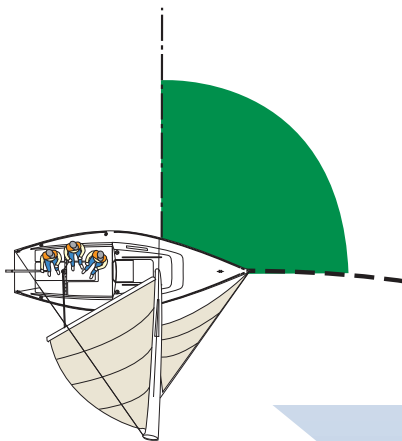


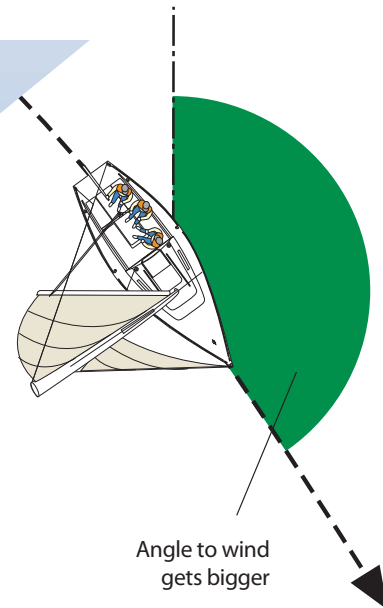
## Sailing Concepts



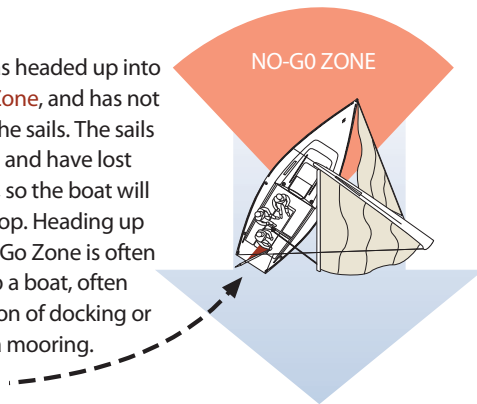
### Bearing Away

This boat is changing direction from sailing across the wind to sailing downwind by bearing away.

- E The helmsman pulls the tiller away from the boom.
- E The crew ease out the sails almost all the way.



This boat has headed up into the **No-Go Zone**, and has not sheeted in the sails. The sails are flapping and have lost their power, so the boat will coast to a stop. Heading up into the No-Go Zone is often used to stop a boat, often in preparation of docking or picking up a mooring.

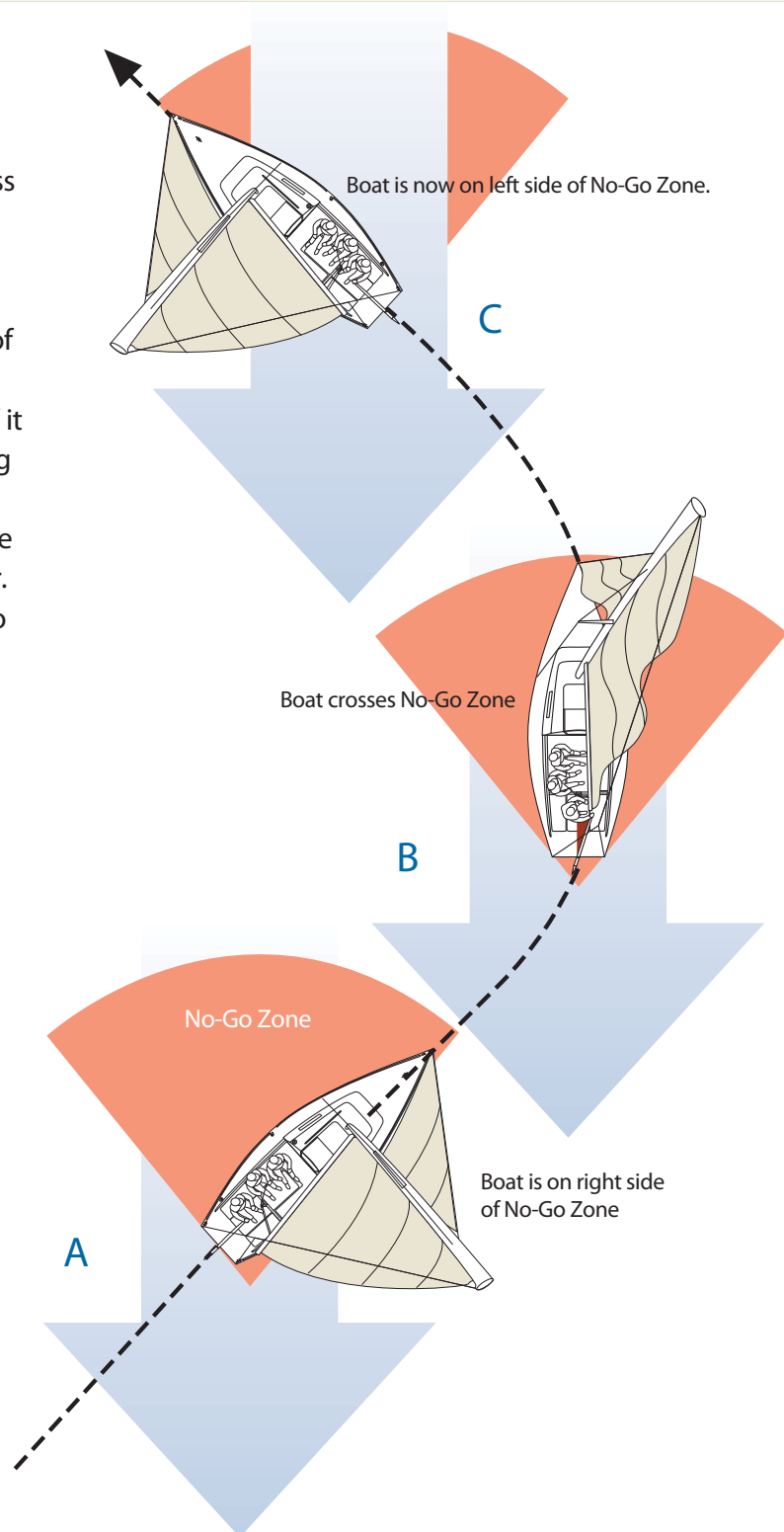


## PART 1

### TACKING

A sailboat cannot sail directly into the wind. To make progress toward the wind it must sail a zig-zag course, much as you would use a series of angular switch-backs to reach the top of a steep hill. When a sailboat switches from a "zig" to a "zag," it is called a tack. A tack or tacking is turning the bow of a boat through the wind from one side of the No-Go Zone to the other. When a boat crosses the No-Go Zone, the sails will also cross the boat.

At the beginning of the tack **1**, the sailors are sailing close-hauled with the wind coming over the port side of the boat. In the middle of the tack **B**, the boat crosses the wind and No-Go Zone, and the sails lose all their power. In the final part of the tack **C**, their boat is again picking up speed, this time with the wind coming over starboard side of the boat. The boat's direction changed about 90°.



## PART 1

### JIBING

Another basic maneuver in sailing is the jibe. Like a tack, a jibe is a change in boat direction through the wind with the sails crossing from one side of the boat to the other. During a tack, you steer the bow through the wind (No-Go Zone). During a jibe, the wind crosses over the back of the stern.

At the beginning of the jibe **A**, the sails are let out almost all the way with the wind coming over the starboard side of the boat. In the middle of the jibe **B**, the stern of the boat crosses the wind and the sail swings over from one side to the other. A key to controlling the mainsail before it crosses over during a jibe is to sheet it in to the center of the boat before the stern crosses the wind. After the boom flops over, the mainsheet is let out quickly. Remember: **KEEP YOUR HEAD LOW AS THE BOOM SWINGS OVER!** In the final part of the jibe **C**, the tiller is straightened and the mainsail is let back out almost all the way. The boat continues on with the wind coming over the port side of the boat.

NOTE: A “controlled” jibe helps minimize the speed of the boom crossing over. But in an uncontrolled jibe, the boom can whip across the cockpit quickly as the sail swings from one side to the other. An uncontrolled or accidental jibe (see opposite page) should be avoided.

