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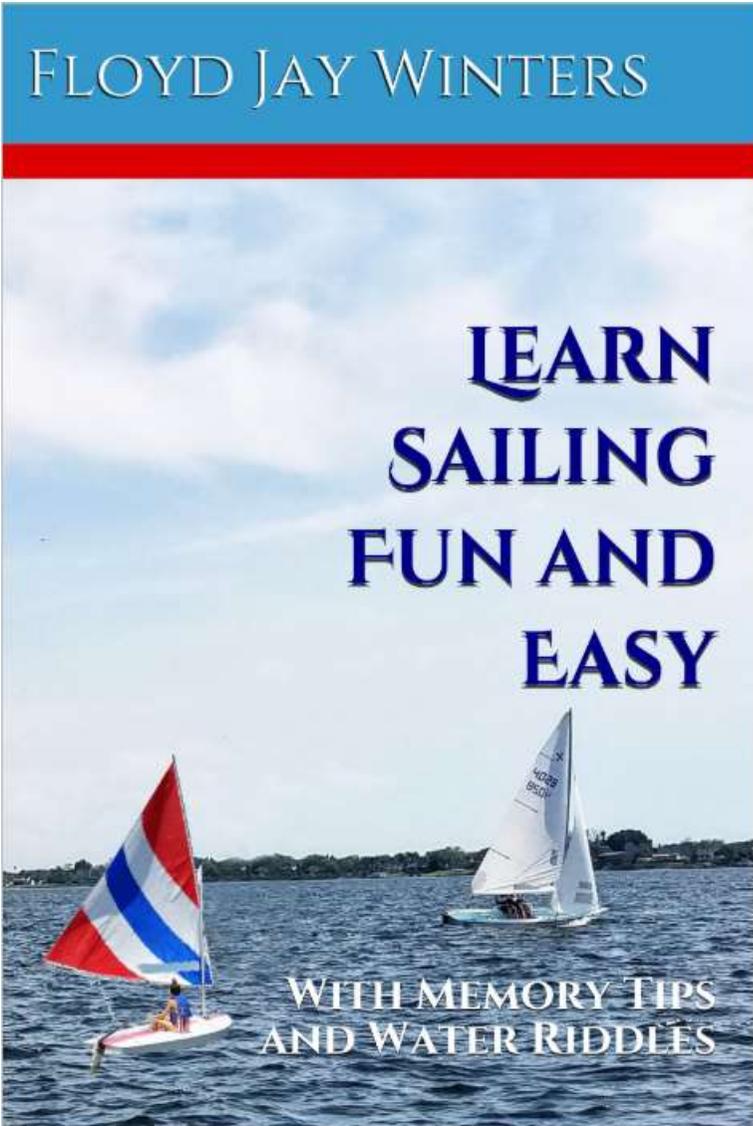
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FLOYD JAY WINTERS

**LEARN
SAILING
FUN AND
EASY**

WITH MEMORY TIPS
AND WATER RIDDLES



LEARN SAILING FUN AND EASY

**With Memory Tips
and Water Riddles**

By Captain Floyd Jay Winters

<https://SmallSailboats.net>

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<https://SmallSailboats.net/>.

About the Author

Captain/Professor Floyd Jay Winters is a career instructor and coach, with multiple [American Sailing Association](#) Certifications, and multiple [United States Sail and Power Squadron](#) Certifications. For many years he gave small sailboat lessons at [BiminiBaySailing.com](#) off the beautiful shore of Anna Maria Island, Florida. He has taught numerous courses for the [Anna Maria Island Sail and Power Squadron](#), the local chapter of [America's Boating Club](#). Many of the photos for this book were taken from Jay's coaching experience with the [Manatee River Pram Fleet](#) in Bradenton, Florida.



Fig. 1. Captain Jay at the helm of a catamaran in the BVI

Jay has sailed, crewed, and raced on all sizes of boats, ranging from the 14-foot Sunfish to 36-foot keelboats to the historic 122-foot Baltimore Clipper Schooner, the [Privateer Lynx](#).

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Thanks to **Captain Alex Peacock of the schooner, the Privateer Lynx**. He and his father, Captain Don Peacock, exemplify the best practices of maritime instruction, teamwork, and personal enrichment through the discipline of training aboard a sailing vessel.

Thank you, **Brian Dahms, (owner of Bimini Bay Sailing)** for your upbeat mentoring and support. You always make sailing fun.

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I also want to thank **Carla Laney** for allowing me to use some of the photos that she took of me while I was teaching or sailing.

Credits

Dave Barry, How to Sail a Sailboat, in 4 very short steps

Cedarelectronics.com, photos of a Cobra 6 Watt Floating Marine VHF Radio

iWindsurf.com, A wind direction, wind speed, wind gust app

Gabenative.com, Compass App screen capture

William Arthur Ward, The realist adjusts his sails

Table of Contents

Copyright Notice	iii
About the Author	iv
Acknowledgements	v
Credits.....	v
Table of Contents	vi
Foreword	1
Introduction	2
Main Parts of a Sailboat	4
Directions on a Boat.....	11
Sails and Rigging.....	13
Rigging a Sunfish in Photos	27
Parts of a Sail	31
Raising and Storing the Main Sail	39
Raising the Main Sail (General)	39
Lowering the Main Sail	45
How to Sail a Sailboat by Dave Barry :-)	45
Points of Sail.....	46
Points of Sail Diagram.....	55
Trimming Your Sail	56
Telltails	58
Heeling and Hiking	61
Reducing too much Heel	62
Apparent Wind	66
Tacking	68
Tacking with Two Sails.....	69

Tacking a Small Sailboat with only One Sail.....	72
Tacking a Multihull	76
Tacking Diagram	78
Jibing (Gybing)	79
Controlled Jibe Steps	81
Jibing (Gybing) Diagram.....	84
Comparing a Tack and a Gybe (Jibe)	85
Preventing a Stall Getting out of a Stall	86
Get out of a Stall on a Small Sailboat.....	87
Get out of a Stall on a Larger Sailboat	87
Capsize Prevention and Recovery	88
Avoid Capsizing a Small Sailboat	88
Anticipate and Plan.....	90
Slow Down or Stop a Sailboat.....	91
After Capsizing a Small Sailboat.....	91
Right a Capsized Boat	91
Man Overboard (MOB) / Crew Overboard (COB)	96
Man Overboard Broad Reach / Close Reach maneuver	97
Simple Man Overboard (MOB) (COB) Diagram.....	99
A Scary MOB Sailing Story?	100
Heave To	103
Heave To Steps.....	103
Basic Anchoring Tips	105
Anchoring Steps	105
Retrieving an Anchor.....	106
Basic Docking Tips.....	107
Basic Docking Steps and Diagram	109

Aids To Navigation (ATONS)/Terms	110
Navigation Chart Symbols.....	114
Helpful Metrics When Reading Charts.....	116
Sailing Rules of the Road	117
Rules for Passing Other Sailboats	117
Safety Tips	121
PFDs (Lifejackets).....	126
VHF Marine Radios	128
Some Types of Sailboats.....	130
Dinghies.....	130
Multihulls	135
Other Sailboat Classifications	136
Basic Knots	142
Docking and Hitches	142
Midshipman’s Hitch	145
Stop Knots	146
Square Knot / Reef Knot	148
Bowline.....	149
Miscellaneous Hints and Notes	150
Plan Your Sail.....	150
Very Simple Navigation	151
Keep the Wind in Your Sail	152
If Overpowered by Too Much Wind	152
Safe Turns.....	153
Read the Water	154
Sculling.....	155
Going Backwards	155

Steering without a Tiller or Rudder.....	156
Transporting Dinghies	156
A Few Old Sailing Phrases Used Today.....	159
Basic Sailboat Quiz	162
Answers to Water Riddles	163
Answers to Basic Quiz	164

Foreword

Jim Brown is the Designer of the WindRider 17 Trimaran and the larger Searunner Trimarans. He is an accomplished sailboat builder, enlightened author, humorous blogger, and a charming podcaster. Please take the time to read his comments below:

Learning to sail usually involves an initiation; worse a hazing. So, this book, by itself, cannot teach you how to sail. You also must embark.

But first, peruse this primer, and then go sailing. Don't go with Captain Bligh, but with someone like Jay Winters who really knows how to *teach* sailing. Even then, you may come away flummoxed, so now's the time to study this book. All of Jay's pictures and drawings and succinct explanations can now reveal the essence of this elevated quest. That revelation can really help you to avoid the usual beginner's mayhem, and instead arrive home dry, feeling quite exclusive and fulfilled.

Fair Winds,

Jim Brown

You can visit Jim Brown's enjoyable blogs and lively podcasts at:

<http://Outrigmedia.com/outrig/> and

<http://SmallTrimarans.com/blog/tag/jim-brown/>

Introduction

This book is designed to help you **learn quickly**. It will start with the most basic terms, providing **short, clear, and concise definitions**, often using **common synonyms**. Once a good foundation is set, important concepts will be covered with **easy to follow steps**. **KEY TERMS** are in **BLUE CAPS** and are reinforced throughout the book. **KEY NOTES** are underlined for a quick review. Many **Memory Tips**, **Hints**, and fun water **Riddles (in bold purple)** are included to help you pleasantly remember them.



Fig. 2. Jay Coaching on a **Sunfish**



Fig. 3. Some common Small Sailboats. **Sunfish** on top.
Opti, **WindRider** Trimaran, **Laser** center.
Optimists lower left. **O'open Bics** lower right.

Main Parts of a Sailboat

There are a lot of new terms to master as you begin to learn to sail. To make the process both logical and easier, we will start by covering the most basic terms, working our way from the front of the boat to the back of the boat. **Memory phrases and Hints in purple** are often included in parentheses to help you remember many of these terms.

BOW – The front part of a boat. (**Hint: You bow to the front**)

HULL – The main watertight floating body or shell of a boat. (**Hint: two LLs in shell and hull**)

DECK – The part of boat on top of the hull. (**Hint: Think sun Deck**)

MAST – The tall vertical pole that supports the main sail and boom. (**Hint: Both a flag and a sail are raised up a mast**)



Fig. 4. Starting with the most basic parts of **Sunfish** sailboat.

BOOM – A horizontal pole running perpendicular from the back of the mast. It supports the **FOOT** (bottom) of the mainsail. It is usually connected to the **MAINSHEET** (the line that controls the mainsail) by a **BLOCK** (pulley) attached to the boom. The boom swings across the boat in the direction the wind blows. (**Hint:** Be careful or **it can go Boom on your head.**)



Fig. 5. The **Boom** of a **Sunfish**

DAGGERBOARD – A 3 to 4-foot lightweight wood or fiberglass **removable keel** used to stabilize a small sailboat and keep it from slipping or drifting sideways. It is difficult to tack or turn properly if the daggerboard is not pushed down. However, pull the daggerboard up in shallow water, so you do not run aground. Sometimes it is raised when going downwind to reduce friction. (**Hint:** A **Daggerboard** is like a **dagger thrust through the hull.**)



Fig. 6. A **Sunfish** in shallow water with the **Daggerboard** up

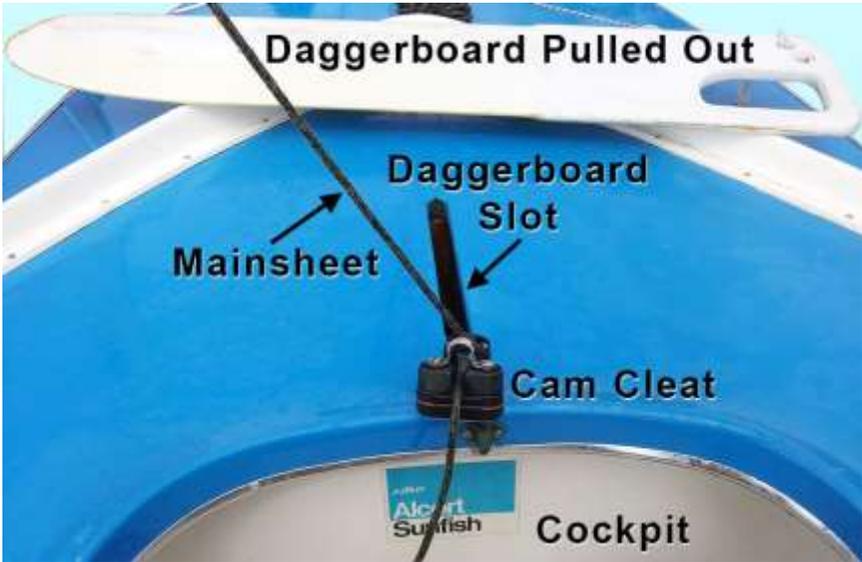


Fig. 7. A Sunfish: Daggerboard out; Mainsheet in a Cam Cleat

CENTERBOARD – A rotating wood or fiberglass **keel** used to stabilize a **mid-sized** sailboat. It is typically fixed by a pin in the **center** of the hull. By easing a line, it can swing down in deeper water. Lift the Centerboard up in shallow water or when sailing downwind to reduce drag. (Hint: It is a board in the center.)

KEEL – A fixed weighted fin-like **spine** on the bottom of a **larger** sailboat designed to reduce **DRIFT** (sliding sideways) when the wind blows from the side. **Keel boats** have heavy lead-filled keels to provide **BALLAST** (counterweight) for **stability**, greatly reducing the chance of a capsizing if a boat **HEELS** (tilts) too much to one side. (Hint: Keels keep keel boats from keeling over.)

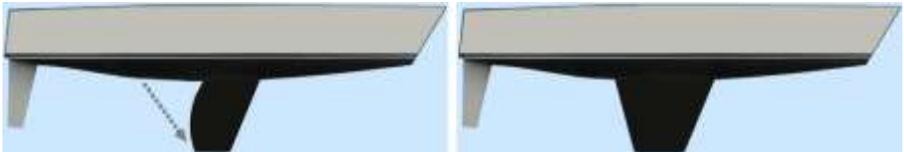


Fig. 8. Centerboard (left), Keel (right): dark bottom of boats above

RUDDER – A vertical board hinged to the **STERN** (back of a boat). It extends down into water like a fish fin. It is used for steering. It is moved left or right to change the direction of the boat. On small boats the rudder is typically controlled by a **TILLER**. Larger boats tend to use a steering wheel to control the rudder.

TILLER – A pole attached to the **RUDDER** used to steer smaller boats. **The TILLER TURNS** the rudder causing the boat to turn. A Tiller is moved in the **opposite** direction from where the bow of the boat will move. Push the tiller left to steer the bow to the right.



Fig. 9. Sunfish **Rudder, Tiller, Bridle**



Fig. 10. **Rudder, Tiller, Transom**

STERN – The **aft** or **after** or back part of a boat, where the tiller is located. (**Hint: STEER from the STERN**)

TRANSOM – A vertical, flat surface at the **STERN** of the hull, where the rudder and/or motor are attached.

RIDDLE: Where do you take a sick boat? (See end of book)

Below is a common small 17-foot sailboat, with a single mast for the mainsail. It has a **JIB**, which is hoisted up or **FURLED** (curled) around a **FORESTAY** (a strong diagonal cable running from the bow to the top of the mast).



Fig. 11. A 17-foot **Hunter** sailboat.



Parts of a 14-foot **Sunfish**

The **BOOM** is connected to the **Bottom** of the sail.
 The **MAINSHEET** is a line that controls the mainsail.
 You **STEER** from the **STERN**, at the back of the boat.
 The **TILLER TURNS** the **RUDDER** which steers the boat.
 The **DAGGERBOARD** provides stability; it keeps the boat from drifting sideways. (Only the top brown part is seen in figure.)
 The Sunfish is **LATEEN RIGGED**: The front of the top boom and the front of the main boom, both extend in front of the mast.

RIDDLE: What gets wetter the more it dries? (See end of book)

Basic Sailboat Quiz

For a Pictorial Interactive Quiz see:

<https://SmallSailboats.Net/blog/basic-sailboat-quiz-for-beginners>

1. You raise a flag and a sail up a
A. Mast B. Boom C. Cleat D. Main
2. You steer from the
A. Hull B. Bow C. Stern D. Deck
3. You turn with the
A. Main B. Boom C. Mast D. Tiller
4. The front of a boat is the
A. Hull B. Bow C. Stern D. Deck
5. The back of a boat is the
A. Hull B. Bow C. Stern D. Deck
6. The right side of a boat is the
A. Starboard B. Port C. Lee D. Windward
7. The left side of a boat is the
A. Starboard B. Port C. Lee D. Windward
8. The pole on the bottom of the main sail is the
A. Main B. Boom C. Mast D. Halyard
9. You raise or haul up a sail with the
A. Main B. Boom C. Mast D. Halyard
10. The line used to trim or control the main sail is the
A. Mainsheet B. Jibsheet C. Trimsheet D. Halyard
11. Turning a boat through the wind (opposite the sail) is a
A. Jibe B. Jib C. Tack D. Trim
12. Turning a boat downwind (towards the sail) is a
A. Jibe B. Jib C. Tack D. Trim
13. When a boat points into the wind and does not move, it is a
A. Jibe B. Jib C. Tack D. Stall
14. It is safest to pass a piling or obstacle
A. Upwind B. Downwind C. To the left D. To the right
15. If your small sailboat leans over and may capsize, you should
A. Hike high B. Ease main C. Turn to wind D. A, B, C

RIDDLE: Two sailors fall off their boat and go completely underwater. But only one man gets his hair wet. Why? (See end of book)

In addition to the boat and water riddles and their answers, there also is an entertaining section of old Sailing Phrases used today and their origins. And many other special features in this easy to understand manual.

*See all the Water Riddles and
get the Answers to the Basic Quiz and
Purchase the full 170-page Sailboat book at:
<https://SmallSailboats.Net> for only \$9.95*

Print, eBook, and Audio versions are available.

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<https://www.amazon.com/Learn-Sailing-Fun-Easy-Riddles/dp/B0892DP7FW>

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