

Basic Sail Trim

Including Tacking, Jibing, and Reefing

On the White Board:

- Explain the No-Go Zone.
- Review tacking and jibing.

On the Water:

- Practice proper sail trim on all points of sail
- Practice tacking and jibing. Make sure each person gets to experience each action from the mainsheet, the jibsheet, and the helm.
- Practice beating upwind.
- Practice running, both broad reaching for velocity made good, and running wing and wing.
- Practice reefing on a port tack, sailing on a close reach with only the jib drawing. Let me explain:
 - Heading the boat up into the wind while trying to reef is difficult. You lose control, and the boat inevitably falls off to port or starboard. This puts the boom in the middle of the boat at the best of times, and puts it on a side, which you cannot predict easily, at the worst.
 - Hence the reason I am a fan of reefing underway. You maintain control, the boom stays in a predictable place, and steerage is never lost.
 - Sailing on a close reach using the jib alone will accomplish this. Why a close reach?
 - A close reach means that the mainsail boom, while luffing, is close aboard. You can reach all of the reef nettles (ties on the sail), it is to the side (easier to maneuver in the cockpit), and.....
 - If you are on a port tack, the reefing line that runs along the boom is facing the cockpit, right in front of you. This makes it easier to sweat that section of the reefing line to make sure your new clew is all the way down to the boom.
- While reefing, emphasize that the reef line won't get really tight at the leech unless you pull forward on the section running along the boom.
- Have fun, and watch for traffic!