



REVISED
AND UPDATED



THE COMPLETE SAILING MANUAL



STEVE SLEIGHT

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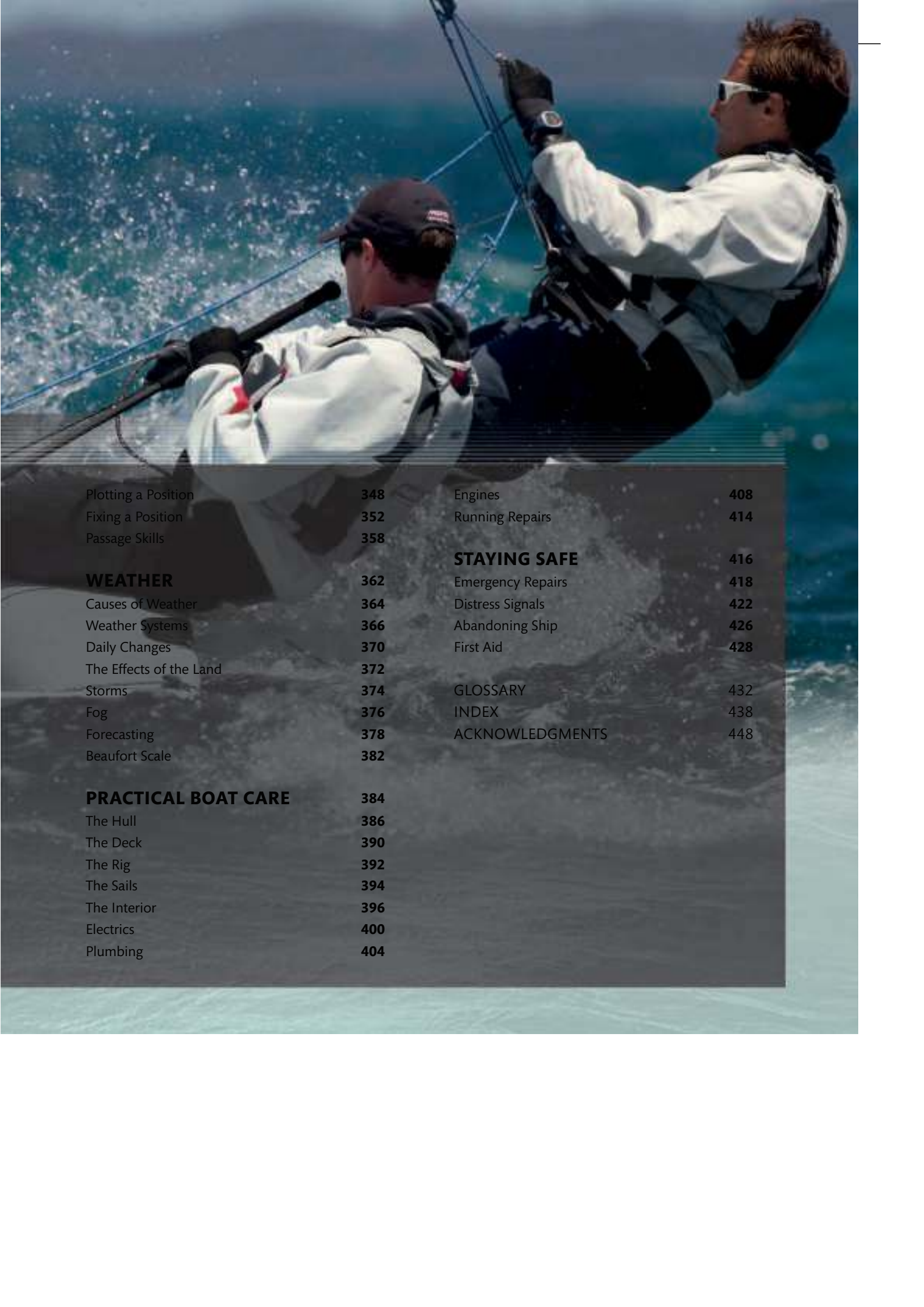
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FOREWORD



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 become increasingly popular in recent years.

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 and the Indian Ocean. In ancient Greece, sailing was used for trade and warfare. The Romans used sailing ships to transport goods and people across the Mediterranean Sea. In the Middle Ages, sailing was used for exploration and trade. The Portuguese and Spanish explorers used sailing ships to discover new lands and trade routes. In the 15th century, the Portuguese explorer Vasco da Gama sailed around the Cape of Good Hope to India. In the 16th century, the Spanish explorer Christopher Columbus sailed across the Atlantic Ocean to the Americas. In the 17th century, the Dutch explorer Willem van der Meer sailed around the world. In the 18th century, the British explorer James Cook sailed around the world. In the 19th century, the American explorer Lewis and Clark sailed across the continent of North America. In the 20th century, sailing has become a popular sport for many people. 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.



ROYAL YACHT
The Royal Yacht 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 become increasingly popular in recent years. 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. Sailing today is a sport that is enjoyed by people of all ages and backgrounds. 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. Sailing today is a sport that is enjoyed by people of all ages and backgrounds. 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. Sailing today is a sport that is enjoyed by people of all ages and backgrounds. 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.

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

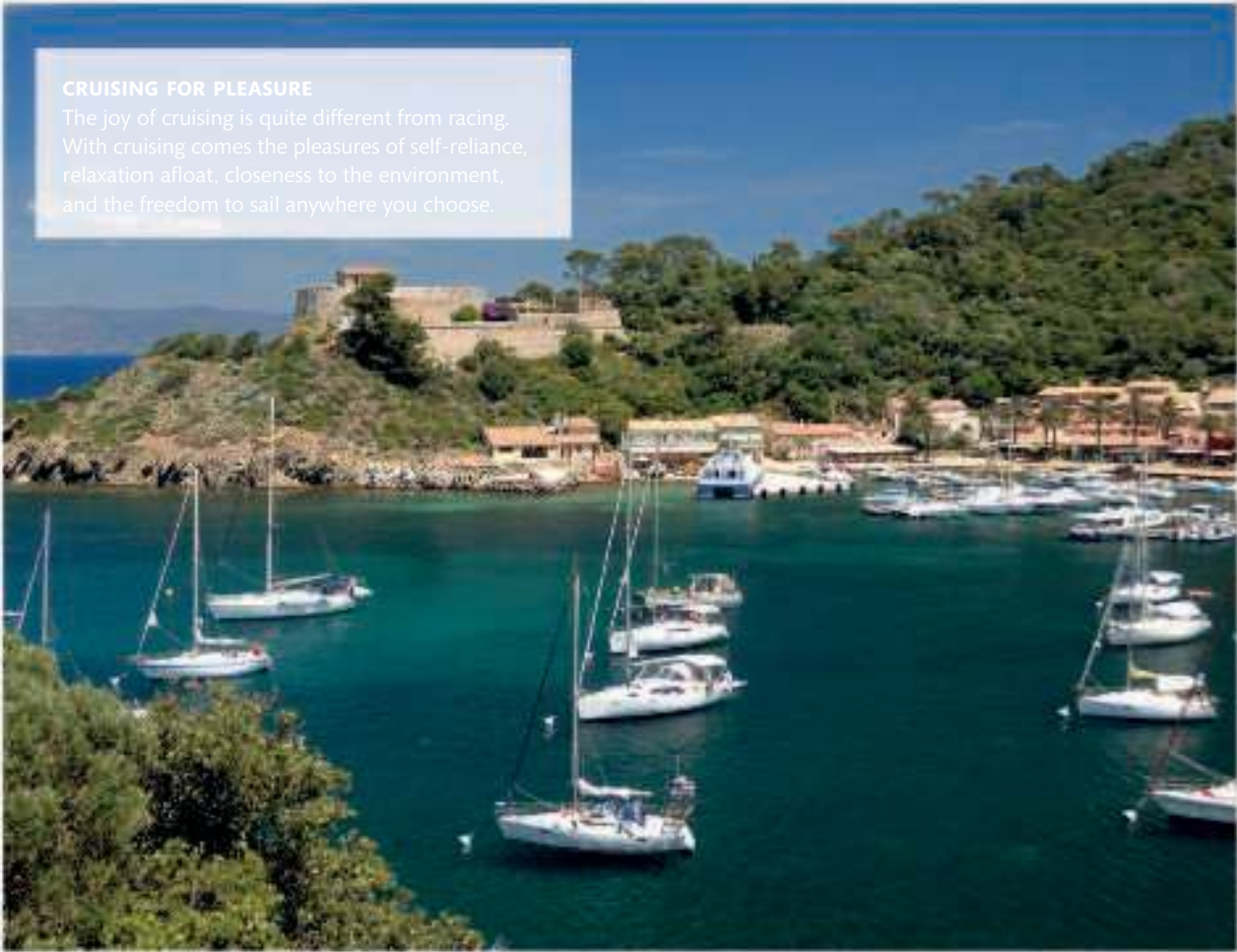
Sailing in small boats is lots of fun and will teach you the basic skills faster than sailing in larger boats.





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

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 is an important consideration when you are out on the water. It is a particular concern for those who are new to sailing, as you will be wearing gear that is not familiar to you. It is important to develop a healthy respect for the water from the start of your experience. This will help you to help to ensure that you sailing is a fun and safe experience.

Choosing clothing

When you are out on the water, you will be wearing gear that is not familiar to you. It is important to develop a healthy respect for the water from the start of your experience. This will help you to help to ensure that you sailing is a fun and safe experience.

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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