



Flying Scots
Adult Sailing Program

2018 Shore School

- Introductions
- Review Course Objectives & DYC Flying Scots Requirements
- Shore School Topics
- Homework Handout Review
- Boat Orientation: Rigging Demo, Wind Awareness Discussion at the Sailing Center Building



Adult Sailing Instruction Course Objectives

1. Understand key terms and sailing principles

- *Define and use boating terms and right of way rules.*
- *Be able to sail a course and understand how wind direction and velocity impact sailing objectives.*

2. Learn to - and practice - sailing safely

- *Sailing is a skill; it requires practice.*
- *Underscore safe sailing practices and rules.*

3. Make new friends & have fun

- *Sailing is an Olympic sport.*
- *Sailing is also a lifetime recreational activity.*
- *Our objective is for you to have the skills and knowledge to do whatever kind of sailing fits you.*



DYC Sailing Skills Requirements

DYC Flying Scots Course Manual is available at:
www.dycflyingscots.org

1. Terminology
2. Rigging the Boat
3. Leaving the well
4. Beating
5. Reaching
6. Running
7. Tacking
8. Jibing
9. Sailing a Course
10. Man Overboard
11. Docking
12. Wind Awareness
13. Rig for Tow
14. Right of Way
15. Knots
16. De-rigging & “Boatkeeping”



Class Tests and DYC Flying Scot Achievement Levels

1. Helmsman:

Allows you and another person with a Helmsman award to take a Flying Scot out on your own time in designated areas. 15 mph wind or less. Must re-qualify each year.

2. Skipper Card (must be DYC member):

Allows your to take a Flying Scot out on your own time with anyone else. Wind 20 mph or less.

3. Racing Skipper Card (must be DYC member):

Allows you to take single-hand a DYC Flying Scot and fly a spinnaker.



Topics for Shore School Lecture

1. Class Procedures & What to Bring
2. Safety
3. Weather & Wind
4. Lecture Schedule
5. Instruction Topic #1: Rigging the Boat and De-rigging & Proper “Boatkeeping”
6. Homework Assignments



Flying Scot Class Info and Procedures

Class is Tuesday and Most Thursday Evenings

NO CLASS ON OFF THE DOCK RACE NIGHTS: **5/31, 6/14, 6/21, 6/28, 7/12, 7/26, 8/9, 8/23 and 8/30.**

When you arrive (5:45 pm to 6:15 pm) at the sailing center:

1. Pull your card out of the box on the desk; hand it to Class Captain.
2. Get your boat assignment from the Class Captain & order dinner if staying for an indoor lecture (see lecture schedule).
3. You may start rigging your boat while you wait for an instructor to be assigned to your boat.

Make sure you secure your cell phone, loose jewelry and car keys on shore before getting on the boat!



What You Need for Class

1. Soft-soled, closed-toe shoes – **Required** (preferably non-marking).
2. Dress for the weather: hot, cold, wet... - bring additional clothing.
3. We provide **life jackets**. You are welcome to bring your own. Life jacket may be required to be worn depending on conditions or at instructor's discretion.
4. Sailing Gloves – optional, but nice to have.
5. If you wear glasses, secure them with a lanyard.



What if weather doesn't cooperate with our sailing plans on a class night?

Don't let a weather *forecast* ruin your fun. **Show up.** There will be some learning activity and it may even be sailing.

- *In the event we will be meeting inside instead of at the Sailing Center, the security gate will be made aware; ask when you enter or call DYC at 313-824-1200.*

Expect expanded lecture topics and other presentations in lieu of on the water instruction.

Practice knot tying, rig for tow, other demonstrations of sailing skills



Safety Tips

1. Watch out for moving parts on the boat – centerboard, sheets, boom, etc. Keep your fingers, clothing, head, ... clear of moving parts.
2. Practice good communication skills.
3. Wear your life jacket.
4. Don't panic in excited or emergency situations.
5. Know **right of way rules** and how to use and communicate them.

*SAILING IS AN "INHERENTLY DANGEROUS" ACTIVITY.
LEARN AND PRACTICE SAFE PROCEDURES AND HABITS.*



Understanding the Wind

1. Awareness of wind velocity and direction is fundamental to becoming a sailor

2. Identifying where the wind is coming from
 - *Look* at flags, tell tales, trees
 - *Feel* it

3. Why?
 - Right of way rules
 - Docking & leaving the well
 - Points of sail & sail trim
 - Sailing a course or to a destination
 - Safety & judgement of whether and where to sail



Weather

Your safety and enjoyment of sailing can depend on your ability to understand the weather.

Weather *forecast* information is widely available- radio/TV, internet, smartphone apps. Here are some favorites:

- NOAA & NWS (internet, apps, VHF Radio broadcast)
- WeatherUnderground & Weather Bug (internet, apps)
- Windfinder app with local stations (Windsor Airport, Bayview YC, Lake St. Clair Buoy)

Actual weather information is available by showing up at the DYC Sailing Center – local climate is influenced by factors that can't always be forecast for regional purposes

Be safe – know the forecast, observe local conditions and prepare with clothing, equipment and crew/skipper skills before going sailing



2018 Class Lecture Schedule

Date	Instructor	Lecture Topics
Tues., May 1	K. Murphy	Shore School: Class Procedures, Safety, Rigging/De-rigging, Basic Terminology
Thurs., May 3	N. Wykes	Points of Sail, Tacking/Jibing, Wind Awareness
Tues., May 8	B. Melbourne	Docking, Intro to Rights of Way
Thurs., May 17	J. Gallagher	Sail Trim & Rig Tuning, Review Rights of Way
Tues., June 5	J. VanRyn A. Minsterman	Boat Care & Maintenance
Tues., June 19	A. Schwallbach	Topic Recap, Q&A
Tues., June 26	S. Kane	Man Overboard, Heavy Weather Conditions, Capsizing prevention and recovery
Tues., July 17	J. McGuire	Topic Recap, Q&A
Tues., July 31	J. Vermeulen L. Minsterman	Sailboat Racing Basics; Intro to Race Committee
Tues., Aug. 7	R. Lamphier	Topic Recap, Q&A

NOTE: On a class night with no lecture, there is no dinner meeting in the Port Haven. However, DYC Grill restaurant is open and we encourage informal meeting to recap the evening's instruction.



Preparing for Each Class

1. Review the DYC Flying Scots Manual for topics covered in upcoming lectures – see instruction program link at www.dycflyingscots.org

2. Practice knots, terminology, etc. Get your Helmsman and practice on the water!

3. Check out upcoming DYC Flying Scots events and activities in weekly e-mail and on our Google Calendar

Off the Dock Race night options (remember not a class night):

- Crew on a “big boat” – please make arrangements in advance
- Observe racing and race committee from the end of Main Dock
- Volunteer to crew or race on a Flying Scot with an instructor – please make arrangements in advance



Instruction Topic #1: Rigging the Flying Scot

Items you need to rig the boat:

1. Set of sails
2. Battens (2 long, 2 short)
3. Crank handle (ONE)
4. Paddle (ONE)
5. Anchor
6. Bailer & sponge
7. Throwable cushion
8. Lifejackets – 1 for boat + for each person on board



De-rigging & Stowing Equipment

1. Remove all equipment & trash from boat.
2. Coil and stow rigging lines out of the bilge, tie down tiller with square knot.
3. Fold the sails neatly.
4. Coil anchor line securely.
5. Return equipment to shed.

Double check that all of the above are completed; note any boat maintenance issues on the board (using correct terminology).

6. Instructors should be completing skills checklist on class cards. Feel free to ask questions and discuss what went well (or not so well) on the boat tonight.
7. Lecture (see schedule) in Porthaven Room (DYC restaurant). Please consider ordering dinner before sailing if you plan to eat during lecture.



Homework Assignments

1. Review DYC Flying Scots Manual at **www.dycflyingscots.org**

Lecture topics for next class are Points of Sail, Tacking & Jibing. Docking & Right of Way Rules lectures are next week.

2. Study Shore School Handout
3. Practice Knot Tying
 - Bowline
 - Figure 8
 - Square Knot(check out www.animatedknots.com)
4. Observe Wind and Weather



Flying Scots
Adult Sailing Program

SHORE SCHOOL HANDOUT



THE FLYING SCOT



Specs:

Length, overall
19'5.8 m.

Beam
6' 9"

Draft, board up
8"

Draft, board down
48"

Mast height, above water
28'

Sail Area, main & jib
191 sq. ft.

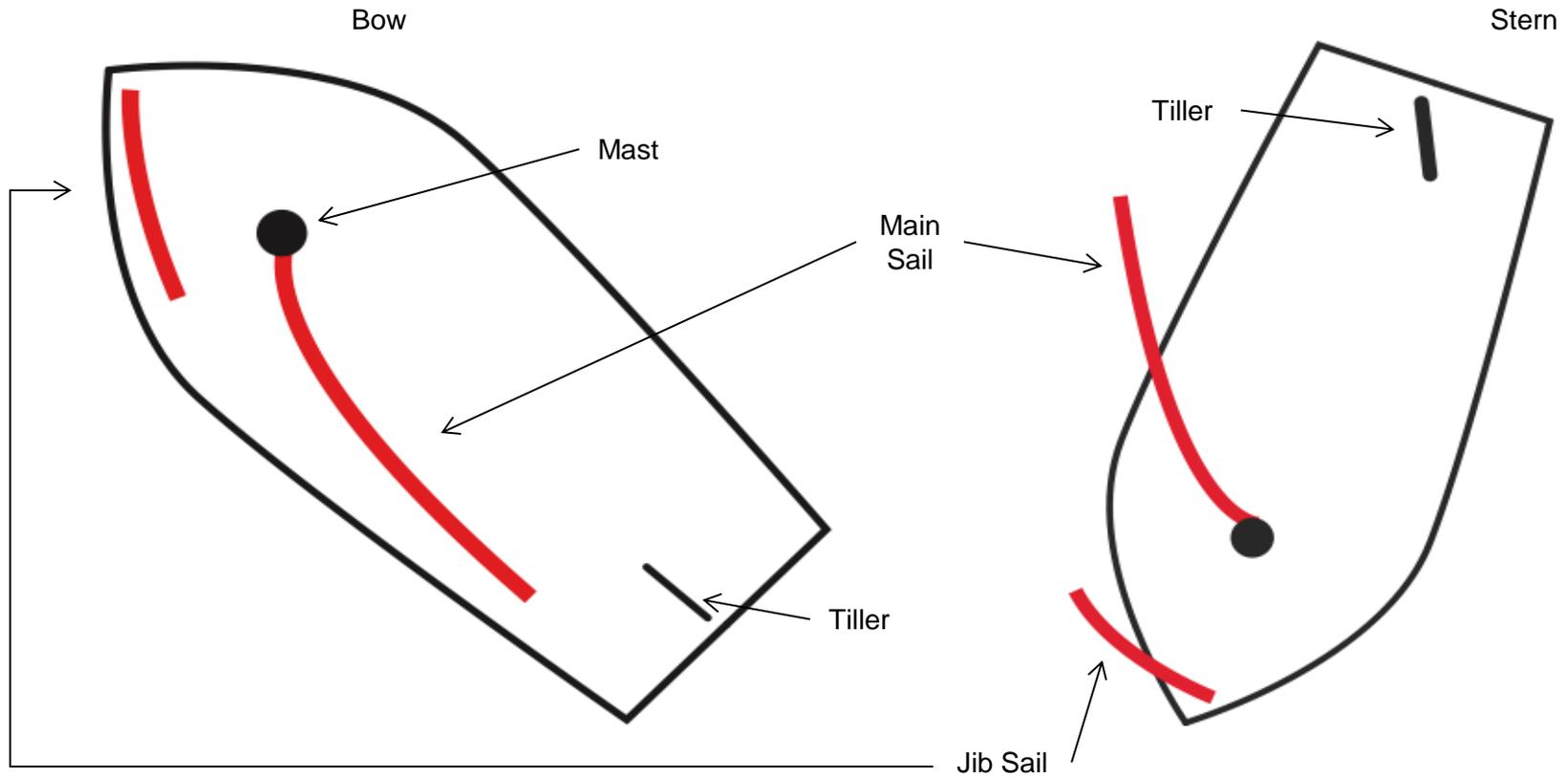
Weight
850 lbs.

Current retail new:
\$17,300

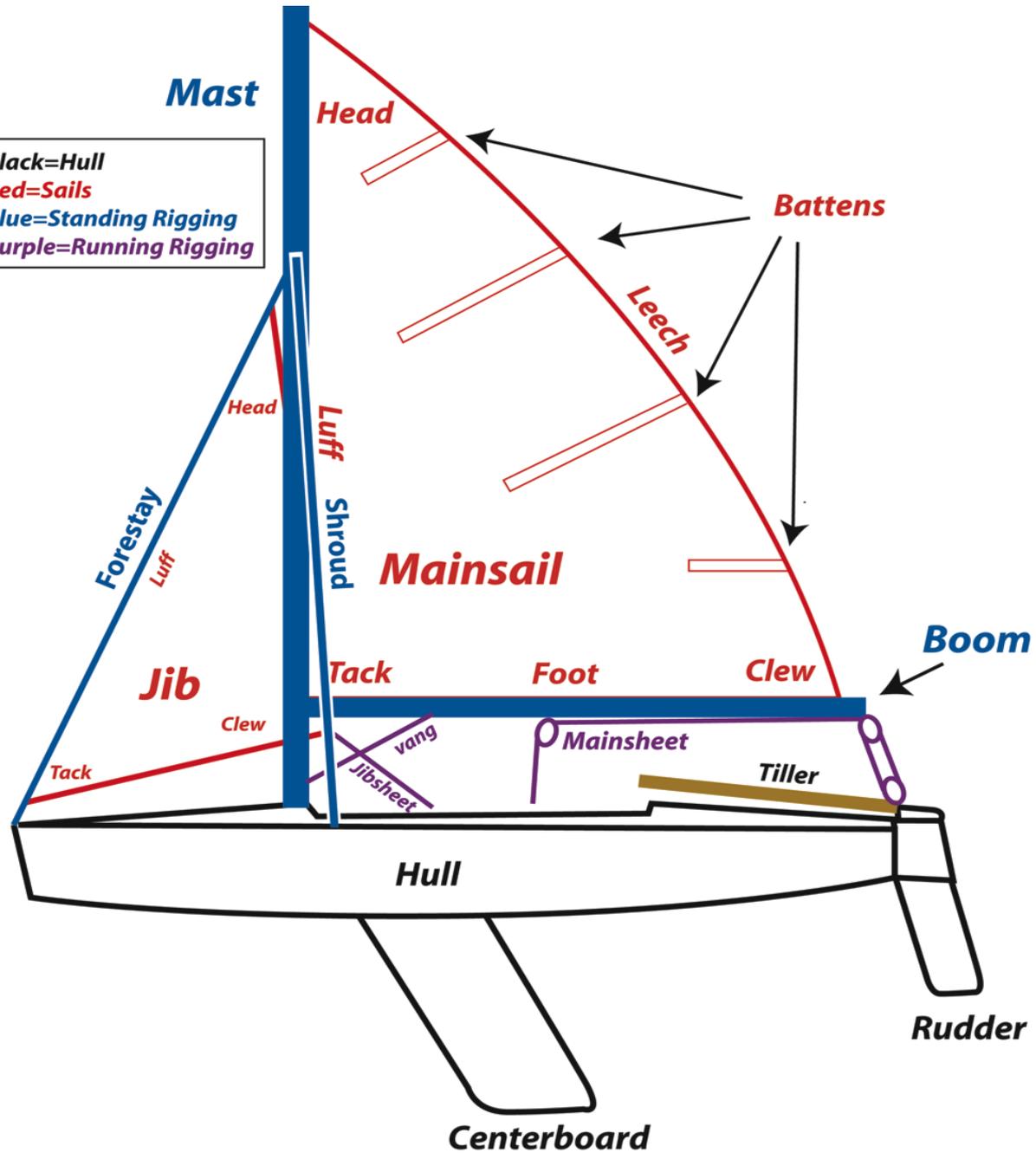
American Sailboat Hall of Fame Inductee 1998



Understanding Diagrams



Black=Hull
Red=Sails
Blue=Standing Rigging
Purple=Running Rigging





TERMINOLOGY

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 un-cleating a sheet.

Ease – to slacken or relieve tension on a sheet.



TERMINOLOGY, continued

Bow – the forward-most part of the boat

Stern – the aft-most part of the boat (also the Transom)

Fore – the front part of the boat

Aft – the back of the boat (or toward the stern)

Tell-tale – small ribbons attached to sail or shrouds that indicate wind direction and help with sail trim

Painter – the line attached to the bow of the boat for use in mooring

Stern-line – mooring line attached at the stern of the boat and tied to a piling or cleat

Fouled – any piece of equipment that is jammed or entangled



DOCKING & LEAVING THE WELL

- Sails should be raised and lowered when facing into the wind.
- Boom crutch should be used to hold boom when sails are not.
- Sheets should be eased or un-cleated to avoid sailing the boat.
- Stop the boat at the pilings – whether leaving or returning to the well.
- Always have a plan – understand where the wind is and how the tiller, sails and centerboard need to be positioned to start or stop sailing.
- Communication is essential between skipper and crew!



STOPPING THE BOAT

There are generally two ways to stop the boat:

1. Turn the boat directly into the wind.
Referred to as “Head to Wind” or “in Irons”
2. Ease the sails.
Un-cleat the sails and let them “luff” (flapping)

Heaving-to (steer the boat through a tack leaving jib cleated on windward side then luff the main sail) is another technique to temporarily stop sailing

Beware of current in Detroit River when your boat is not sailing – should consider anchoring if you cannot make way upstream of DYC Main Dock