

# Steering, Tacking & Jibing

## Coasters Harbor Navy Yacht Club

[www.nwc.navy.mil/chnyc](http://www.nwc.navy.mil/chnyc)



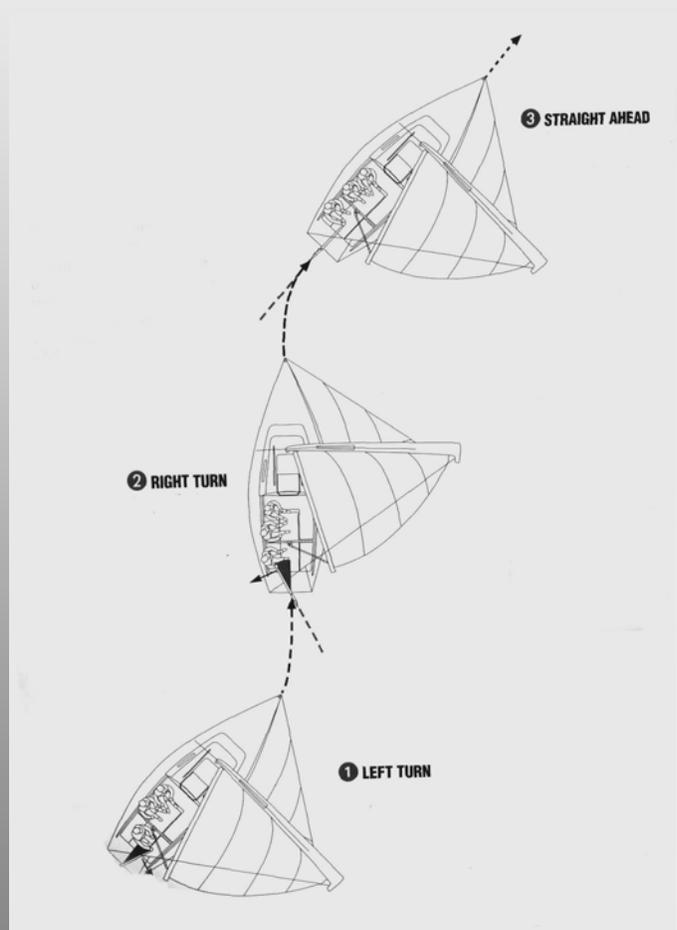
# Crew Position

- **Critical to handling**
- **Crew helps balance the boat**
- **Helmsman sits forward so that tiller is clear to swing**
- **Crew usually positioned on the “high” side**
  - Windward
  - Weight counteracts heeling forces



# Steering

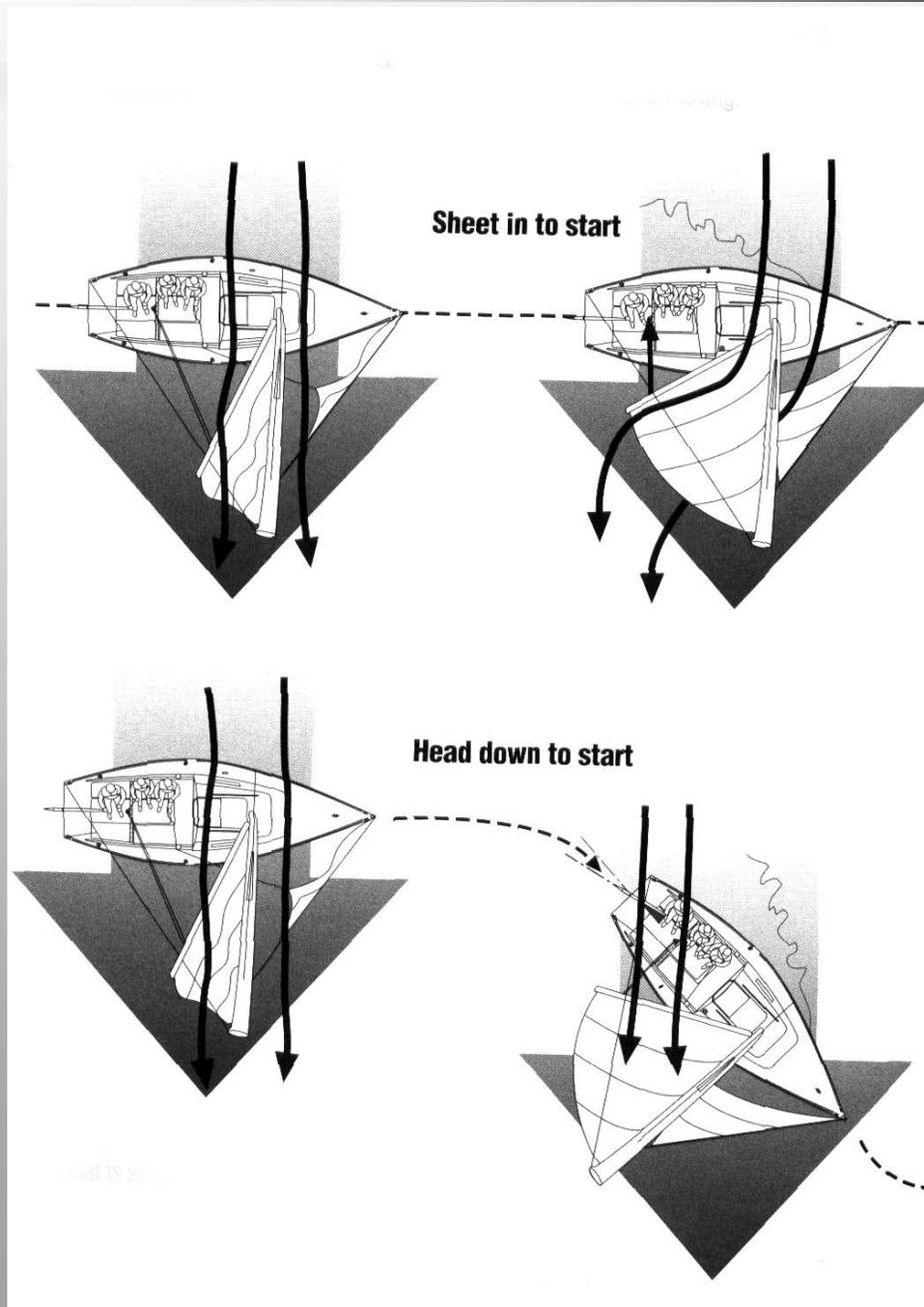
- Use the tiller
- Push the tiller away from the direction you want to turn
  - To go left, push right
- Firm but smooth
- Rudder creates steering force
  - Redirects flow of water
- No movement, no flow, no steering!



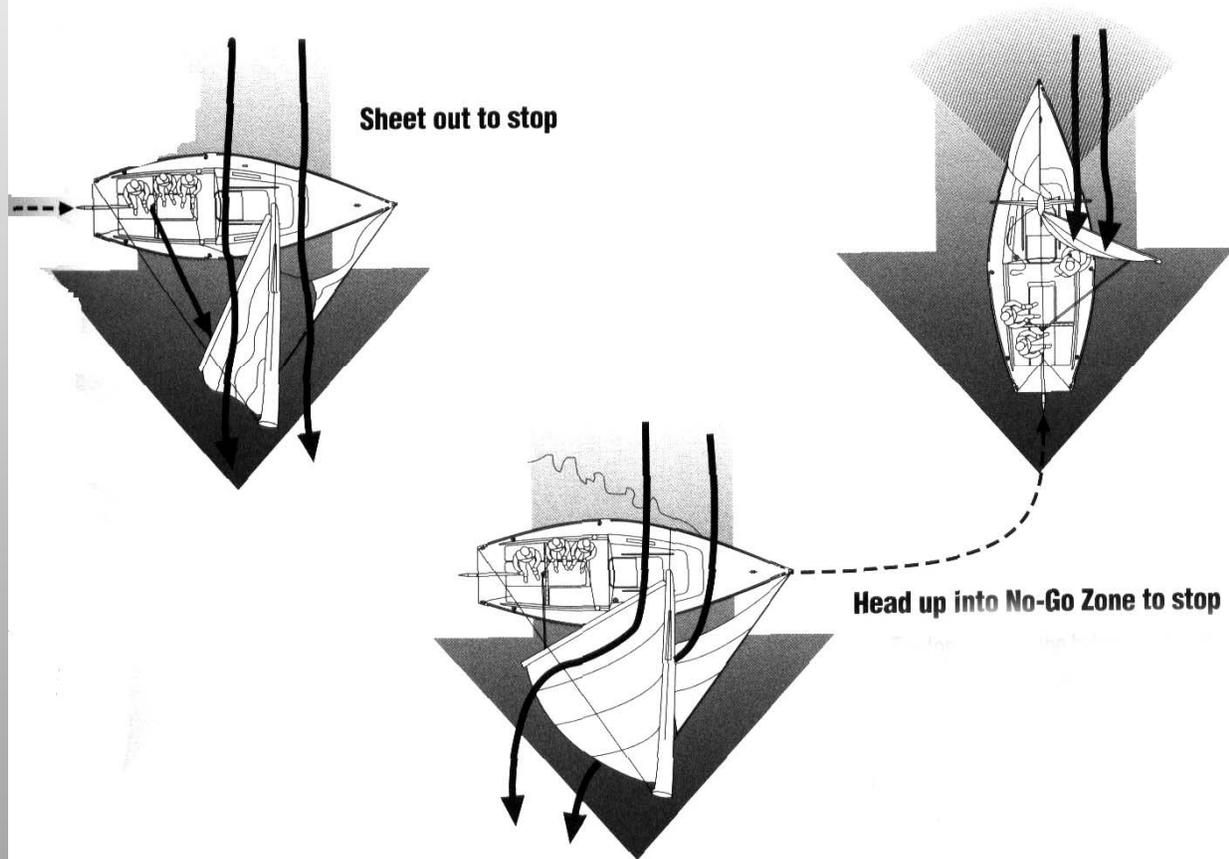
# Starting and Stopping

- **Starting**
- **Sheeting in like stepping on car accelerator**
  - **Trim**
- **Boat will normally increase speed**
- **Watch flow of winds across sails**
  - **Trimmed too tight will stall sails**
- **Turn downwind**
- **Stopping**
- **Sheeting out is like taking your foot off the gas pedal**
  - **Ease**
- **Letting the sails luff (flap) will slow the boat**
  - **Coast to a stop**
  - **Glide zone**
- **Turn up into the wind**
  - **No-go zone**

# Starting

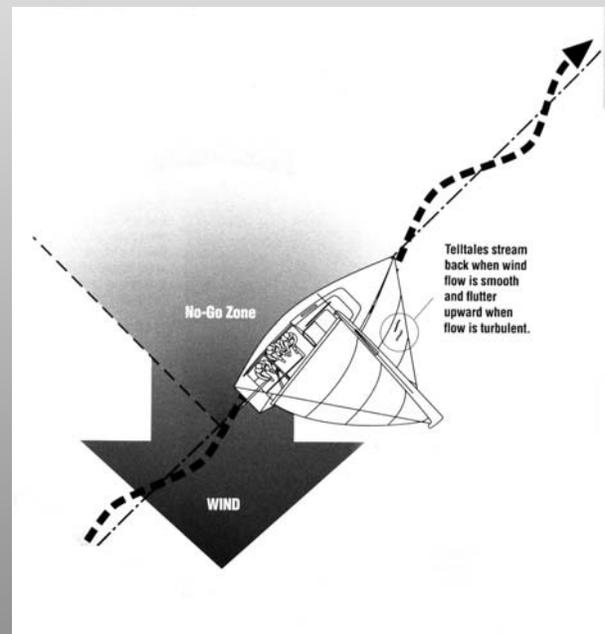


# Stopping



# Sailing in the Groove

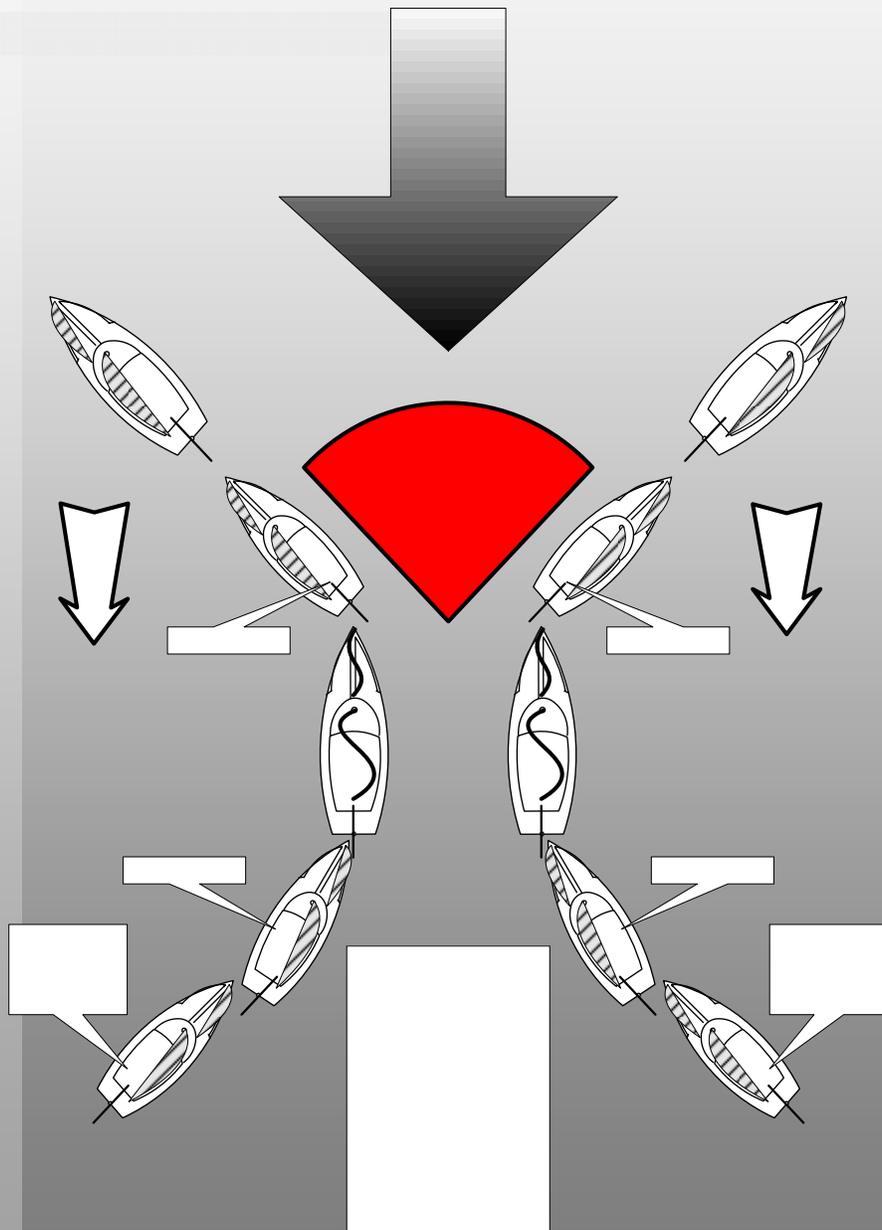
- **Moving upwind but steadily and smoothly through the water**
- **Bit of a challenge**
  - Feel it!
- **Snake a course along the edge of the no-go zone**
  - Read telltales
  - Control heeling



# Tacking

- **Preparing**
  - Check new course is clear
  - Helmsman says “Ready About!”
  - Crew checks sheets are ready
    - Crew says “Ready”
- **Change direction**
  - Helmsman says “Helm’s to lee!”
  - Turn bow up toward wind
  - Through the wind
    - No-go zone
    - Break & trim jib sheets
    - Change weight to other side of boat
  - Head down to the new direction
- **Completing**
  - Center tiller and announce “Course!”
  - Crew adjusts sails

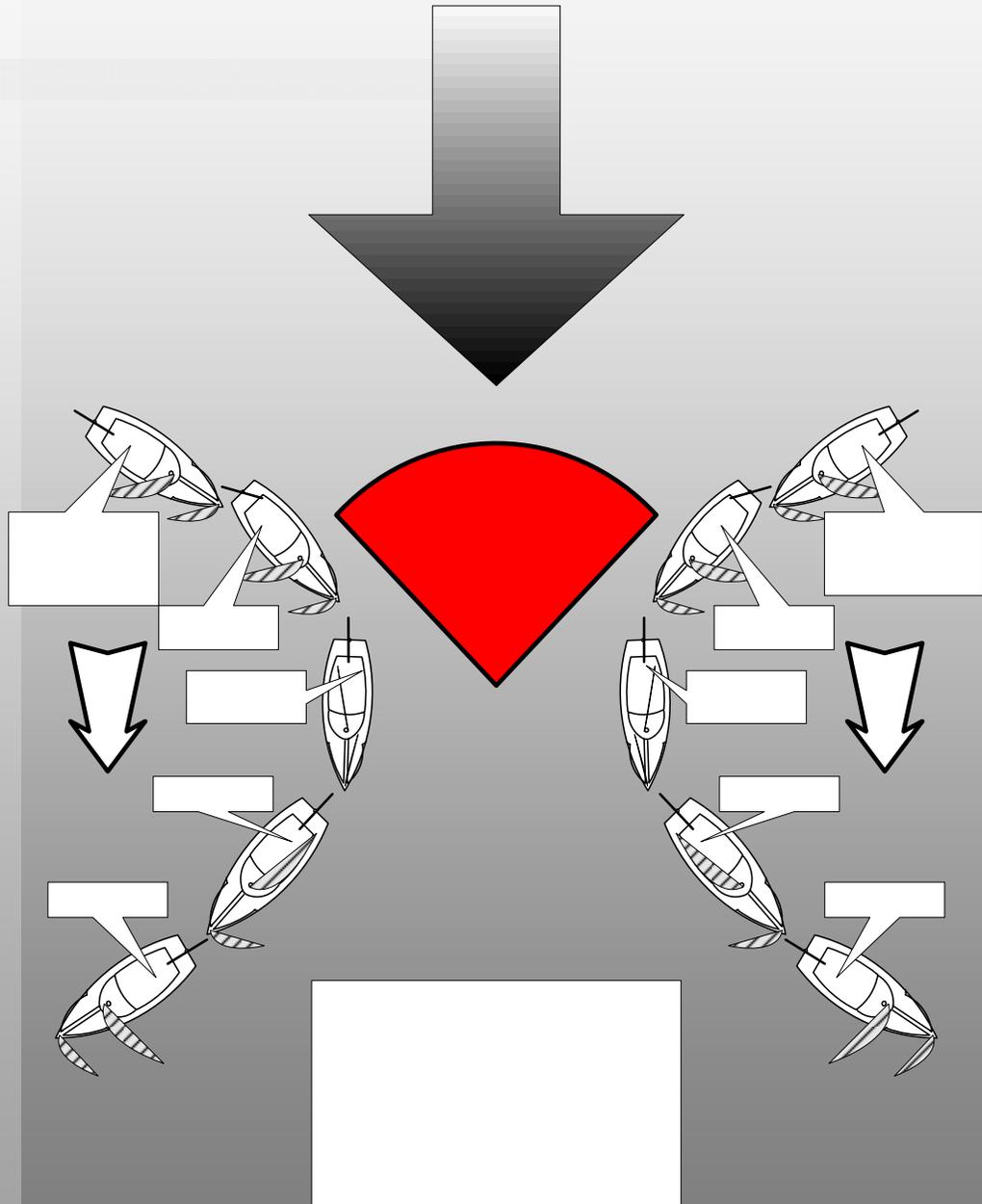
# Tacking



# Jibing

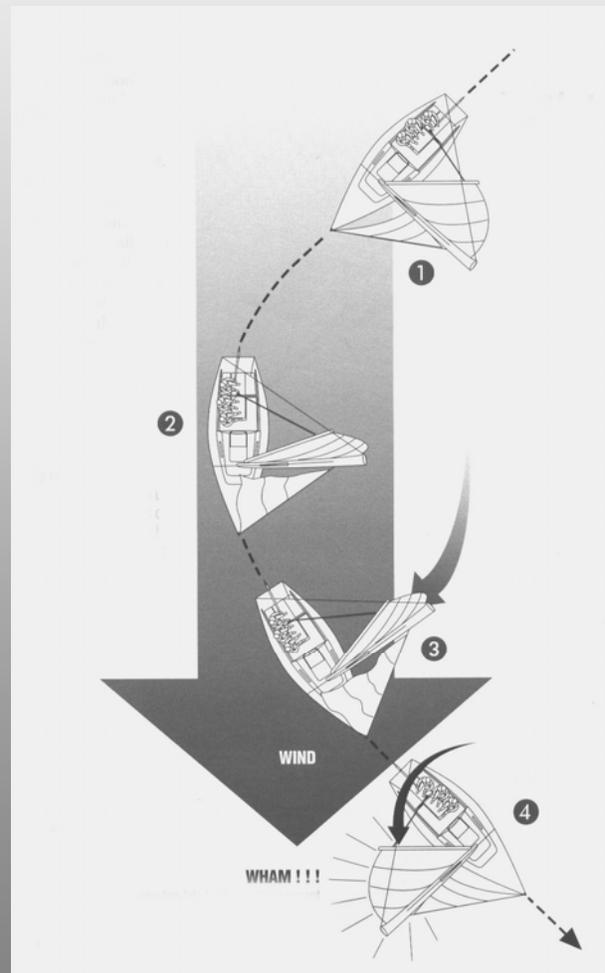
- **Preparing**
  - Check new course is clear
  - Helmsman says “Prepare to Jibe!”
  - Crew checks sheets are ready
    - Crew says “Ready”
- **Change direction**
  - Helmsman says “Helm’s to weather!”
  - Turn stern toward wind
    - Jib will move to other side of boat
  - Helmsman says “Centerline the main!”
    - Control the boom as it crosses the boat
    - Everyone keeps their head safely down below boom
  - Turn stern through the wind
    - Helmsman says “Jibe-ho!”
    - Change weight to other side of boat
    - Ease the mainsail so boat doesn’t round up into the wind.
  - Head up to the new direction
- **Completing**
  - Center tiller and announce “Course!”
  - Crew adjusts sails

# Jibing

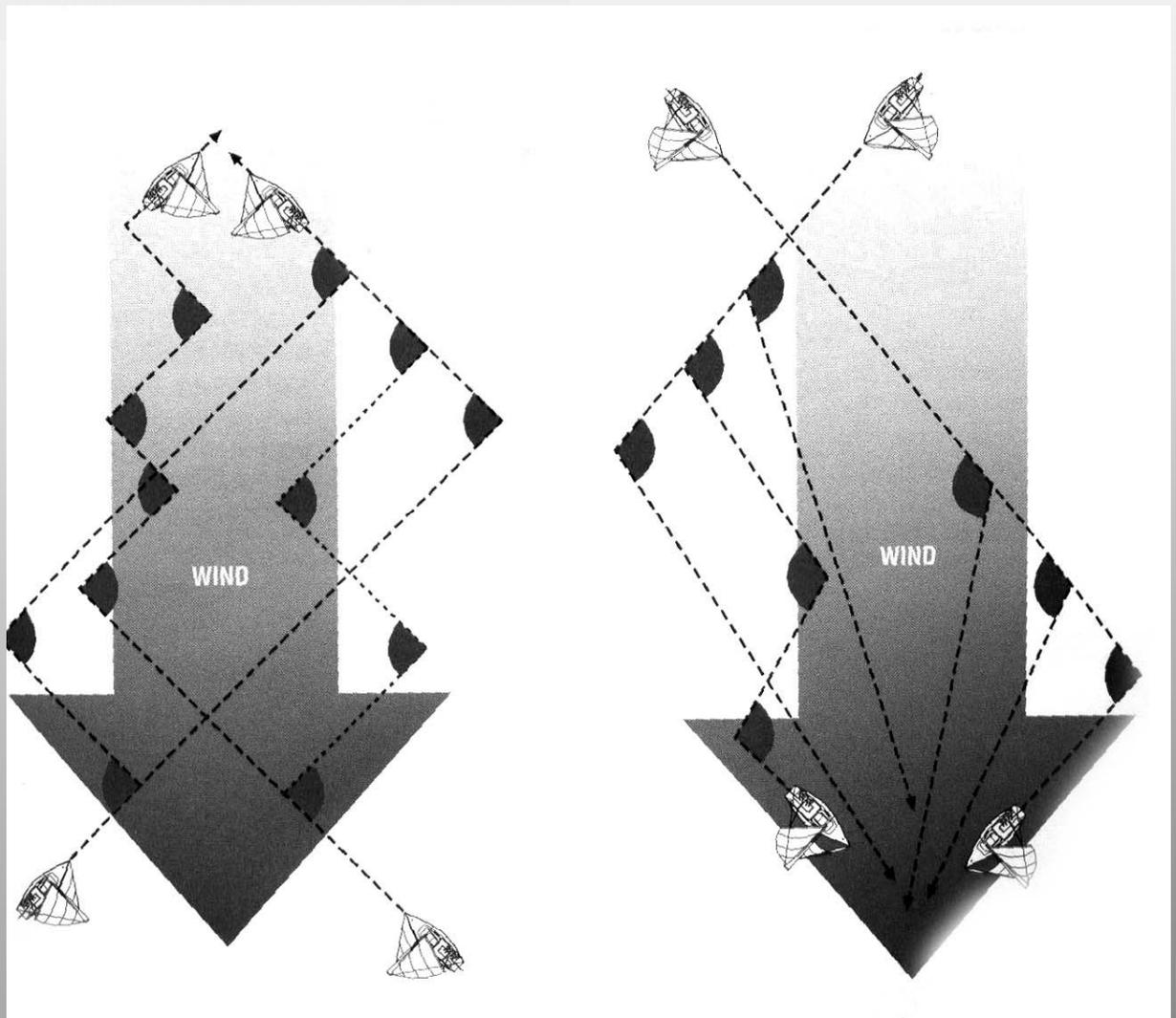


# Accidental Jibe

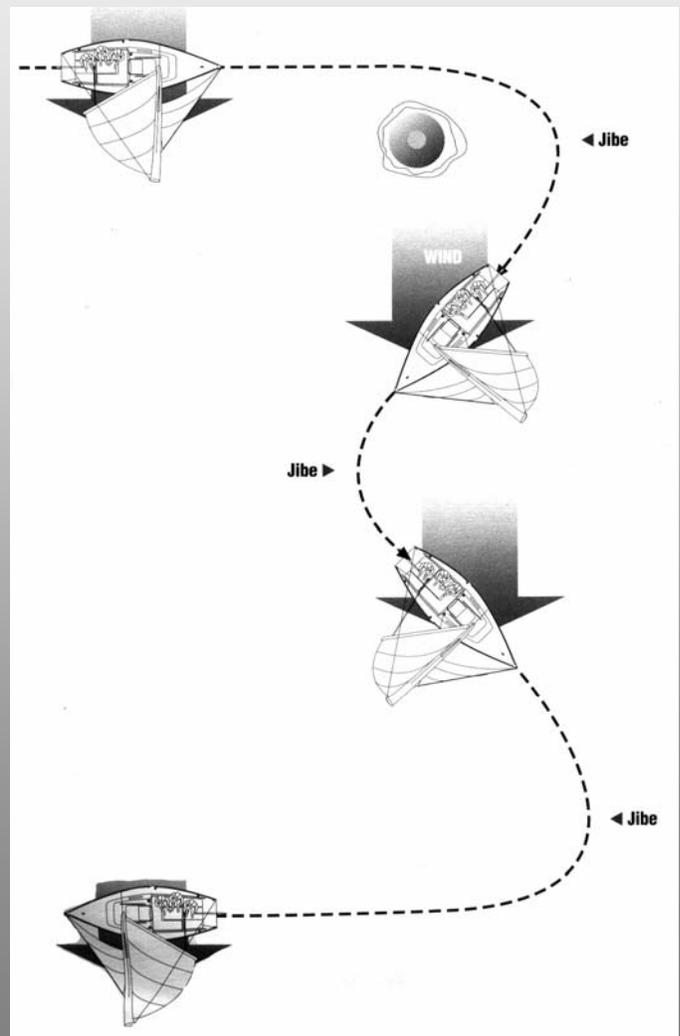
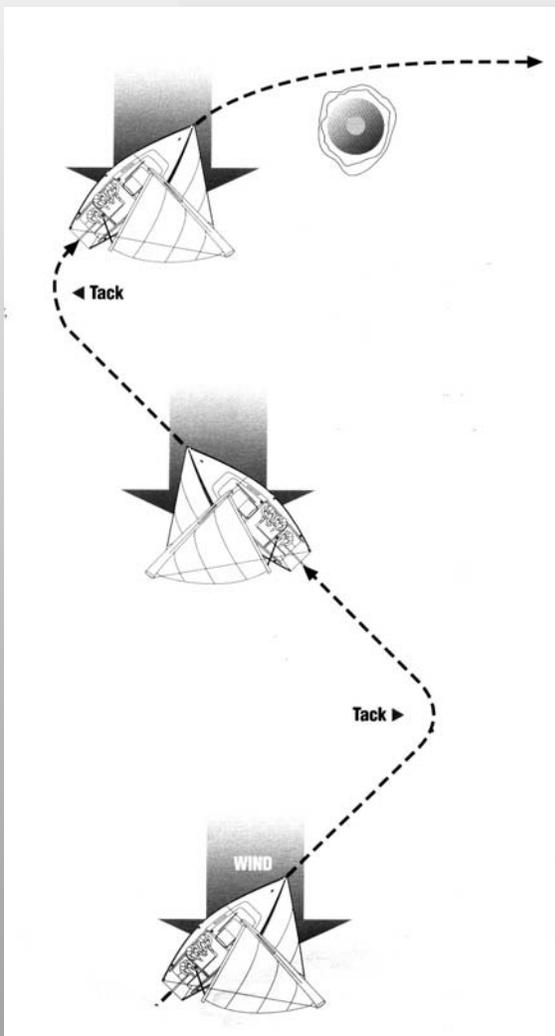
- **When you don't centerline the mainsail**
  - Sailing by the lee
  - Wind gets behind the mainsail
- **Boom rapidly swings across**
  - Personal injury
  - Boat damage



# Angles



# Getting There & Back



# Balance

- **Collection of forces in motion**
  - **Not all in same direction**
    - Forward, sideways, drag
    - Push and pull
    - Sails, keel and rudder
    - Gravity and buoyancy
    - Weight and sail trim
    - Wind and waves
- **Adapt to changes**
  - **Make small adjustments**
  - **Give boat time to respond**
- **When balanced, boat will sail in a straight line**
  - **Don't fight the boat**

# Keys to Safety

- **Preparation**
  - Know what you are going to do
  - Know when you are going to do it
  - Know how you are going to do it
- **IF you don't know – say so**
- **Teamwork!**
- **Communicate**
  - **Talk**
    - Don't yell
    - Clearly
    - Slowly
    - Standard commands
  - **Listen**
    - Reply
    - Standard commands