



REVISED
AND UPDATED



THE COMPLETE SAILING MANUAL



STEVE SLEIGHT

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CONTENTS



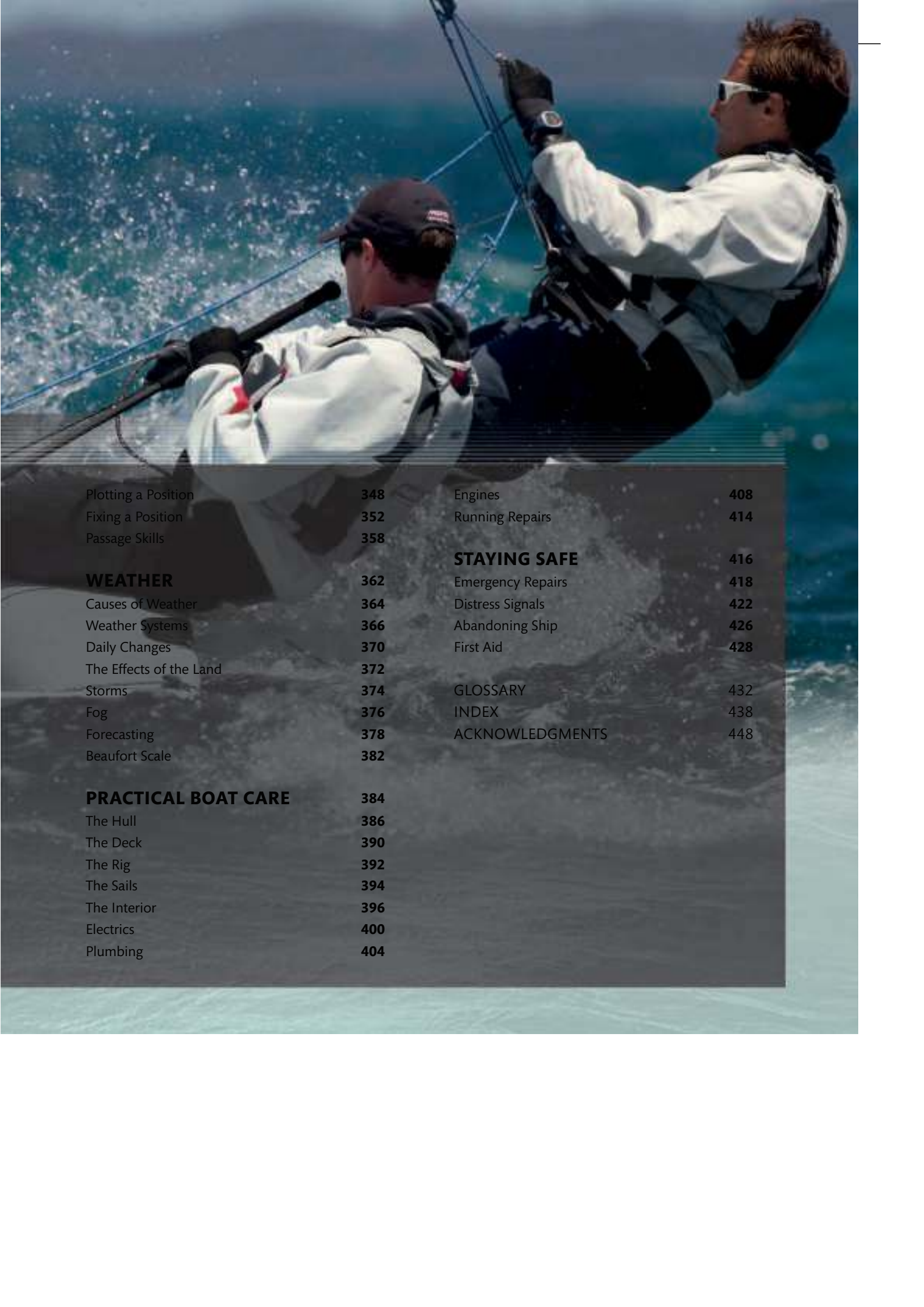
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FOREWORD



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 been enjoyed for centuries. It is a sport that has brought people from all over the world together and it is a sport that has inspired many to explore the world.

The origins of sailing

Sailing has been a part of human history for thousands of years. The earliest evidence of sailing is found in ancient Egypt, where the Pharaohs used large sailing ships to transport goods and people across the Red Sea. The Greeks and Romans also used sailing ships for trade and warfare. In the Middle Ages, sailing ships were used to explore the world and to establish trade routes. The Age of Discovery was a time when sailing ships were used to discover new lands and to bring back new goods and ideas. Sailing has always been a part of human history and it is a sport that has inspired many to explore the world.

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ROYAL YACHT
The Royal Yacht Club of Great Britain was founded in 1815. The Mary II was presented to King Charles II in 1660 and introduced the concept of yachting as sport in England.

Sailing today

Sailing today is a sport that has grown in popularity over the years. It is a sport that can be enjoyed in a variety of ways, from the traditional to the modern. There are many different types of sailing ships and many different ways to sail. Sailing today is a sport that has brought people from all over the world together and it is a sport that has inspired many to explore the world.

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International sailing

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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

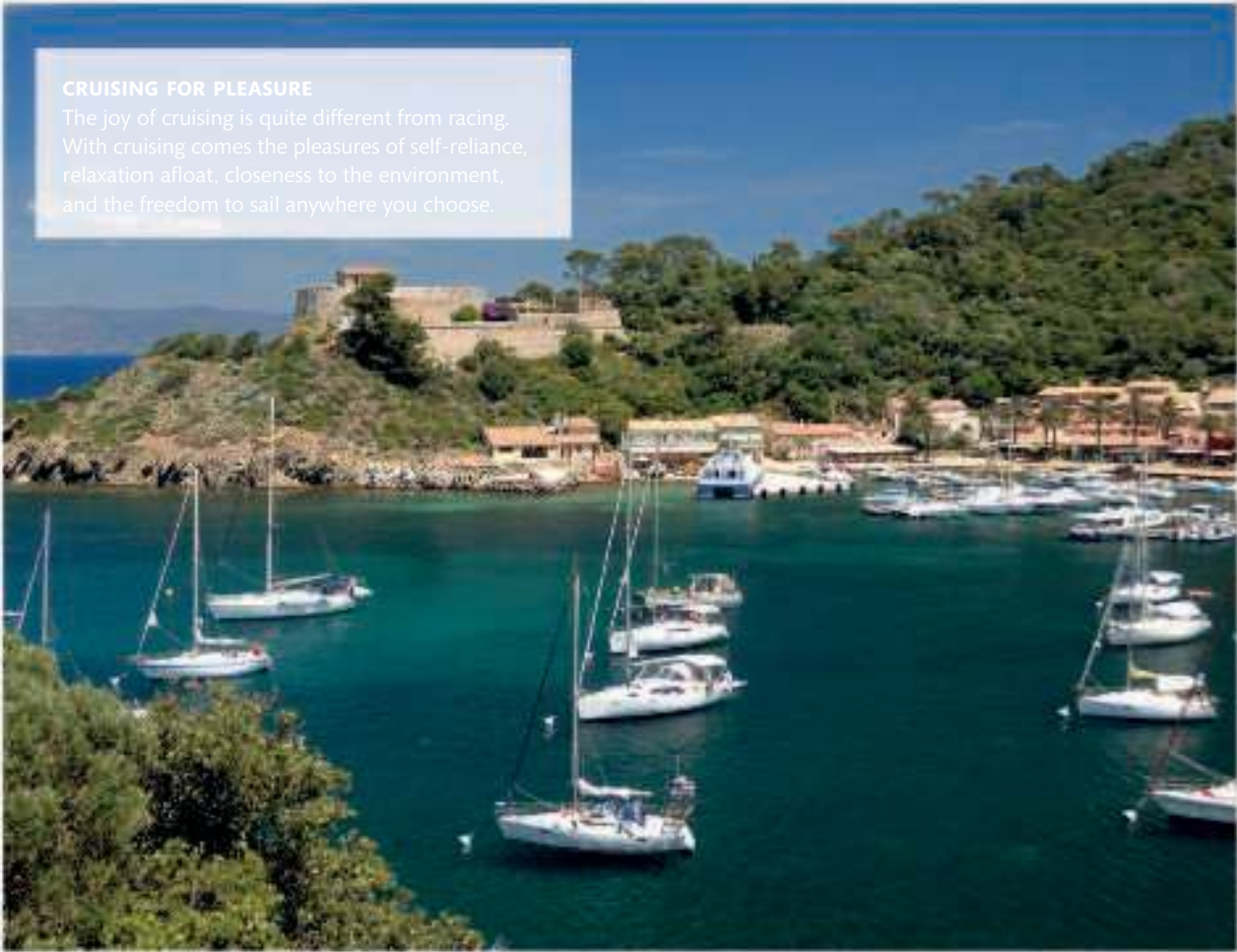
Sailing in small boats is lots of fun and will teach you the basic skills faster than sailing in larger boats.





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

Ocean cruising

Getting started



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'll need to know what to do if you fall overboard. It's also important to know what to do if you're caught in a storm or if you're in a small boat. This guide will help you to develop the right safety plan for your sailing, and the limits of your experience. This will help you to help to ensure that your sailing is a safe and enjoyable experience.

Choosing clothing

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

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