

Okauchee Lake Sailing School, Inc

Post Office Box 152 Nashotah, Wisconsin 53058-0152

An Exempt Educational Organization Teaching Amateur Yachting
Member United States Sailing

1. Preparation

May, 2013

- a. Use zing to clean off calcium
- b. Wax bottom
- c. Tape ring dings
- d. Use a pliers on screw shackles
- e. Check shrouds for frays
- f. Don't stand on shrouds
- g. Tell tales on side stays
- h. Use manufacturers tuning guide – particularly for stability stays on mast
- i. Generally, shrouds are tight (not spring loaded)
- j. S & R Marine in Pewaukee

2. Organizing for the sail

- a. Don't forget batons
- b. Feed sail onto boom
- c. Get paddle out right away
- d. Water, sunscreen, Hat with visor, Polarized lenses
- e. Close bailers,
- f. Wear lifejackets
- g. Make sure your planned site for raising sail allows for drifting while underway (deep enough that board can remain down)

3. At Buoy

- a. Tie with at least three half hitches
- b. In under tow, get idled into the wind
- c. Raise sail, make sure all sheets are free
- d. Lower correct board

4. Leaving Buoy

- a. Crew at Bow, Rope untied but hold on
- b. Skipper pushes out sail till boat sideways to wind
- c. Let go, sheet in expect to drift while getting momentum
- d. Stow lines and organize clutter

5. While sailing

- a. Its safer and more comfortable to sail "at speed"
- b. In windy conditions, puffs affect apparent wind less the faster you go
- c. Most beginners should not sail above 12/15 mph wind until they are comfortable
- d. Avoid shallow spots on the lake
- e. There will be far less wind on "windward shore"
- f. Don't forget masts when passing other sailboats
- g. Keep sheets away from piers with posts, or dragging under buoys

6. Upwind

- a. Board full down
- b. Understand and practice heading up and down
- c. Reduce heel by crew weight, heading up, sheeting out, combination
- d. Depending on conditions, head up enough that the sail is just barely not luffing
- e. Reduce helm by raising board (too much will limit ability to steer) or bringing crew weight toward stern
- f. Practice tacking
- g. If emergency bearing off is needed, ease sheet as well
- h. Get a sense for tell tale angle when the boat is sailing "right"
- i. Check out effect of heavy air tools (cunningham, vang) Use when white capping

Open to All Children Regardless of Race, Color, National Origin, Religion or Sex

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- j. Practice tacking, and help crew understand their duties
- 7. Reaching.
 - a. Most fun
 - b. When overpowered, head down – while easing sheet
 - c. Board up half way
- 8. Downwind
 - a. Boards up
 - b. Practice gybing by pulling tiller toward you (if sitting on opposite side as sail), keeping feet firmly on the floor
 - c. Round up carefully when windy
- 9. Returning to buoy (dock)
 - a. Don't forget to drop boards
 - b. Round up to buoy using momentum
 - c. If you miss, back sails, steer backward until sideways, try again
 - d. Alternately, go dead to wind and quickly douse sails
 - e.

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