

Adult Learn to Sail Theory



May 2015

Bedford Basin Yacht Club
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Bedford, Nova Scotia
B4A 2C7

Hello!

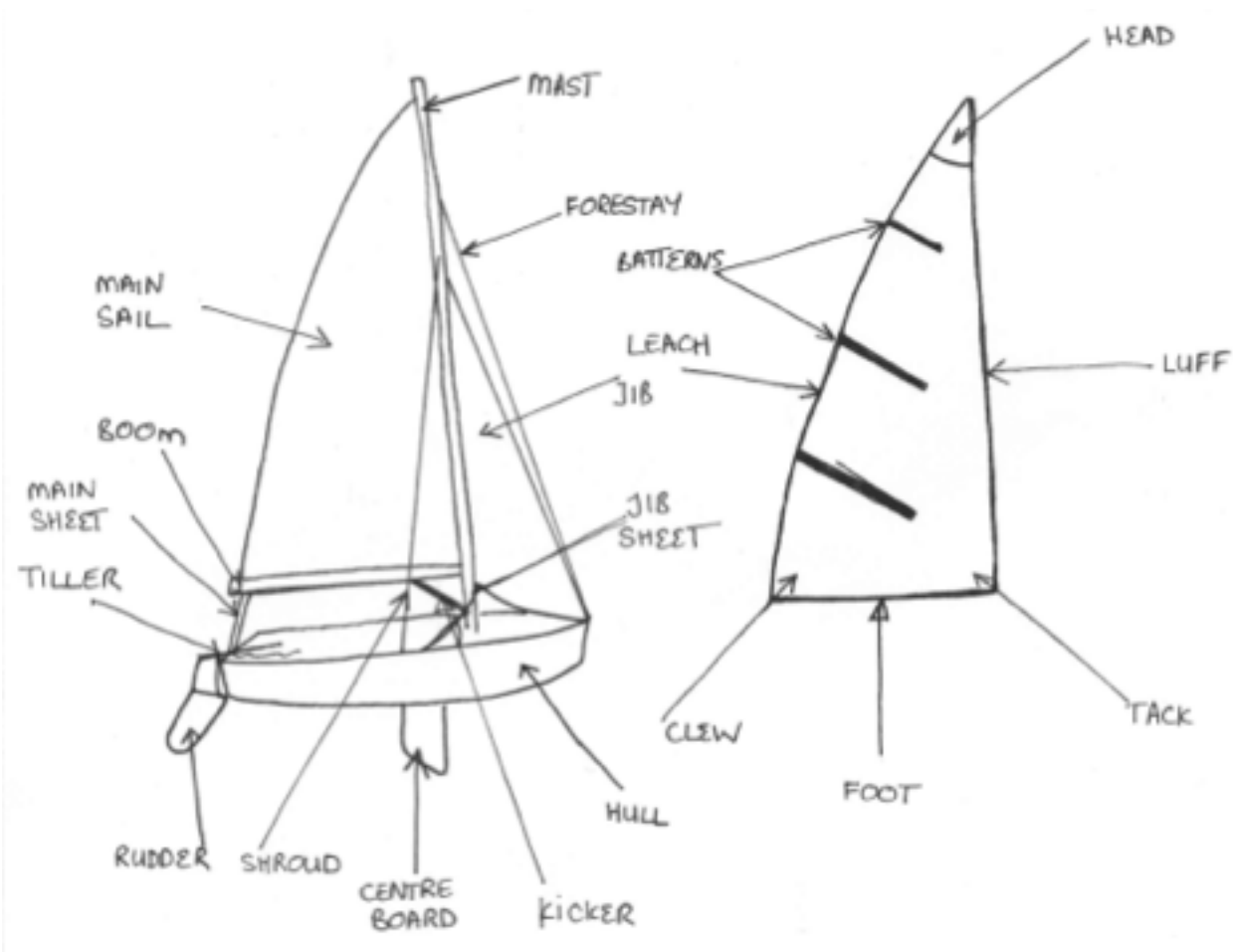
We are very excited that you are taking, or considering, our Adult Learn to Sail program. We have put together this package with some of the basic theory that you will cover in your course with us. The theory in here covers Cansail 1 and 2 theory, and if you continue with us for your Cansail 3 or any higher levels, we will provide you with additional information.

There are also a lot of resources online, so if you are struggling with a concept, or it isn't laid out clearly here, there are tons of lessons online. Youtube also has some really great videos of sailing (our favourite, not very informative, fun sailing video is "Best of Sailing"). Additionally, you can always contact me if you have more questions about anything in here, or anything extra.

Cheers,

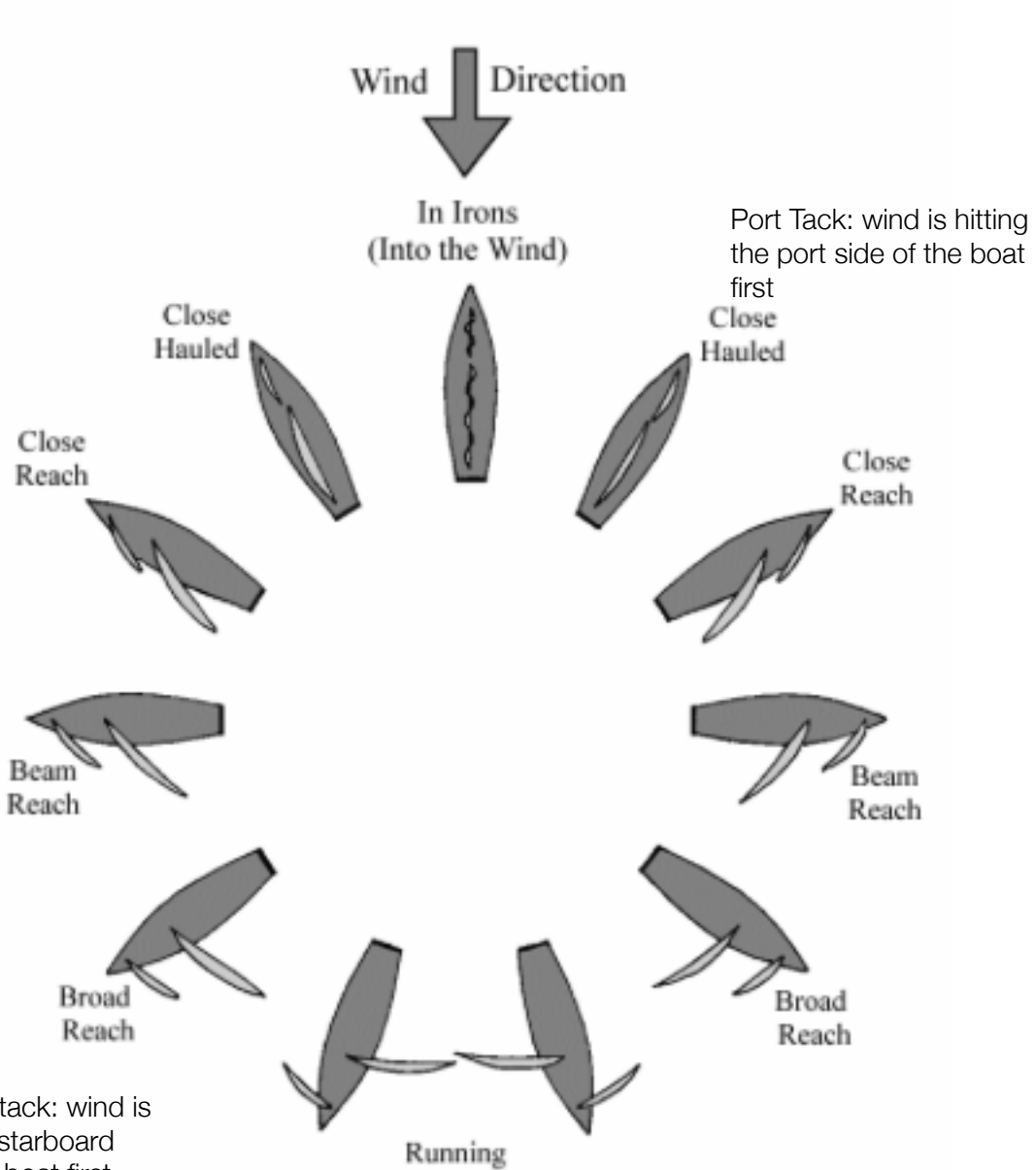
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Parts of the Boat and Sail:



The 420's and J24s vary slightly, but this diagram covers all the basic parts of the boat.

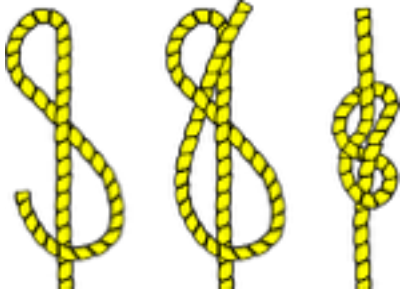
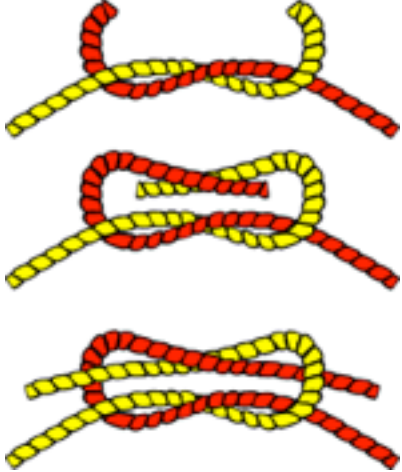
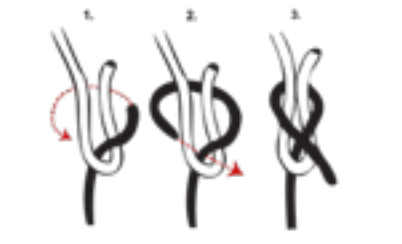
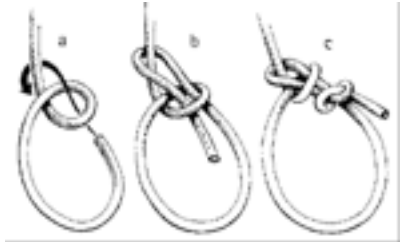
Points of Sail:



Tacking: Bow of the boat through the wind

Gybing: Stern of the boat through the wind

Knots:

Name	Purpose	Diagram
8 Knot	Stopper knot	
Reef Knot	Tie two pieces of line the <i>same diameter</i> together	
Sheet Bend	Tie two pieces of line <i>different diameter</i> together	
Bowline	Non-slip loop knot	

Rules of the Road:

Sail boats

<p>1. Starboard (tack) over port (tack) -Port boat gives way</p>	
<p>2. Leeward over windward - Windward boat gives way</p>	
<p>3. Overtaking boat stays clear</p>	
<p>General rules: 4. Tacking/Gybing boat must keep clear 5. Keep clear over any moored/anchored boats, or any turtled/capsized boat</p>	

*However, any boat must try to keep clear if reasonably possible.

Motor vs. Sail:

1. Any boat with the engine running, even if the sails are up, is considered a motorboat. Sail boats typically do have right of way over motor boats with a few exceptions:
 - a. Large motor vessels are given the right of way in a channel when it is difficult for them to maneuver (container ships, etc.)
 - b. Motor vessels that are restricted to maneuverability to a specific job (ferry boat, tug boat, etc.) has right of way

Hypothermia:

Hypothermia is when your core body temperature drops below 35°C. There are three stages of hypothermia – mild, moderate and severe. Hypothermia typically occurs when there is prolonged exposure to cold temperatures, and the risk of hypothermia increases in water.

Signs and Symptoms	
Mild	Shivering, mental confusion
Moderate	Shivering becomes more violent, loss of fine motor skills (hard to tie knots, etc.), mental confusion, lips/ears/fingers/feet can become blue
Severe	Shivering stops, difficulty speaking, amnesia and confusion, pulse and respiration decreases significantly, may lose consciousness

Treatment:

- Remove wet clothing and replace with dry ones if possible, use blankets if available
- “Bear hug”
- Warm water or juice
- In no circumstances should alcohol or caffeine be administered to warm the individual up
- Do not give the individual a hot bath - this can send the body into shock and cause more damage
- 911 should be called in severe cases

Heat Stroke:

Heat stroke (hyperthermia), is when the core body temperature increases above 40.6°C, and is typically from environmental heat exposure and lack of thermoregulation.

Signs and symptoms:

- Disorientation
- Lack of sweating
- Headache
- Red, hot and dry skin
- Muscle weakness or cramps
- Nausea and vomiting
- Rapid heartbeat
- Rapid/shallow breathing
- Unconsciousness

Treatment:

If you suspect that someone has heat stroke, call 911 immediately. While you wait for paramedics to come, remove them from the shade, you can cool the person down by removing their shoes and socks, placing their feet in cool water, applying a cool cloth or ice pack to their forehead/ armpits, fan cool air on them, give them water.