



**Flying Scots**  
Adult Sailing Program

## LECTURE TOPICS

Points of Sail  
Wind Awareness  
Tacking & Jibing  
Sailing a Course

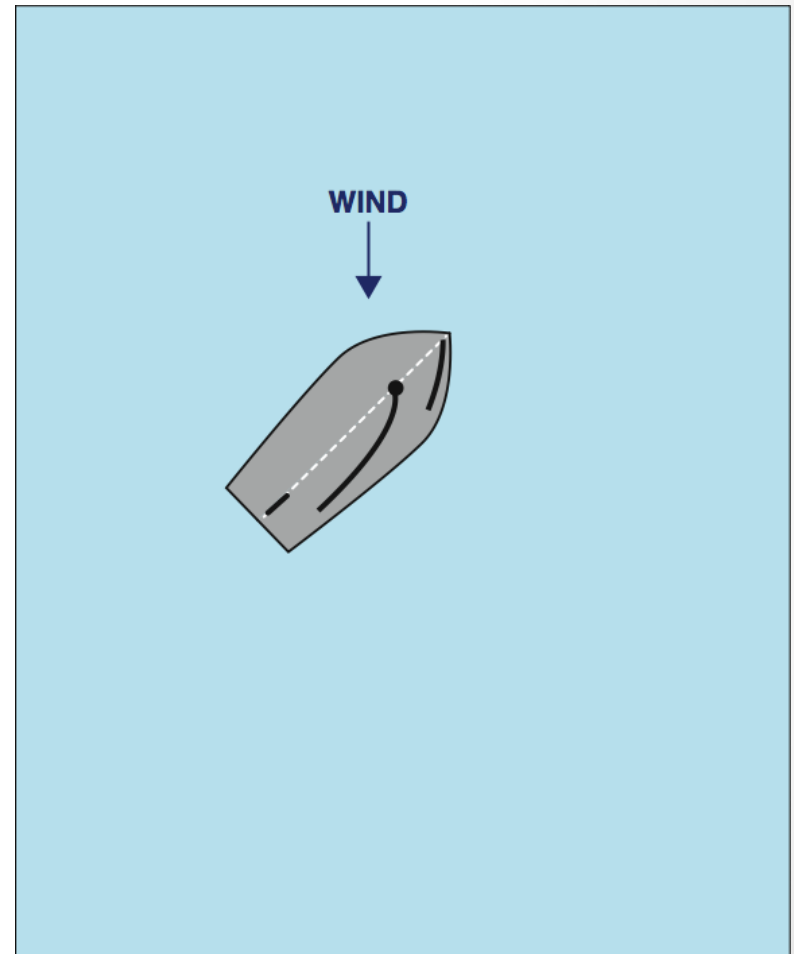


# Points of Sail Definitions

- 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

# Beat

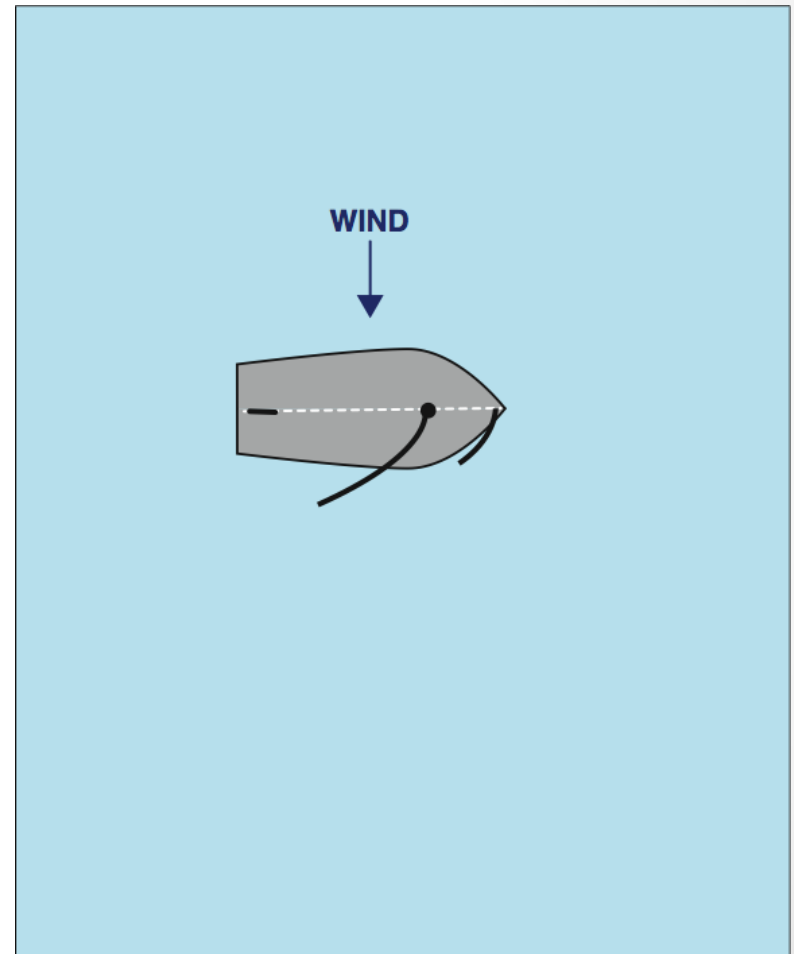
- Boat is at 45° angle to the wind  
(Note: This is as close to the wind as the boat can sail)
- Sails are trimmed all the way in
- Centerboard is all the way down





# Beam Reach

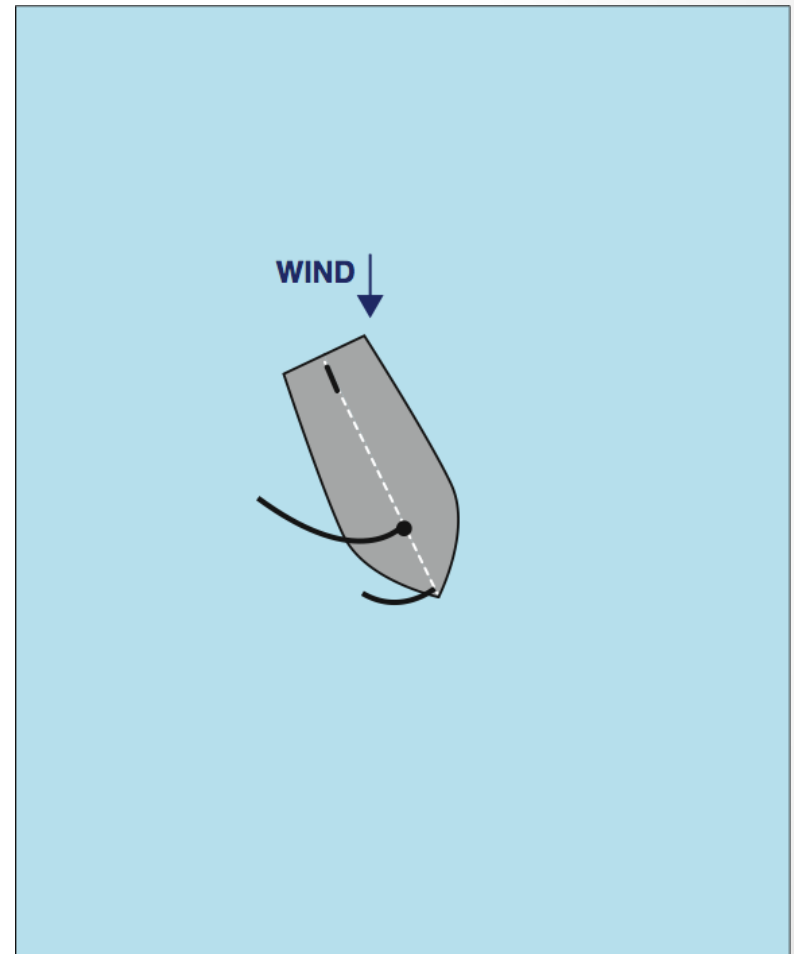
- Boat is at 90° angle (or perpendicular) to the wind
- Sails are trimmed about half way in
- Centerboard is about half way down





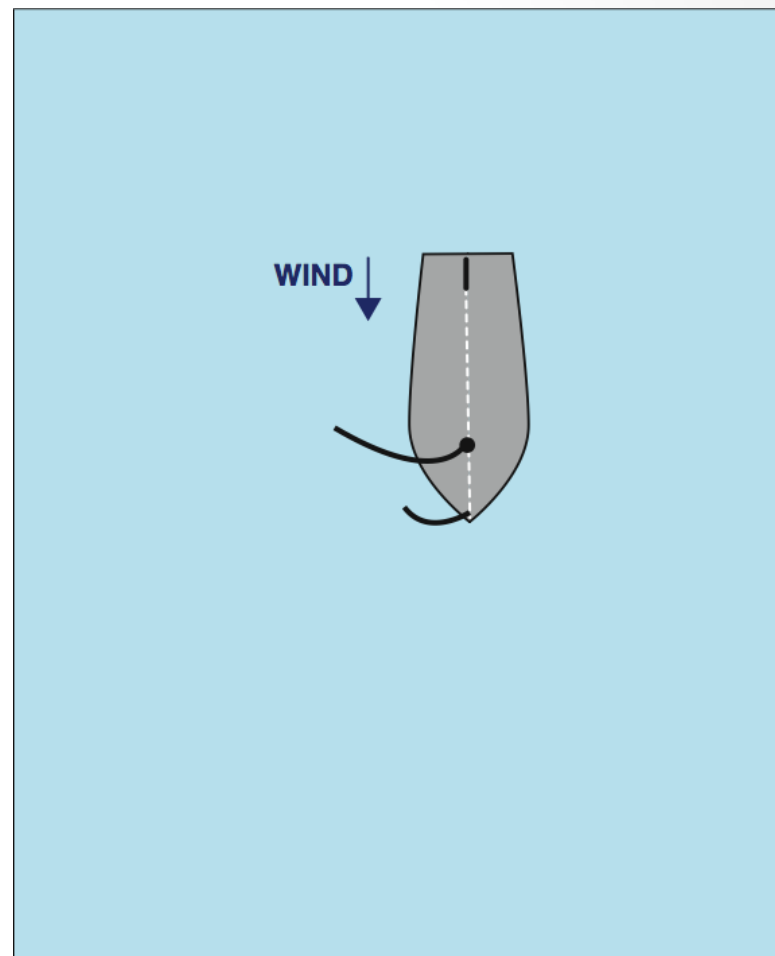
# Broad Reach

- The wind is coming over the back corner of the boat
- Sails are about 3/4 of the way out
- Centerboard is about 3/4 of the way up



# Run

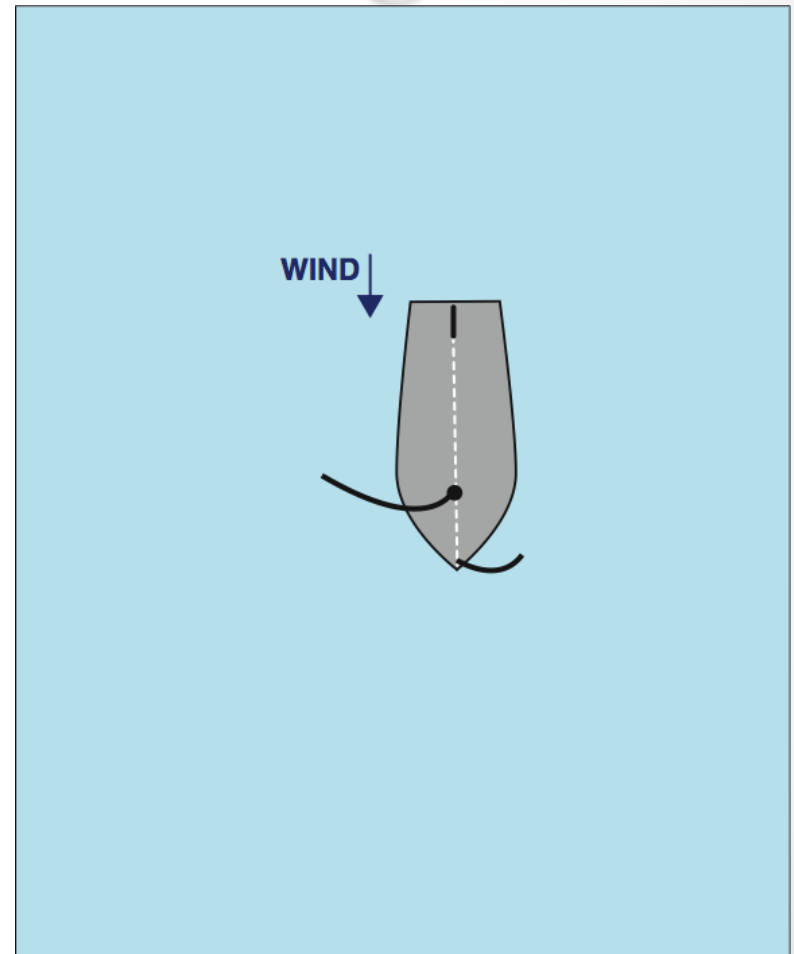
- The wind is coming from directly behind the boat
- Sails are all the way out
- Centerboard is all the way up





# Wing-on-Wing

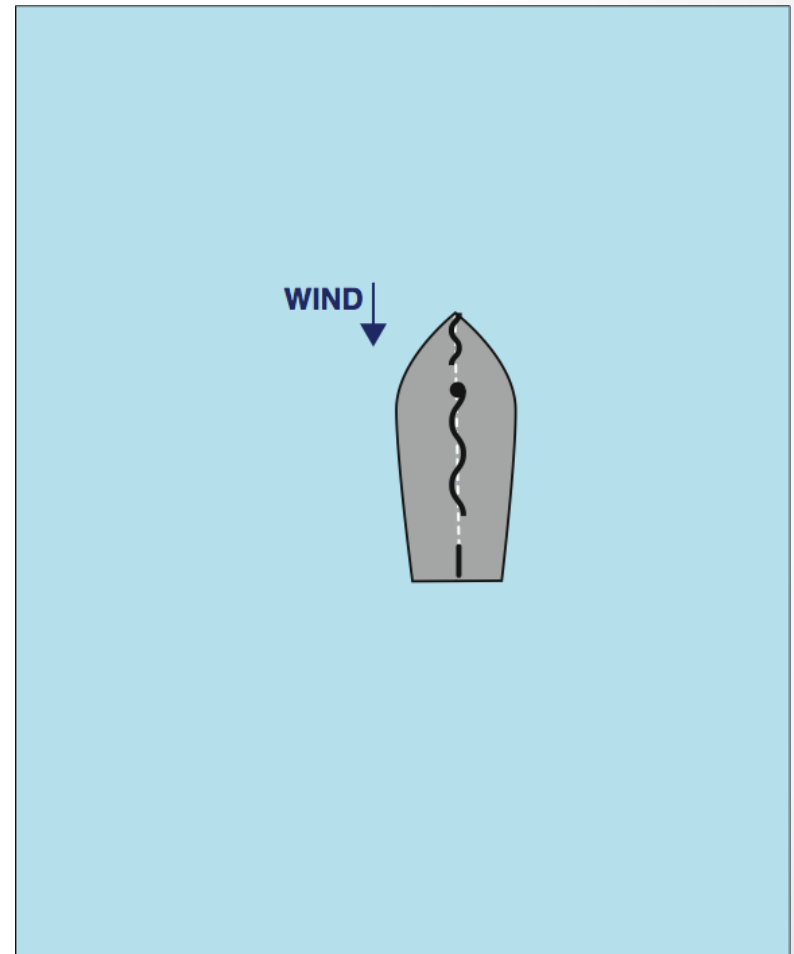
- The wind is coming from directly behind the boat
- Sails are all the way out, one sail on the port side, and one on the starboard side
- Centerboard is all the way up





# Head to Wind

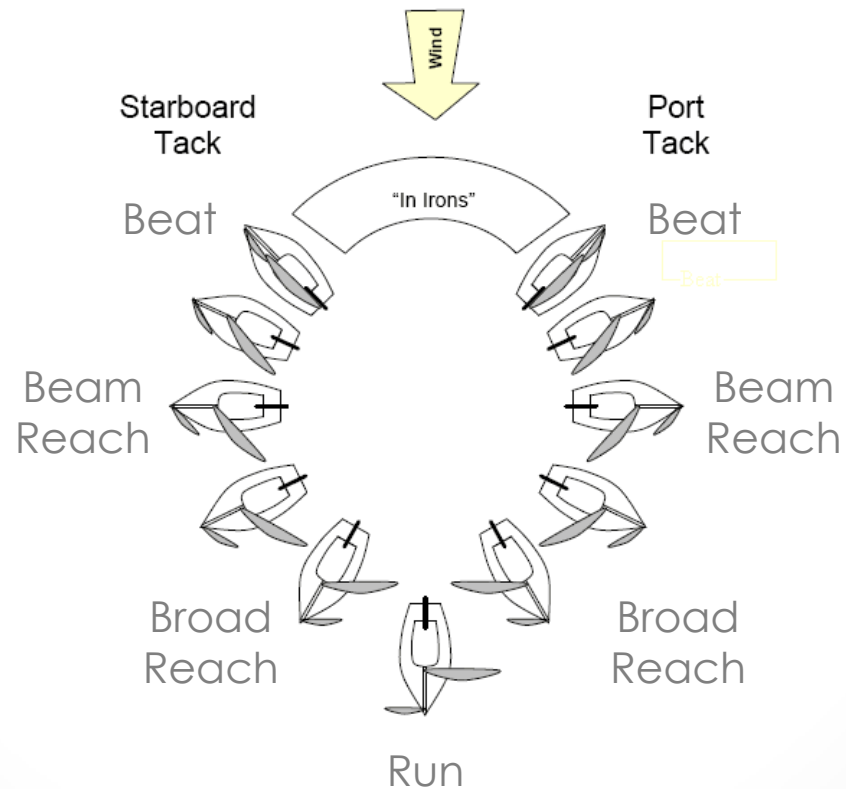
- The wind is coming from directly over the bow of the boat
- Sails are eased and luffing
- Centerboard is all the way down
- The boat is slowing down or stopped







# Points of Sail Diagram





# 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



# Tacking

- A sailboat cannot sail directly into the wind
- It can sail at about a 45° angle to the wind
- 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**



# Tacking – Steps

1. Start from a beat
2. Communicate with your crew – “ready to tack?”
3. Announce “tacking” and steer the boat through the wind – turn about 90 degrees

Crew moves the jib across as the boat turns



# Jibing

- A jibe occurs when the boat turns its stern through the wind and the boom swings across the boat.
- Jibing is one of the more difficult maneuvers to master for new sailors. Jibing can be hazardous if done accidentally or incorrectly. However, with practice and an understanding of how to avoid the potential hazards, jibing is relatively easy.

**WHEN JIBING, KEEP YOUR HEAD DOWN TO AVOID GETTING HIT WITH THE BOOM**

**FOR NEW SAILORS, YOUR CENTERBOARD SHOULD BE UP WHEN JIBING TO MAINTAIN CONTROL**



# Jibing – Steps

1. Start from a run; board up and mainsheet cleated
2. Communicate with crew – “ready to jibe?”
3. Stand up and hold the tiller between your legs
4. Step to windward (away from the boom) while trimming the mainsheet **above the block**
5. When the boom moves over, announce “jibing” and drop the mainsheet

Crew moves the jib across as the boat turns



# Sailing a Course

- Sailing to a specific location following a specific path or route (series of specific points)
- Places you might want to sail to:
  - Party store
  - Lagoon
  - Your well
  - Finish line of the race course
- If you can sail to the next point directly
  - Do it!
  - Trim sails and adjust centerboard accordingly
- If you can't sail there directly
  - Beat!
  - Steer the boat according to the jib telltales



Questions?

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