THIS	BOAT	SAIL	CORRECTLY
Centreboard	Trim position	Balance Boat	Setting Sail	Course

14:00 **THIRD SAIL**

HEADING UP: push tiller away from you

CLOSE HAULED, centreboard down, sails in.

LUFFING ; in irons.

TACKING; check area is clear of other boats, "Ready about" "ready" "lee-oh". Ease tiller away from you and change sides. Mind your head.

Centre mainsheet: face forward and change hands after tack or gybe.

Aft mainsheet: face backward and change hands before tack or gybe

15:00 **FOURTH SAIL**

BEARING AWAY, pull tiller towards you.

TRAINING RUN, centreboard up, jib still filling on same side as main.

GYBING: Check centreboard is $\frac{3}{4}$ up, the area is clear, and the boat is upright. "Stand by to gybe" pull the boom of leeward shroud, tiller extension to leeward side, move to middle of boat. "Gybe-oh" , push tiller to windward, watch for leech of mainsail when it starts to curl be ready to duck under boom and pull it across. When boom crosses centreline centralise the tiller and sit on the other side.

DEAD RUN; jib fills on opposite side to main. Beware the accidental gybe; Push tiller towards mainsail to avoid.

16:15 **QUESTIONS**

16:30 **FINISH**

SUNDAY

- 12:00 **KNOTS AND ROPES**; figure of eight, round turn and two half hitches, clove hitch, bowline, reef knot. Coiling a rope and using a cleat.
- 12:30 **THIRD TALK**
AVOIDING OTHER BOATS; If there is a risk of collision be prepared to take evasive action even if you have the right of way.
Starboard Tack has right of way, if on opposite tacks.
Windward boat keeps clear, if on same tacks and overlapped.
Boat clear astern keeps clear.
When Tacking must keep clear until on a close hauled course.
Power gives way to sail.
RACING; Start 5 4 1 minutes GO, course pass buoys to P or S, finish
- 13:30 **FIFTH SAIL**
PRACTICE ALL THE ABOVE especially avoiding other boats.
- 14:30 **RACE BRIEFING**
- 15:00 **START OF RACE**
RESULTS; Handicap system
- 16:00 **QUESTIONS and ADDITIONAL SUBJECTS BY REQUEST**
- 16:30 **FINISH**