

Index

• A •

abandoned boats, sea laws
 about, 302
abeam
 anchoring, 113
 defined, 384
accessibility, of racing, 274
aft, 384
air pressure, weather
 changes and, 159–161
aluminum
 electrical storms and, 298
 masts and, 16
America (boat), racing
 with, 266
American Camping
 Association, finding
 sailing camps
 through, 34
*The American Practical
 Navigator* (Bowditch),
 171
American Sailing
 Association (ASA), 30
America's Cup, 266–268
anchor
 chains and, 203
 choosing, 215
 dropping, 209
 ensuring set of, 209–211
 kedging with, 291
 maintaining, 218
 overview, 202–203
 retrieving, 211–212
 scope and, 203–204
 securing, 216–217
 size requirements for, 216
 using two, 219–220
anchor bend knot, 371
anchor line
 choosing, 217–218
 preparing to drop anchor
 and, 207–208

anchoring
 abeam, 113
 choosing location for,
 204–205
 crowds and, 206
 Mediterranean style, 220
 preparations for, 207–208
 problems and solutions
 for, 213–214
 under sail, 212–213
 underwater hazards and,
 205–206
 water depth and current
 and, 206
 wind direction and, 205
angle of attack
 controlling sail power
 and, 250
 on sails, 246
Annapolis Book of
 Seamanship series,
 “Safety at Sea”
 video, 140
anvil cleat. *See* horn cleat
apparent wind
 defined, 384
 measuring wind speed
 and, 154
 understanding, 223–225
ASA (American Sailing
 Association), 30
A-sails, setting, 262–263
asymmetrical spinnakers,
 262–263
at tide, 166
athwartships
 defined, 384
 sitting position and, 231

• B •

babies. *See* children

backing
 anchoring and, 213
 defined, 384
 jib, 107
 killing speed with, 109
 leaving moorings and, 107
backstay
 defined, 51, 384
 example of keelboat, 18
 function of, 248–249
bailers, swamped boats
 and, 138–139
bareboat cruising, 338–340
barometer, gauging weather
 with, 161
battens
 defined, 55, 384
 inserting, 57
beaches
 bringing sailboats onto,
 122–123
 launching off, 121–122
beam, 51, 384
beam reach, 85, 86, 384
bearing
 defined, 384
 fixing position and,
 188–189
 taking, 186–187
 taking at anchor, 210–211
 using hand-bearing
 compass for, 184
bearing away, 89, 384
Beaufort, Admiral Sir
 Francis (defining wind
 speed), 154
Beaufort scale, measuring
 wind speed with,
 154–156
becalmed, avoiding
 becoming, 11
binnacle compass, 183
blind spots, steering
 with, 73

- blocks
 - choosing/maintaining, 309
 - defined, 56, 384
 - function of, 19
 - jib sheet systems and, 61–62
 - ratchet, 388
 - using, 99–101
 - blue-water cruiser, 380
 - boarding
 - dinghies, 52–53
 - keelboats, 53–54
 - boat hook, mooring lines and, 110
 - boats. *See also specific boat parts; specific boats*
 - abandoning, 301–302
 - checking out cruising, 340–341
 - childproofing, 327–328
 - children’s classes and, 34
 - classic, 378
 - identifying desired, 380
 - interviewing schools about, 32
 - launching, 116–120
 - for learning, 24–25
 - overview, 12
 - parts of, 50–52
 - planning use of, 375–376
 - recognizing at night, 194–195
 - sailing speed and, 225
 - tying up, 114–115
 - BoatWorks*, paint resource, 318
 - body heat, conserving when overboard, 146
 - bolt rope, 384
 - books
 - learning from, 24
 - for long-distance family trips, 334–336
 - boom
 - danger of swinging, 88
 - defined, 51, 384
 - example of dinghy, 17
 - jibbing and, 96
 - luffing and, 21
 - tacking and, 91
 - wishbone, 390
 - boom vang, 56, 248, 384
 - bosun’s chair, mast maintenance and, 312
 - bow, 51, 384
 - Bowditch, Nathaniel (*The American Practical Navigator*), 171
 - bowline knot, 367–368
 - box rules, racing and, 270
 - broaching, 263–264, 384
 - broad reach, 85, 384
 - bulkhead compass, 183
 - bungee cord, 388
 - buoyancy, maximizing when overboard, 145–146
 - buoys
 - on charts, 179–180
 - defined, 384
 - overview, 175
 - types of, 176–177
 - understanding colors on, 175–176
 - watching for shallow water and, 174
 - by the lee
 - avoiding sailing, 87–88
 - defined, 384
- C •
- calculations
 - apparent wind, 224
 - dead reckoning, 189–190
 - cam cleats, 100–101, 384
 - can buoys, 176, 177
 - Canting Ballast Twin Foil (CBTF) technology, drag and, 400
 - capsize
 - death roll, 385
 - defined, 384
 - heavy air hazards and, 127
 - overview, 134–135
 - recovering from catamaran, 241–242
 - recovering from swamped boat, 138–139
 - righting boat from, 135–138
 - roll jibbing and, 234
 - turtle, 389
 - carbon fiber, masts and, 16
 - cardinal buoy system, 175
 - cardiopulmonary resuscitation (CPR), 391
 - cascading block arrangement, 99, 100
 - casting off, 106
 - catamarans
 - flying a hull on, 239–240
 - fully battened mainsail on, 240
 - making own wind for, 238–239
 - overview, 238
 - recovering from capsized, 241–242
 - tacking, 240–241
 - understanding multihulls and, 13–14
 - catboat, 384
 - CBTF (Canting Ballast Twin Foil) technology, drag and, 400
 - celestial navigation, 199–200
 - Center of Effort (CE), balancing with CLR, 397–399
 - Center of Lateral Resistance (CLR), balancing with CE, 397–399
 - centerboards
 - defined, 384
 - on dinghies, 15
 - versus keels, 14
 - righting capsize with, 135–136
 - running aground and, 290
 - chafe, 384
 - chain plate, 384

- chains
 importance of anchor, 203
 size requirements for
 anchor, 217
- Challenged America, sailing
 with disabilities and, 29
- changing down, 134
- Channel 16
 emergency calls with, 150
 monitoring, 149
- Chart No. 1, value of, 179
- chartering
 adventure opportunities
 for, 345
 bareboat cruising,
 338–340
 defined, 384
 dinghy care and, 343–344
 expectations for, 337–338
 locations for, 344–346
 necessary skills for, 342
 with skippers, 341–342
- charts
 fixing position on, 188–189
 information displayed on,
 179–181
 latitude and longitude on,
 178–179
 measuring course and
 range on, 182–183
 navigating in fog and, 193
 overview, 178
 plotting GPS position
 onto, 196–197
 plotting with GPS, 197–198
 tips for using, 182
- Cheval* (boat), broken
 masts of, 300
- children. *See also* families
 age of for sailing, 325
 choosing sailing schools
 for, 33–34
 earning water freedom,
 330–331
 helping on boat, 331–332
 life jackets and harnesses
 for, 39–40, 328–329
 on long-distance trips,
 332–336
- preparing for boating, 324
 preparing for racing, 278
 racing, 271
 selecting family boats
 and, 324–327
 sleeping accommodations
 for, 332
 spinnaker flying, 336
 suggested minimum age
 for different boats, 326
 watching on deck, 329–330
- chop, 384
- chord, on sails, 246
- chute. *See* spinnakers
- cirrus clouds, weather and,
 163
- Clamcleats, 100–101
- class size, interviewing
 schools about, 32
- classes. *See* lessons
- classic boats, 378
- classified ads, purchasing
 from, 377
- cleat knot, 369
- cleats
 cam, 384
 defined, 56, 384
 horn, 386
 overview, 100–101
 securing halyards and,
 66–67
- clevis pin, 310, 384
- clew
 attaching mainsail, 60
 defined, 55, 384
- close reach, 85, 384
- close-hauled, 81, 84–85, 384
- clothing
 buoyancy and, 146
 choosing, 40–45
 heavy air preparations
 and, 127–128
 layering, 41
 to be left on shore, 46
 nonskid shoes, 140
 weather and, 41
- clouds
 indicating weather, 165
 types of, 163–164
- clove hitch knot, 370–371
- CLR (Center of Lateral
 Resistance), balancing
 with CE, 397–399
- coasting, to stop, 20–21
- cockpit, 18, 51, 385
- COG (course over ground),
 heading and, 173
- collisions, avoiding, 75–76
- colors, understanding
 buoy, 175–176
- communication
 Channel 16 emergency, 150
 common types of VHF
 radio, 149
 using SSB and satellite
 radio, 150–151
- compass
 accounting for deviation
 with, 184
 reading, 184–185
 types of, 183–184
- compass card, 184
- compass rose, on
 charts, 180
- computers, using with
 GPS, 198
- conditions
 ideal learning, 28–29
 ideal sailboarding, 350
 knowing/working with
 local, 10–11
- Conner, Dennis (racer)
 America's Cup and, 267
 Cotton Blossom
 restoration, 378
- Coriolis force, weather and,
 159, 160
- cotter pin, shackles and, 310
- Cotton Blossom* (boat),
 restoration of, 378
- course, measuring on
 charts, 182–183
- course over ground (COG),
 heading and, 173
- CPR (cardiopulmonary
 resuscitation), 391
- cranes, launching boats
 using, 117–118

- crew
 - boat needs and, 376
 - learning racing as, 283
 - preparing family, 328
 - preparing for maneuvers, 98, 140
 - preparing for racing, 276
 - righting capsize with, 135–138
 - seating position of, 74
 - crowds, anchoring and, 206
 - cruisers, 380
 - Cruising World, Safety at
 - Sea courses, 140
 - cumulus clouds, weather and, 163
 - cunningham, 56, 249, 385
 - current
 - anchoring and, 206
 - defined, 385
 - piloting and, 190
 - understanding, 165–167
 - curriculum
 - children's classes and, 34
 - interviewing schools about, 31–32
 - cutter, 385
- D •
- daggerboards, 14, 15, 385
 - Danforth anchor, 202, 215
 - danger areas, avoiding on boats, 74–75
 - danger bearings, determining, 191
 - danger buoys, 177
 - dangers. *See* hazards
 - day sailers, 380
 - daymarks, 177, 385
 - dead reckoning (DR)
 - defined, 385
 - establishing, 189–190
 - navigating in fog and, 193
 - dealers, purchasing from, 377
 - death roll
 - dealing with, 264
 - defined, 385
 - understanding, 135
 - deck, 51, 181, 385
 - deferral, 385
 - dehydration, preventing/dealing with, 394
 - density, floating boats and, 12
 - depth. *See* sail depth; water depth
 - depth sounder
 - defined, 385
 - fixing position and, 188
 - piloting with, 186
 - development classes, racing and, 270–271
 - deviation, 184, 385
 - dew point, 164, 385
 - differential, GPS accuracy and, 199
 - dinghies
 - boarding, 52–53
 - chartering with, 343–344
 - defined, 385
 - for families, 326–327
 - fine-tuning sailing skills on, 228
 - helmsman seating position on, 73
 - versus keelboats, 14–15
 - learning on, 25–26
 - mainsheet system on, 20
 - parts of, 17, 51–52
 - safety harnesses and, 296
 - sliding off docks, 120–121
 - dip-pole jibe, 261
 - disabilities, sailing with, 29
 - displacement, floating boats and, 12
 - distance, judging, 192–193
 - distance off, using, 192–193
 - distance racing, 272–273
 - distress calls, using Channel 16, 150
 - dividers, 182–183, 385
 - dock
 - casting off from, 106
 - leaving under sail, 107–109
 - luffing at, 71
 - securing boats to, 114–115
 - sliding dinghies off, 120–121
 - speed approaching, 109
 - docking
 - basic, 111–112
 - between pilings, 113
 - under power, 112
 - dollies, launching boats with, 119–120
 - dome compass, 183
 - double half hitch knot, 369–370
 - downhaul, function of, 255
 - downwind
 - defined, 385
 - heavy air and, 131
 - on sailboards, 357–358
 - sailing speed and, 224
 - using symmetrical spinnakers and, 254–262
 - downwind collapse, spinnaker, 259
 - DR (dead reckoning)
 - defined, 385
 - establishing, 189–190
 - navigating in fog and, 193
 - draft, 51, 385
 - draft position
 - controlling sail power and, 251
 - sail, 246
 - drag, minimizing, 399–400
 - dry-sail, 116
 - D-shaped shackle, 310
 - duct tape, for jury-rigging, 292
 - Duplin, Joe (sailing coach, Tufts University), 85

• E •

ease, 385
 ebb, 385
 electronic compass, 184
 emergencies. *See also* first aid; hazards; safety
 abandoning ship, 301–302
 broken masts, 299–300
 fire, 303–304
 fouling the prop, 294–295
 handling sailboard, 359–361
 hull damage, 300–301
 man overboard, 140–146
 running aground, 288–292
 sail problems, 293–294
 steering problems, 295
 storms, 296–298
 tools and equipment for jury-rigging, 292–293
 emergency calls, 150
 Emergency Position Indicating Radio Beacon (EPIRB), 146, 301
 end-for-end jibe, 261
 energy, conserving when overboard, 145
 engines
 docking with, 112
 fouling the prop, 294–295
 in heavy air, 129–130
 leaving moorings with, 106
 maintaining, 319
 operating rules for, 318–319
 rescuing man overboard with, 144
 running aground and, 290
 equipment
 checklist for safety, 46–47
 children's classes and, 34
 clothing considerations, 40–42

foul weather gear, 43
 interviewing schools
 about, 32
 for jury-rigging, 292–293
 to be left on shore, 46
 life jackets, 38–40
 packing checklist for, 44–45
 planning necessary, 37–38, 379
 preparations for getting wet, 42
 spinnaker, 255–256
 stowing, 46
 extreme chartering, 345
 eye splice, 216, 307

• F •

families. *See also* children
 childproofing boats and, 327–328
 long-distance trips for, 332–336
 sailing with, 323
 selecting boats for, 324–327
 sleeping accommodations for, 332
Federal Requirements and Safety Tips for Recreational Boats pamphlet, 47
 feeling the wind, 80
 fenders, 109, 385
 fetch, 385
 50-50-50 rule, 139
 figure-eight knot, 366–367
 figure-eight method, for man overboard rescue, 142
 fins. *See also specific fins*
 hoisting sails and, 63
 putting down, 53
 fires, fighting, 303–304

first aid
 for dehydration, 394
 preparing for, 391
 recovering from
 hypothermia, 392–393
 for seasickness, 393–394
 sunburn prevention and, 394
 first-aid kits, 392
 first-aid manuals, 392
 fisherman's bend knot, 371
 fleet racing, 269–271
 flood, 385
 flood tide, 166
 flukes, anchor, 202
 flying a hull, on
 catamarans, 239–240
 fog, 164–165, 193–194
 foils, 385
 foot
 defined, 55, 385
 sliding in, 58, 59
 foreguy, function of, 255
 forestay
 attaching jib to, 61
 defined, 51, 385
 example of keelboat, 18
 foul weather gear,
 choosing, 43
 fouling the prop, 294–295
 founder, avoiding, 298
 four-part block
 arrangement, 99, 100
 freeboard, 51, 385
 friends, learning from, 24
 fronts, affect on weather, 161–162
 frostbiting, 275

• G •

gaff, 385
 gaff rig, 385
 galley, 385

- gear
 for bareboat cruising, 340
 heavy air hazards to, 127
 hoisting sails and, 63
 for long-distance family trips, 334
 protecting from heavy air hazards, 128
- gennakers. *See* asymmetrical spinnakers; spinnakers
- genoa
 defined, 385
 dropping, 130
 hoisting, 68
- geographic wind shift, 168
- Global Positioning System (GPS)
 accuracy of, 199
 defined, 385
 overview, 195–197
 plotting charts with, 197–198
 rescuing man overboard with, 141
- gooseneck, 385
- granny knot, 368
- grinding, winches, 101–102
- grommets, 58, 385
- ground tackle, 203
- guy, 386
- *H* •
- halyards
 attaching mainsail, 60
 attaching to jib, 61
 cleaning off, 66–67
 defined, 56, 386
 function of, 249
 jumping, 65
 spinnaker, 255
 storing, 70
- hand-bearing compass, 184
- handicap racing, 270
- hanks, 386
- hard alee, tacking and, 91
- hazards. *See also* emergencies; safety
 charted, 181
 common anchoring, 207
 underwater, anchoring and, 205–206
- head, 55, 386
- header, 386
- heading, course over ground and, 173
- heading down, 89, 384
- heading up, 89, 386
- headsail, 17, 386
- headstay. *See* forestay
- Heat Escape Lessening Position (HELP), conserving body heat and, 146
- heaving-to, in storms, 297
- heavy air
 choosing safest course in, 128–129
 defined, 386
 dropping sails in, 130–131
 getting crew and boat ready for, 127–128
 indicators of approaching, 163
 potential hazards of, 127
 reefing in, 131–133
 safety rules for, 126
 sailing in, 126
 surviving storms, 296–298
 using engines in, 129–130
- heel
 on catamarans, 239–240
 defined, 386
 engines and heavy air and, 129
 hiking out and, 229–230
 hull damage and, 300
 optimum angles for, 252
 preventing, 229
 reducing in heavy air, 131
 reducing sail power and, 251–252
- running aground and, 290, 291
- seating positions and, 231–232
- speed and, 228
- height, optimal sail, 66
- helm, 72, 386
- helm's alee, tacking and, 91
- helmsman
 defined, 72, 386
 seating position of, 72–73
- HELP (Heat Escape Lessening Position), conserving body heat and, 146
- high season, for charter destinations, 346
- hiking out, 229–231, 386
- hiking stick, 230
- hoisting
 common problems with, 66
 defined, 386
 rules for, 63
 sails, 64–67, 68
 sails, checklist for, 62–63
 spinnakers, 258
- hoists, launching boats using, 117–118
- horn cleat
 defined, 386
 securing halyards and, 66–67
 using, 100
- hull
 damage to, 300–301
 defined, 51, 386
 example of dinghy, 17
 flying on catamarans, 239–240
 maintaining, 316–317
 understanding, 13–14
- hypothermia
 avoiding, 146
 falling overboard and, 139
 recovering from, 392–393

• I •

ice boats, 275
 in irons. *See also* no-sail zone
 defined, 386
 getting out of, 94–95
 understanding, 92
 insignia cloth, for jury-rigging, 293
 instructors
 children's classes and, 34
 interviewing schools about, 32
 qualities of good, 32–33
 International Sailing Federation (ISAF)
 Racing Rules of Sailing, 281
 sailing lessons and, 31
 Internet, as weather resource, 157
 isobars, weather maps and, 160

• J •

J World, racing seminars, 283
 jack lines
 defined, 386
 safety harnesses and, 296
 jammer
 defined, 386
 securing halyards and, 67
 jib
 backing, 107
 defined, 386
 dropping, 130
 genoa, 385
 getting out of the irons with, 94
 hoisting, 68
 overview, 17
 permanently hoisted, 65
 preparing, 60–62
 reefing, 133

 releasing during tacking maneuvers, 104
 returning to mooring and, 110
 sailing alone with, 130
 switching to smaller, 134
 trimming, 252–253
 winging, 87, 389
 jib leads, function of, 253
 jibing
 alternative to, 264
 defined, 386
 heavy air and, 129
 roll, 234
 on sailboards, 358–359
 spinnakers, 259–261
 steps to, 95–97
 understanding, 95
 jiffy reefing, 131–133
 junction buoys, 176
 jury-rigging
 defined, 386
 equipment and tools for, 292–293

• K •

keedge, 291, 386
 keelboats
 boarding, 53–54
 defined, 386
 versus dinghies, 14–15
 for families, 325–326
 helmsman seating position on, 73
 learning on, 26–28
 parts of, 18, 50, 383
 safety harnesses and, 296
 keels
 versus centerboards, 14
 defined, 386
 example of, 15, 18
 multihulls and, 14
 Kennedy, John F., on attraction to water, 9
 ketch, 386

Kindergarten of Celestial Navigation (Sellar), 200
 kinetics, 232–236
 kiteboarding, 348
 knife
 for jury-rigging, 292
 value of, 295
 knot
 bowline, 367–368
 cleat, 369
 clove hitch, 370–371
 defined, 386
 figure-eight, 366–367
 fisherman's bend, 371
 granny, 368
 measuring wind speed and, 154
 overhand, 365–366
 rolling hitch, 372
 seizing, 216
 square, 368
 trucker's hitch, 373
 two half hitches, 369–370

• L •

labor line, reading compass and, 184–185
 land, on charts, 181
 lateen, 386
 lateen rig, 386
 lateral buoy system, 175
 latitude
 plotting from GPS onto charts, 196–197
 understanding, 178–179
 launching
 off beaches, 121
 overview, 116
 sliding dinghies off docks, 120–121
 trailerable boats, 116–119
 without trailers, 119–120
 layering, clothing, 41
 laylines
 defined, 387
 navigating with, 172–173

- learning. *See also* lessons
avenues for, 24
boats for, 24–25
with dinghies, 25–26
ideal conditions for, 28–29
on keelboats, 26–28
- lee
avoiding sailing by, 87–88
sailing by, 384
- lee shore
anchoring dangers and, 205
dealing with heavy air and, 129
defined, 387
- leeboard, 387
- leech, 55, 387
- leeward, 90, 387
- leeway, piloting and, 190
- lessons. *See also* learning
advanced, 36
choosing schools for
children, 33–34
exploring options for, 30
importance of, 24
interviewing potential schools about, 31–32
practice and, 35
qualities of good instructors for, 32–33
recommendations for, 10
“Safety at Sea” video, 140
during vacation, 31
- life jackets
for children, 39–40, 328–329
conserving body heat with, 146
heavy air and, 127
overview, 38
selecting, 38–39
using correctly, 39
- life rafts, abandoning ship and, 302
- life ring, rescuing man overboard with, 141
- lifelines
boarding keelboats and, 53–54
defined, 51, 387
moving around boat and, 139
- Lifesling, rescuing man overboard with, 144–145
- lift, 387, 396
- lifting bridle, launching boats using, 117
- lighted buoys, 176, 177
- lightning, 164, 298
- lights, as navigational aids, 194. *See also* running lights
- lightweight anchor, 202, 215
- line of position (LOP)
defined, 387
fixing position and, 188–189
getting accurate, 187
- lines. *See also* knot; rope; *specific lines*
adjusting on loaded winches, 103–104
attaching standing rigging, 123–124
choosing appropriate, 306–307
cleaning up, 69–70
cutting, 104
dealing with loaded, 98–99
defined, 387
engine safety and, 130
hoisting sails and, 62
laid versus braided, 307
maintaining, 308
overview, 19–20
for principal mainsail control, 247–249
splicing, 307–308
throwing, 114
tying up boats with, 114–115
- types of, 56
using blocks with, 99–101
- Lipton, Sir Thomas (racer), 267
- local marine weather forecasts. *See* weather
- locations
best chartering, 344–346
boat needs and, 376
choosing anchoring, 204–207
top sailboarding, 360
- log
defined, 387
piloting with, 190
- longitude
defined, 387
plotting from GPS onto charts, 196–197
understanding, 179
- low-pressure areas, affect on weather, 161–162
- lubber line, 387
- luff
defined, 55, 387
versus luffing, 55
preceding mainsail, 60
preparing jib, 61
telltales on, 245
- luffing
versus luff, 55
stopping and, 21
understanding, 71

• M •

- MacArthur, Ellen (long distance racer), 272
- mackerel sky, 165
- magazines, learning from, 24
- magnetic north
compass deviation from, 184
defined, 180

- mainsail
catamaran, 240
defined, 387
example of dinghy, 17
hoisting, 64–67
overview, 17
preparing, 57–60
principal controls for, 247–249
reefing, 131–133
- mainsheet
defined, 387
on dinghy, 20
easing, 251
function of, 247
- maintenance
blocks, 309
boat bottom, 317–318
engine, 318–319
hull, 316–317
importance of, 305–306
line, 308
long-term storage and, 320–321
mast, 312–313
sail, 314–316
shackles, 310
short-term storage and, 320
winches, 311
- man overboard, rescuing, 140–146
- Marconi rig, 387
- marine forecast. *See* weather
- marine radio
SSB and satellite, 150–151
VHF, 148–150
- markers, watching for
shallow water and, 174
- masts
breaking, 299–300
defined, 51, 387
example of dinghy, 17
example of keelboat, 18
inspecting for damage, 312–313
overview, 16
putting up, 123–124
- match racing,
understanding, 268
- mayday distress calls, 150
- Melges, Buddy (Wizard of Zenda, Wisconsin), 226
- midchannel fairway
buoys, 177
- military alphabet, 151
- monohulls, understanding, 14
- moon
halo around, 165
tides and, 165–166
- moorings
casting off from, 106
defined, 387
leaving under sail, 106–107
returning to, 110
speed approaching, 109
- Morning Glory* (CBFT design boat), 400
- motor sailing, heavy air and, 129
- multihulls, 13–14
- N •
- National Weather Service, 157
- nautical mile
defined, 387
measuring wind speed and, 154
- navigation. *See also* piloting
avoiding shall water and, 174
celestial, 199–200
charts and, 178–183
children and, 331
in fog, 193–194
holding steady course and, 173
judging laylines and, 172–173
at night, 194–195
overview, 171–172
steering compass course, 185
understanding buoys and, 175–177
using basic skills for, 172
using compass, 183–184
using GPS, 195–199
using range for, 173–174
navigation lights. *See* running lights
navigation software, using with GPS, 198
- night
navigating during, 194–195
safety tips for sailing during, 146
- North U, racing seminars, 283
- no-sail zone. *See also* in irons
defined, 81, 387
leaving docks under sail, 108
leaving moorings under sail, 107
size of, 84
tacking and, 92
working within, 82–83
- Notice of Arrays, 277
- nun buoys, 176–177
- O •
- off the wind, 387
- Olympics, 268
- one-design racing, 269–270
- oscillating wind, sailing in, 169
- oscillating wind shifts, 168
- outboard, 387
- outhaul, 56, 247, 387
- overhand knot, 365–366
- overrides, dealing with, 104

• P •

paints, choosing boat
bottom, 318

parallel rulers
defined, 387
measuring course and
range with, 182–183

pawls, checking winch, 311

Perry, Dave (*Understanding
the Racing Rules of
Sailing*), 281

persistent wind shift, 168

personal flotation devices
(PFDs), 387

Peyron, Bruno (Trophee
Jules Verne creator),
272

physics
balancing air and water
forces, 397–399
basic forces of sailing and,
395
force of air moving over
sails, 396
force of water passing
over underwater wing,
397
minimizing drag and,
399–400

pilings, docking between,
113

pilot chart, as weather
resource, 158

piloting
considering current and
leeway and, 190
dead reckoning, 189–190
defined, 387
determining danger
bearings, 191
fixing position, 188–189
judging distance and,
192–193
keeping log for, 190
overview, 185–186

speedometer and depth
sounder, 186

taking bearings, 186–187

pinching
defined, 387
flying a hull and, 240
reducing sail power and,
251
sailing speed and, 226–227

planing, 237, 387

playing field, constantly
changing, 10

plow anchor, 215

points of sail, 81–82. *See
also specific points
of sail*

pole lift, 255, 389

port, 89–90, 388

port tack, 89–90, 388

Practical Sailor, paint
resource, 318

practice
importance of, 35
man overboard drills,
140, 144
roll tacking and, 234

pregnancy, sailing and, 334

prices
bareboat cruising, 339
boat, 378

prime meridian, longitude
and, 179

Pro-Am regatta, 274

provisioning, bareboat
cruising and, 340

puff
defined, 388
sailing speed and, 225

purchase system, 388

purchases (boat)
crew and, 376
identifying desired boat
and, 380
planned location of use
and, 376
planning cost of, 378

planning use and, 375–376
sources of, 377

• Q •

quadrant, 388

Quick-Stop method
defined, 388
for man overboard rescue,
142–144

• R •

racing
against the wind, 279–280
around the mark, 280
around the world in less
than 80 days, 272
box rules and
development classes
and, 270–271
children, 271
in cold-weather, 275
common windward-
leeward course, 277
distance, 272–273
entering, 277–278
finish line, 281
handicap, 270
importance of good start
in, 278–279
match, 268
one-design, 269–270
overview, 265–266
preparing boat for, 276
preparing children for
first, 278
preparing crew for, 276
reasons for, 274–276
rules, 281–282
team, 271
tips for improving,
282–283
top trophies for, 266–268
with the wind, 280–281

racing seminars, 282–283

- radio check, 149
rainbows, indicating
 weather, 165
ramps, launching boats
 using, 118–119
range
 fixing position and, 188
 getting line of position
 and, 187
 measuring on charts,
 182–183
 navigating and, 173–174
ratchet blocks, 100, 388
reaching. *See also specific reaches*
 defined, 81, 388
 overview, 85–86
 sailing speed and, 225
Red Hornet (CBTF design
 boat), 400
reef points, 133, 388
reefing
 defined, 388
 jib, 133
 mainsail, 131–133
 overview, 131
regatta, 388. *See also racing*
relative bearing, 388
Reliance (boat), America's
 Cup and, 267
resale value, boat
 purchases and, 379
rig, 388
rigging. *See also running*
 rigging; standing
 rigging
 defined, 388
 overview, 54–55
 for principal mainsail
 control, 247–249
righting line
 on catamarans, 241
 creating makeshift, 241
righting moment, 388
ring dings, shackles and,
 310
road rules, 75–76
rocking, to generate wind,
 235–236
rode
 maintaining anchor, 218
 securing anchor, 216–217
roll jibing, for speed, 234
roll tacking, for speed,
 232–234
roller furling system
 defined, 388
 dropping jib and, 130
 problems with, 294
rolling hitch knot, 372
rope. *See also lines; running*
 rigging
 fraying, 308
 for jury-rigging, 292
 laid versus braided, 307
rope clutch
 defined, 386
 securing halyards and, 67
rounding down
 dealing with, 264
 defined, 385
 understanding, 135
rounding up, 263–264, 384
rudders
 defined, 388
 example of, 15, 18
 function of, 14
 hoisting sails and, 63
 killing speed with, 109
rules, racing, 281–282
running, 81, 86–87, 388
running aground, 288–292
running before, in storms,
 298
running lights
 defined, 388
 recognizing boats by,
 194–195
running rigging. *See also*
 lines
 choosing appropriate line
 for, 306–307
 defined, 388
 holding onto, 140
 overview, 19–20
- S •
- safety. *See also*
 emergencies; first aid;
 hazards
 adjusting lines on loaded
 winches, 103–104
 care for, 12
 catching tows and,
 147–148
 checklist for equipment,
 46–47
 childproofing boats,
 327–328
 children's classes and, 34
 choosing course in heavy
 air, 128–129
 dealing with swamped
 capsize, 138–139
 equipment needs, 37–38
 getting crew and boat
 ready for heavy air,
 127–128
 interviewing schools
 about, 32
 lessons and, 10
 life jackets and harnesses
 for children, 39–40,
 328–329
 local conditions and,
 10–11
 man overboard survival
 tips, 140–146
 potential hazards of heavy
 air and, 127
 putting down fins, 53
 reducing sail power for,
 130–134
 rescuing man overboard,
 140–146
 righting capsized, 135–138
 sailing by the lee and,
 87–88
 selecting life jackets and,
 38–39
 staying on board, 139–140
 using engines in heavy air,
 129–130

- safety (*continued*)
 - using life jackets
 - correctly, 39
 - wind issues and, 11–12
 - windy day rules, 126
 - “Safety at Sea” courses, 140
 - safety harnesses
 - for children, 329
 - for storms, 296–297
 - sail depth
 - controlling sail power
 - and, 250
 - understanding, 246
 - sail power
 - controlling, 249–251
 - overview, 249
 - reducing, 251–252
 - reducing for heavy air, 128
 - ways of reducing, 130–134
 - sail zone
 - overview, 81–82
 - reaching in, 85–86
 - running in, 86–87
 - sailing and, 83–84
 - sailing by the lee in, 87–88
 - sailing close-hauled in, 84–85
 - sailboards
 - balance and, 351–352, 359
 - choosing beginning, 350–351
 - ideal conditions for, 350
 - jibbing on, 358–359
 - overview, 13, 347
 - parts of, 349–350
 - rescuing yourself on, 359–361
 - rigging, 351
 - sailing downwind on, 357–358
 - steering, 352, 355–357
 - tacking on, 357
 - trying, 353–355
 - windswimming stage, 348
 - sailboats. *See* boats
 - Sailing Instructions (SIs), for racing, 277
 - sails. *See also* jib; mainsail; spinnakers
 - angle to wind, 243–244
 - changing down, 134
 - checklist for hoisting, 62–63
 - common problems
 - hoisting, 66
 - dropping, 130–131
 - easing, 86
 - folding, 314–315
 - force of air moving
 - over, 396
 - getting used to sailboards, 352
 - hoist chains/cables
 - and, 118
 - hoisting, 64–67, 68
 - luffing, 21–22
 - materials for, 19
 - overcoming problems
 - with, 292–293
 - overview, 17–18
 - parts of, 55–56
 - preparing, 57–62
 - protecting, 316
 - reefing, 131–133, 133
 - rules for hoisting, 63
 - sailing speed and, 225
 - shape, 246–247
 - stages of trimming, 87
 - storing, 315–316
 - trimming in sail zone, 83–84
 - trims, 244
 - using telltales with, 244–245
 - satellite, as weather resource, 158
 - satellite radio, using, 150–151
 - schools. *See also* lessons
 - choosing for children, 33–34
 - interviewing potential, 31–32
 - practice opportunities
 - with, 35
 - schooner, 388
 - scope, anchor, 203–204
 - sea breezes, understanding, 167–168
 - seagulls, indicating
 - weather, 165
 - seamanship, 79
 - seasickness, dealing with, 393–394
 - seating
 - avoiding danger areas
 - and, 74–75
 - best body position for, 140
 - for crew, 74
 - heel and, 231–232
 - for helmsman, 72–73
 - safety and, 139
 - seaworthiness, determining
 - boat, 379
 - seizing, knots, 216
 - self-tailing winches, 101
 - self-teaching, learning
 - by, 24
 - Sellar, Joseph (*Kindergarten of Celestial Navigation*), 200
 - sextant, navigating
 - with, 199
 - shackle
 - choosing/maintaining, 310
 - defined, 388
 - securing anchor and, 216
 - shallow water, avoiding, 174
 - shank, anchor, 202
 - sheave, 388
 - sheet. *See also* mainsheet
 - defined, 388
 - spinnaker, 255
 - trimming jib and, 252–253
 - ship to marine telephone operator
 - communications, 149
 - ship to ship
 - communication, 149
 - ship to USCG
 - communications, 149

- shoal, 388
shock cord, 388
shoes
 importance of nonskid, 140
 selecting, 43–44
 wearing appropriate, 42
shrouds
 boarding assistance from, 53, 54
 defined, 51, 388
 example of keelboat, 18
 wind detectors tied to, 80–81
Single Side Band (SSB)
 radio, 150–151, 158
SIs (Sailing Instructions),
 for racing, 277
skippers, cruising with,
 341–342
sky
 celestial navigation and,
 199–200
 as weather indicator,
 163–164
 weather indicators of, 165
slab reefing, 131–133
sleeping accommodations,
 family, 332
sloop, 388
sloop, 388
small-craft warning flags,
 weather information
 and, 159
snap shackle, 310
snapshot, 389
software
 using GPS with
 navigation, 198
 weather-routing, 170
sound signals, navigating in
 fog and, 193–194
spare parts, for jury-
 rigging, 292
speed. *See also* wind speed
 apparent wind and, 224
 of catamarans, 238–239
 flying a hull and, 240
 hiking out and, 229–230
 killing, 109
 kinetics and, 232–235
 sailing downwind and,
 254–263
 sailing flat and, 228–229
 tips for more, 225
 trapezing for, 230–231
speed wrinkles, 249
speedometer, piloting with,
 186
spinnaker flying, 336
spinnaker halyard, function
 of, 255
spinnaker pole, function of,
 255
spinnaker sheets, 255
spinnakers
 avoiding collapse of, 259
 defined, 389
 equipment for, 255–256
 hoisting, 258
 hooking up, 257–258
 jibing, 259–261
 overview, 18
 preparing to hoist,
 256–257
 running and, 86
 setting asymmetrical,
 262–263
 setting symmetrical, 254
 taking down, 261–262
 trimming, 258–259
splices, making, 307–308
sportboats, 380
sportsmanship, racing and,
 274–275
spotter, rescuing man
 overboard, 141
spring line
 defined, 389
 docking and, 111–112
 securing boats with, 115
squalls, 161, 164
square knot, 368
square rigger, 388
SSB (Single Side Band)
 radio, 150–151, 158
stanchion, 51
standing rigging
 attaching, 123–124
 defined, 389
 function of, 16
 maintaining, 313
starboard, 89–90, 389
starboard tack, 89–90, 389
Stars & Stripes (boat), 19
sterageway, leaving docks
 under sail and, 108
steering
 compass course, 185
 emergencies, 295
 sailboards, 352, 355–357
 tiller versus wheel, 71–72
 tips for faster, 226–228
steering compasses, types
 of, 183
stern
 defined, 51, 389
 example of keelboat, 18
sticky-back, for jury-rigging,
 293
stopping, coasting to, 20–21
storage
 long-term boat, 320–321
 planned boat, 377
 sail, 315–316
 short-term boat, 320
stratus clouds, weather
 and, 164
S-turn, for speed, 235
summer camp, sailing
 and, 34
sunburn,
 preventing/dealing
 with, 394
sunscreen, 42, 63, 394
surfing, waves, 237–238
Survival Technologies,
 “Man Overboard
 Module” (MOM)
 products, 141
survival tips, falling
 overboard, 145–146

swamp
 defined, 389
 recovering from, 138–139
 safety and, 135
 swimming, importance of
 training, 324
 swing arc
 anchoring and, 206–207
 boats coming into,
 213–214
 symmetrical spinnaker. *See*
 spinnakers

• T •

tack
 attaching jib, 61
 attaching mainsail, 58, 59
 defined, 55, 389
 versus tacking, 93
 tack horn, reefing and, 132
 tacking
 catamarans, 240–241
 no-sail zone and, 82–83
 releasing jib during, 104
 roll, 232–234
 on sailboards, 357
 sailing into the wind with,
 21–22
 steps to, 91–92, 93
 versus tack, 93
 t-cleat
 defined, 386
 securing halyards and,
 66–67
 using, 100
 team racing, 271
 telltales, 189, 244–245
 temperature
 affecting weather
 changes, 159–161
 clothing and, 41
 ideal for learning, 28
 sea breezes and, 167–168

thimble, securing anchor
 and, 216
 tide
 running aground and, 291
 securing boats and, 116
 understanding, 165–167
 tie-in reefing, 131–133
 tiller extension, 230, 389
 tillers
 defined, 51, 389
 example of dinghy, 17
 versus wheels, 16, 71–72
 tools
 for broken masts, 299
 for jury-rigging, 292–293
 topping lift, 255, 389
 topsides, 51, 389
 tows
 catching, 147–148
 running aground and, 291
 trailerable boats,
 launching, 116–119
 trampoline, on catamarans,
 238
 transatlantic races, 273
 transom
 bringing swimmer aboard
 and, 145
 defined, 51, 389
 Transpac race, 273
 trapeze, 230–231, 389
 traveler, 56, 248, 389
 trim
 defined, 389
 positioning for proper
 fore-and-aft, 231–232
 trimarans, understanding
 multihulls and, 13–14
 trimming
 sails in sail zone, 83–84
 stages of, 87
 Trophee Jules Verne, 272
 trophies, top sailing,
 266–268
 trough, 389

trucker's hitch knot, 373
 true north, 180
 true wind
 versus apparent wind,
 223–225
 defined, 389
 measuring wind speed
 and, 154
 turtle
 avoiding turning, 135
 defined, 389
 preventing catamarans
 from turning, 241
 twist
 controlling sail power
 and, 250
 sail, 246, 247
 speed and, 251
 two half hitches knot,
 369–370

• U •

*Understanding the Racing
 Rules of Sailing (Perry),*
 281
 underwater fins, keelboats
 versus dinghies, 14–15
 underwater hazards,
 anchoring and, 205–206
 upwind collapse, spinnaker,
 259
 U.S. Coast Guard
 boating classes and, 36
*Federal Requirements and
 Safety Tips for
 Recreational Boats*
 pamphlet, 47
 50-50-50 rule, 139
 fire extinguisher
 requirements, 303
 life jacket classification,
 38–39
 safety regulations and, 38

US Sailing Association,
sailing lessons and, 30
US Sailing, Safety at Sea
courses, 140

• U •

vacation, taking lessons
during, 31
vang, 56, 248, 384
variation, 389
Vendee Globe race, 273
VHF (Very High Frequency)
radio
common types of
communications
on, 149
overview, 148
as weather resource, 157
Volvo Ocean Race, 273


• W •

WAAS (Wide Area
Augmentation System),
enhancing GPS
accuracy with, 199
water
avoiding shallow, 174
force of passing over
underwater wing, 397
history of attraction to, 9
ideal for learning, 28
keeping clean, 332
launching into, 116
measuring wind speed by,
154–156
water depth
anchoring and, 206
charted, 180
water spouts, cold fronts
and, 161
waterline, 51

waves
dealing with heavy air
and, 128–129
launching boats off
beaches and, 122
planing and surfing,
236–238
sailing in, 170
sailing speed and, 225
watching for shallow
water and, 174
waypoints, 389
weather. *See also* wind
anchoring problems
and, 214
clothing and, 41
cloud types and, 163–164
fog, 164–165
forecast, wind conditions
and, 11
indicators of change in,
162–163
information sources,
157–158
low-pressure areas and
fronts, 161–162
racing in cold, 275
sailing rules for, 169–170
sky indicators of, 165
squalls, 164
surviving storms, 296–298
temperature and air
pressure differences
affecting, 159–161
understanding, 158–159
weather information
communications, 149
weather-routing software,
using, 170
Web sites
America's Cup, 268
for charts/chart
information, 179
for distance races, 273

for GPS technology, 199
paints, 318
racing, 282
for racing seminar, 283
for sailing books, 336
for weather resources,
157–158

wheels
defined, 51
example of keelboats, 18
versus tillers, 16, 71–72
whipping, frayed rope, 308
whitecaps, 126, 389
Wide Area Augmentation
System (WAAS),
enhancing GPS
accuracy with, 199
winches
adjusting lines on loaded,
103–104
choosing/maintaining,
311–312
defined, 56, 389
grinding, 101–102
hoisting mainsail with,
64–65
overview, 101
wind. *See also* apparent
wind; true wind;
weather
air pressure affecting,
160–161
anchoring and, 205
angle of sails to, 243–244
Coriolis force affecting,
159
finding, 80–81
hoisting sails and, 62
ideal for learning, 28
importance of knowing
direction of, 156
jibes and, 261
jibing and, 96

- wind
 - launching off beaches
 - and, 121
 - losing control in strong, 263–264
 - making own for
 - catamarans, 238–239
 - racing against, 279–280
 - racing with, 280–281
 - recognizing shifts in, 168–169
 - rocking to generate, 235–236
 - sailing into, 21–22
 - sailing rules for, 169–170
 - sailing speed and, 225
 - sea breezes, 167–168
 - steering and, 227
 - understanding issues of, 11–12
 - watching with telltales, 244–245
- wind of motion, apparent
 - wind and, 224
- wind speed
 - assessing, 81
 - measuring, 154
 - measuring by water, 154–156
- windlass, retrieving anchor
 - and, 212
- windsurfing. *See* sailboards
- windswimming, 348
- windward, 90, 389
- winging
 - defined, 389
 - example of, 88
 - jibs, 87
- wishbone boom, 390
- women, classes for, 33
-  •
- yawl, 390