



Topics for this week

- **Points of Sail Overview**
 - Manual reference: pages 6-7
- **Wind Awareness**
 - Manual reference: page 2
- **Use of Telltales**
- **Changing points of sail – TACKING**
 - Manual reference: page 8



Points of Sail

The term “point of sail” refers to the boat’s position relative to the wind.

As you change from one point of sail to another (move the tiller), your sail trim and centerboard position must be changed also.

Beat – sails trimmed in, sailing 45 degrees to the wind, board down.

Beam Reach – sailing perpendicular to the wind, sails trimmed about half-way in, board half-way down.

Broad Reach – sailing with wind coming over aft quarter of boat, sails $\frac{3}{4}$ out and board mostly up.

Run – sailing with wind directly behind the boat, sails all the way out and centerboard is up.



Terminology – maneuvering the boat

Port – Left side of the boat when facing forward (or Port Tack – the wind is coming over the Port side of the boat)

Starboard – Right side of the boat when facing forward (or Starboard Tack - the wind is coming over the Starboard side)

Windward – the direction closest to the wind

Leeward – the direction away from the wind

“Head Up” or “Harden Up”- steer closer to the wind

“Fall off” or “Bear Away”- steer away from the wind

Trim – generally, the position of the sails. To trim is to adjust the sail by sheeting in or uncleating a sheet.

Ease – to slacken or relieve tension on a sheet.



Wind Awareness

- Understanding where the wind is coming from and how strong and steady it is is an important part of learning to sail
- What to look for: external indicators
 - Flags ashore or on other boats
 - Waves and trees
 - Other boats – what point of sail are they on? How fast are they moving?
 - Wind vane
 - Tell-tales on your boat
- Strength of wind may determine how you sail
 - Degree of heel and pressure on the tiller, sails, sheets

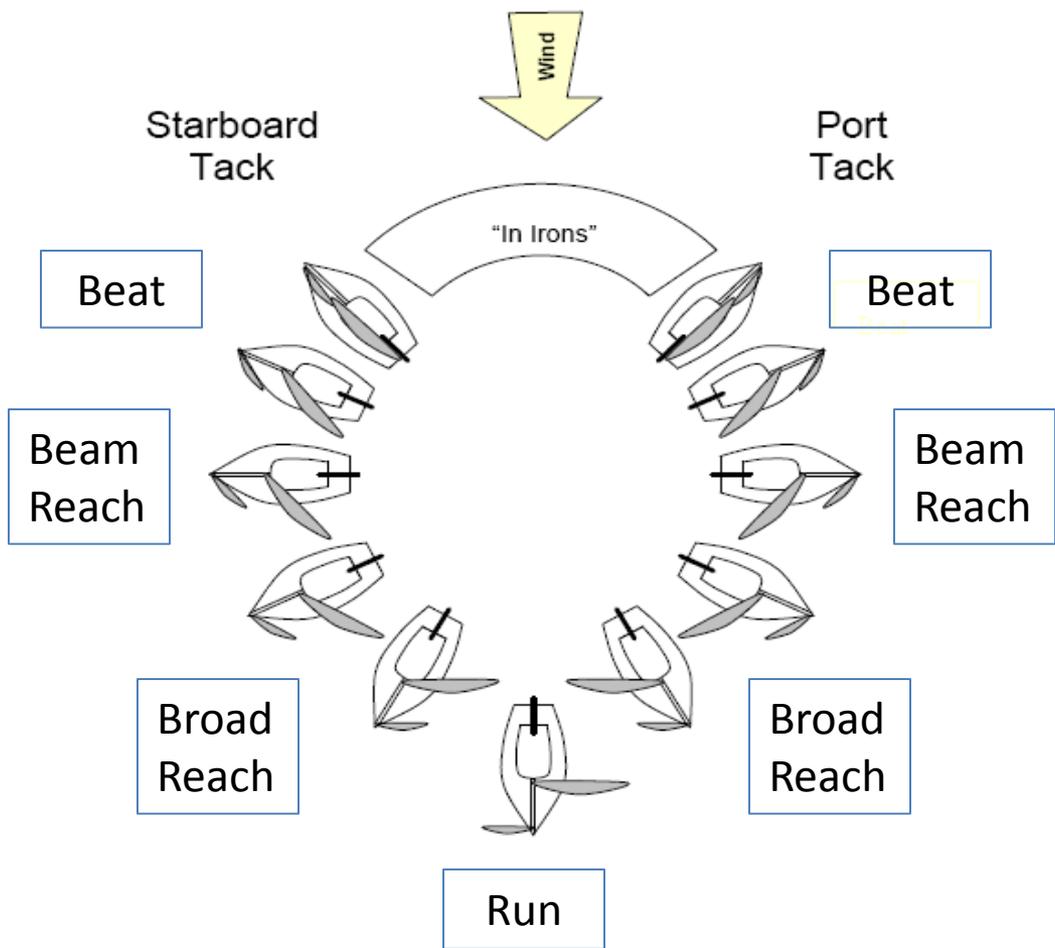


Tell-tales – what tales do they tell?

- Tell-tales are small ribbons on the sail or rigging that can be used to show wind direction or behavior – they react before the sail so can be used to help sail the boat more efficiently.
- Tell-tales on the jib indicate the airflow over the sail. When tell-tales are “breaking” or “fluttering” airflow is disturbed and you are not sailing efficiently for the sail as it is trimmed –
 - ***Beating – correct by steering the boat***
 - ***Reaching/Running – correct by trimming the jib***
 - ***Wind velocity can affect tell-tales (lifting up in heavier air, drooping in light air), but that’s not “breaking” or “fluttering”***
- Main sail tell-tales can be used for fine-tuning. Generally, streaming back is desirable.



Using Tell-tales to Determine Point of Sail



Check the tell-tales on your shrouds (side stays):

- 45 degrees off the wind? **Beating**
- 90 degrees off the wind? **Beam Reach**
- Wind over aft quarter? **Broad Reach**
- Wind behind you? **Running** (are you preparing to jibe?)

Adjust your centerboard and sails to your point of sail



Jib Tell-tales: Beating Three Tell-tale Situations

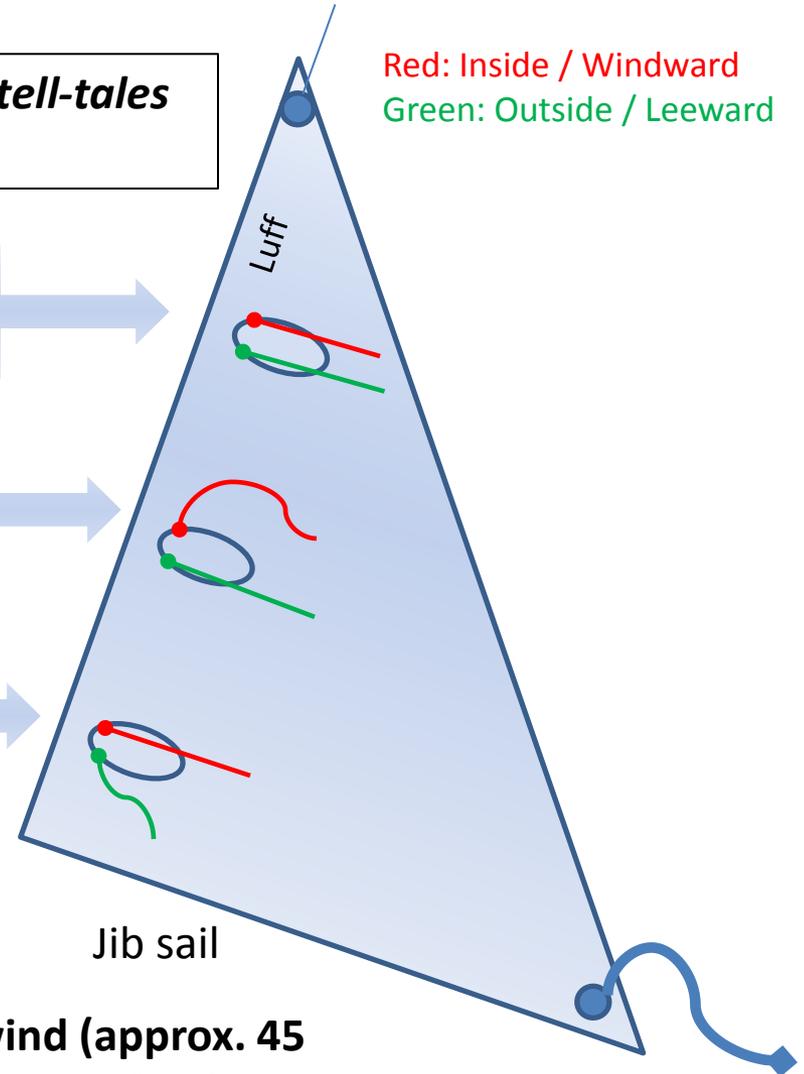
***When beating skipper should correct breaking tell-tales
by steering the boat***

Red: Inside / Windward
Green: Outside / Leeward

(1) Both streaming back – course steered is
as close to the wind as possible

(2) Windward (inside) tell-tale is breaking
you are “pinching” & need to fall off

(3) Leeward (outside) tell-tale is breaking –
head up (steer closer to the wind)



**Jib tell-tales when beating - sailing close to the wind (approx. 45
degrees) with sails trimmed in, centerboard down completely
(jib shown here on port tack)**



Tacking

- A sailboat cannot sail *directly into* the wind
- It can sail at about a 45° angle to the wind – (a boat sailing at 45° angle to the wind is BEATING)
- Tacking is a series of maneuvers in which you are zig-zagging your way (at 45° angles) toward your destination by turning the boat back and forth through the wind.
- Each one of these turns is referred to as a tack.
- THE CENTERBOARD MUST BE DOWN TO TACK