



REVISED
AND UPDATED



THE COMPLETE SAILING MANUAL



STEVE SLEIGHT

THE COMPLETE SAILING MANUAL





THE COMPLETE SAILING MANUAL

STEVE SLEIGHT





CONTENTS



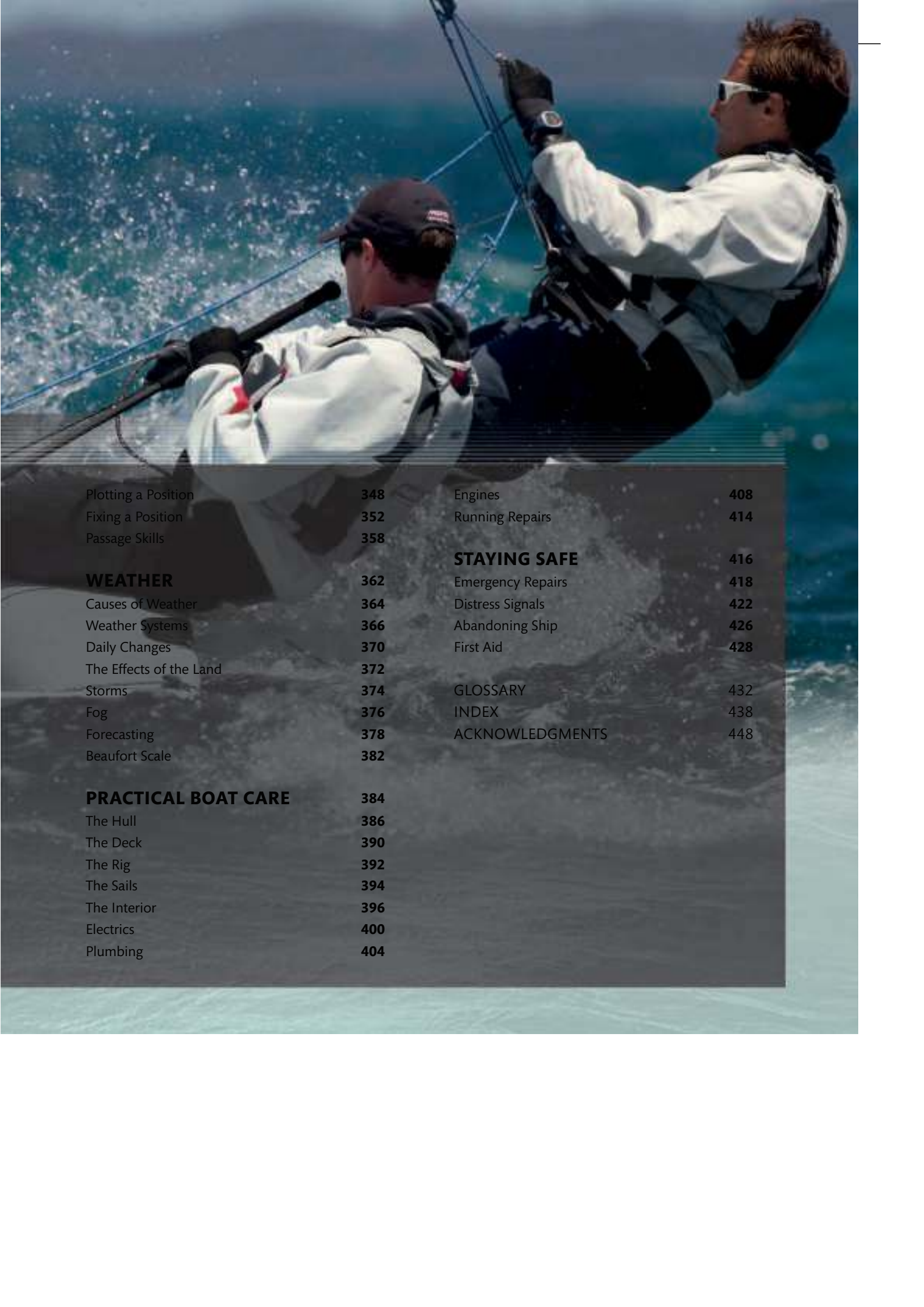
FOREWORD	8	Tacking	90
THE JOY OF SAILING	10	Jibing	94
Introduction	12	Sailing a Course	98
FIRST PRINCIPLES	20	From and to the Shore	102
Safety Afloat	22	Mooring and Anchoring	108
Parts of a Boat	24	Coping with Capsize	110
Essential Equipment	30	Man Overboard	116
How Boats Sail	32	Stowing After Sailing	118
The Main Controls	36	ADVANCED SMALL-BOAT	
Points of Sailing	40	SAILING	120
Ropes and Knots	42	High-performance Boats	122
Oars and Paddles	48	Improving Your Technique	126
Moving Small Boats	50	Sailing Exercises	132
Staying Clear of Others	52	Using Trapezes	136
Weather Basics	54	Tacking and Jibing	140
Inland or Sea	56	Spinnakers	144
SMALL-BOAT SAILING	58	Handling a Spinnaker	150
Choosing a Small Boat	60	Asymmetric Spinnakers	152
Protective Clothing	64	Single-handed Sailing	156
Rigging the Boat	68	Small Keelboats	160
Reefing a Dinghy	74	Sailing Small Keelboats	162
Helmsman and Crew	76	Moving Small Keelboats	164
Turning Forces	78	Catamarans	166
Going Afloat	82	Sailing Catamarans	170
Launching a Dinghy	84	Tuning Your Boat	174
Basic Techniques	86	Rough-weather Sailing	180
		Racing	184
			<i>CONTINUED</i> ►





CONTENTS *CONTINUED*

CRUISER SAILING	190	Rafting Alongside	268
Starting to Cruise	192	Berthing Bow- or Stern-to	270
Choosing a Cruiser	194	Pile Moorings	272
Cruiser Design	196	Moorings	274
Stability	200	Anchoring	278
Rigging and Sails	202	Passage Making	284
Above Deck	206	Avoiding Collisions	290
Down Below	210	Running Aground	294
Protection Afloat	214	Man-overboard Procedure	296
Cruiser Ropework	220	Sailing at Night	300
Basic Sail Skills	226	Sailing in Fog	304
Using the Tender	232	Rough-weather Sailing	308
Preparing to Sail	234		
Handling Under Power	236	NAVIGATION	312
Handling Under Sail	238	Starting to Navigate	314
Tacking	240	Charts	318
Jibing	242	The Compass	322
Sail Balance	244	Plotting Equipment	326
Reducing Sail Area	246	Navigation Instruments	328
Increasing Sail Area	250	Pilotage	332
Berthing	258	Tides and Tidal Streams	338
Marina Berths	264	Shaping a Course	344



Plotting a Position	348	Engines	408
Fixing a Position	352	Running Repairs	414
Passage Skills	358		
WEATHER	362	STAYING SAFE	416
Causes of Weather	364	Emergency Repairs	418
Weather Systems	366	Distress Signals	422
Daily Changes	370	Abandoning Ship	426
The Effects of the Land	372	First Aid	428
Storms	374		
Fog	376	GLOSSARY	432
Forecasting	378	INDEX	438
Beaufort Scale	382	ACKNOWLEDGMENTS	448
PRACTICAL BOAT CARE	384		
The Hull	386		
The Deck	390		
The Rig	392		
The Sails	394		
The Interior	396		
Electrics	400		
Plumbing	404		





FOREWORD



THE **JOY** OF SAILING

Unlike any other sport or recreation, sailing offers a sense of freedom and independence that, once experienced, often leads to lifelong addiction. The sea always has something to teach and one never ceases to learn. What's more, as any sailor will tell you, boats have a life and personality of their own. This book is intended not only as a practical guide to a wonderful sport, but also aims to convey the joy of being afloat.





INTRODUCTION

Sailing is both the most relaxing pastime imaginable and the most exhilarating. It is a sport for young and old, for those who love the sea and those who do not. It is a sport that can be enjoyed in a variety of ways, from the traditional to the modern, and it is a sport that has become increasingly popular in recent years.

The origins of sailing

Sailing has a long and rich history, dating back to ancient times. The earliest evidence of sailing is found in the ancient Egyptian hieroglyphs, which show a variety of sailing vessels. The ancient Greeks and Romans also had a long tradition of sailing, and the Vikings were famous for their long-distance voyages. In the 15th century, the Portuguese and Spanish explorers used sailing ships to discover new lands and trade routes. The 17th and 18th centuries saw the development of the three-masted sailing ship, which became the dominant form of long-distance travel.

The 19th century saw the rise of the yachting club, which was a social and sporting organization for those who enjoyed sailing. The first yachting club was founded in 1815 in London, and it was followed by others in other parts of the world. The yachting club became a place where people could meet and sail together, and it was a place where they could enjoy the sport of sailing in a relaxed and social atmosphere. The yachting club also became a place where people could learn about sailing and the history of the sport.



ROYAL YACHT
The Royal Yacht was the first yacht club in the world. The *Marie* was presented to King Charles II in 1660 and introduced the concept of yachting as sport in England.

Sailing today

Sailing today is a popular and accessible sport for people of all ages and abilities. There are many different types of sailing vessels, from small dinghies to large yachts, and there are many different ways to sail. People can sail for recreation, for competition, or for business. Sailing is a sport that can be enjoyed in a variety of ways, and it is a sport that has become increasingly popular in recent years.

The Royal Yacht Club of Great Britain is the national body for sailing in the United Kingdom. It is responsible for the promotion of sailing, the management of the sport, and the organization of sailing events. The club also provides a variety of services to its members, including access to sailing grounds, sailing equipment, and sailing instruction. The club is a place where people can meet and sail together, and it is a place where they can enjoy the sport of sailing in a relaxed and social atmosphere.

International sailing

International sailing is a sport that has become increasingly popular in recent years. There are many different types of sailing vessels, from small dinghies to large yachts, and there are many different ways to sail. People can sail for recreation, for competition, or for business. Sailing is a sport that can be enjoyed in a variety of ways, and it is a sport that has become increasingly popular in recent years.

AT THE LIMIT

Racing brings the thrill of competition and the challenge of pushing your boat to its limits, whatever the conditions.





Small boat sailing

DEVELOPING SKILLS

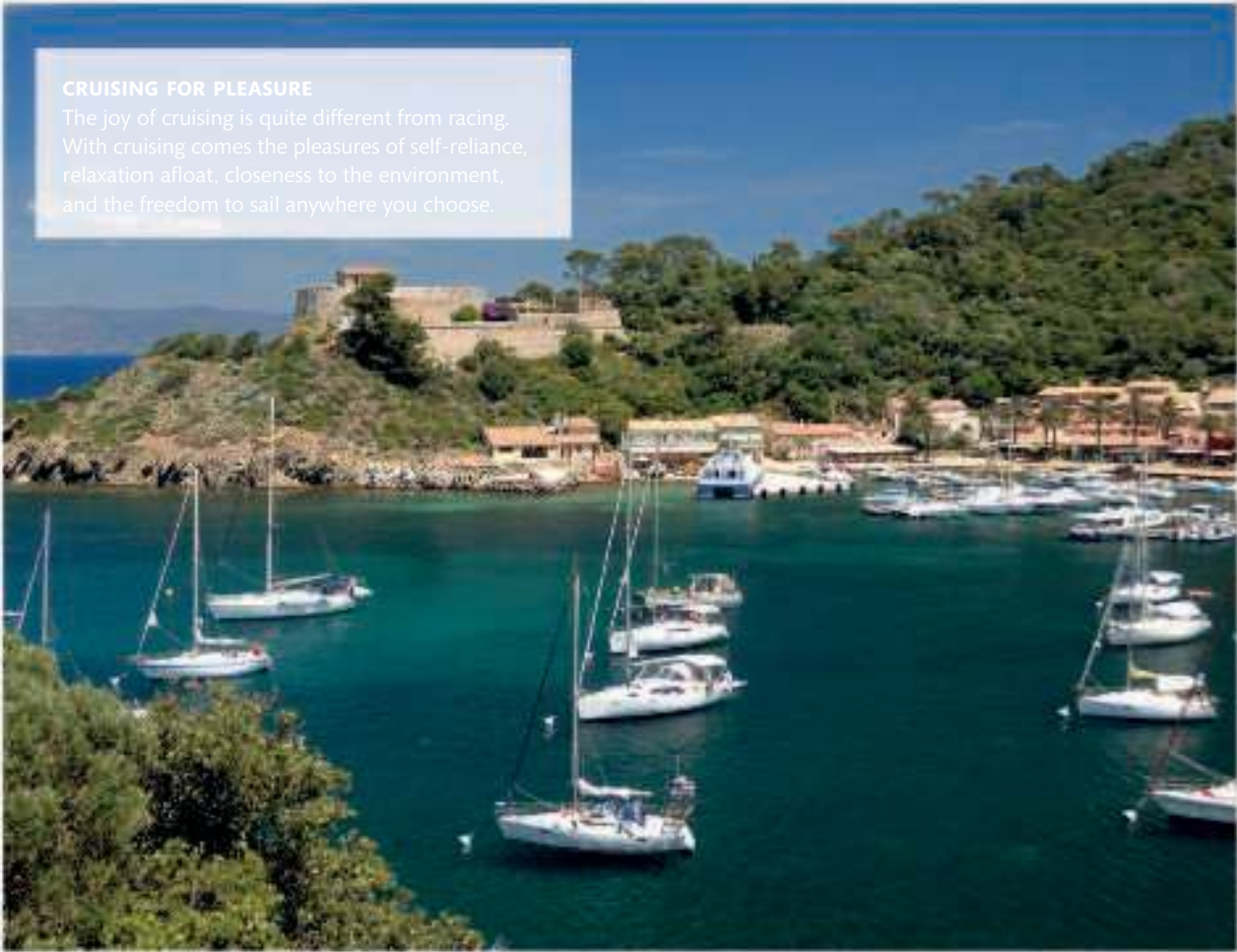
Sailing in small boats is lots of fun and will teach you the basic skills faster than sailing in larger boats.





CRUISING FOR PLEASURE

The joy of cruising is quite different from racing. With cruising comes the pleasures of self-reliance, relaxation afloat, closeness to the environment, and the freedom to sail anywhere you choose.





HIGH-PERFORMANCE THRILLS

Skiff-type dinghies provide the ultimate in speed and thrills. Here, the three-person 18-foot Skiff shows how exciting these boats can be.





Ocean racing



RACING ACROSS OCEANS
Professional teams in the Volvo Ocean Race (such as Puma, pictured here), race around the world at speeds that can reach over 30 knots and provide intense competition.







CLASSIC SUPERYACHT

Restored or modern classic yachts are often in the superyacht category and require large, professional crews to sail and race.



Superyachts and classics

Getting started

Ocean cruising



FIRST PRINCIPLES

There are a number of basic principles and terms that are common to all types of sailing—whether your boat is a small dinghy, an ocean-going yacht, or anything in between. If you are new to the sport, you should acquaint yourself with these principles so that you have a thorough understanding of the fundamentals of good sailing before you go afloat for the first time.





SAFETY AFLOAT

Water is a potentially hostile environment, so it's an important consideration when you're out on the water. It's a particular concern for those who are new to sailing, as you may not have the experience to know what to do in an emergency. It's important to take the time to develop the right safety skills for your own sailing, and to help to ensure that you're sailing responsibly.

Choosing clothing

When you're out on the water, it's important to wear the right clothing. This is especially true for those who are new to sailing, as you may not have the experience to know what to do in an emergency. It's important to take the time to develop the right safety skills for your own sailing, and to help to ensure that you're sailing responsibly.

WEARING THE RIGHT GEAR

Always wear clothing that is appropriate to the type of sailing and the conditions. Here, the crew is wearing light, inshore sailing waterproofs and life jackets.



Wearing warm

Wearing dry

- [download online Creative Designs Using Shaped Beads pdf, azw \(kindle\)](#)
- [The Cambridge Companion to Tocqueville \(Cambridge Companions to Philosophy\) online](#)
- [click The Notebook online](#)
- [read online Possibility of Being: A Selection of Poems](#)
- [read online Becoming Steve Jobs: The Evolution of a Reckless Upstart into a Visionary Leader pdf, azw \(kindle\), epub](#)

- <http://thermco.pl/library/Creative-Designs-Using-Shaped-Beads.pdf>
- <http://dadhoc.com/lib/The-Functions-of-Mathematical-Physics.pdf>
- <http://weddingcellist.com/lib/Sahara.pdf>
- <http://betsy.wesleychapelcomputerrepair.com/library/Possibility-of-Being--A-Selection-of-Poems.pdf>
- <http://betsy.wesleychapelcomputerrepair.com/library/Languages--A-Very-Short-Introduction--Very-Short-Introductions-.pdf>