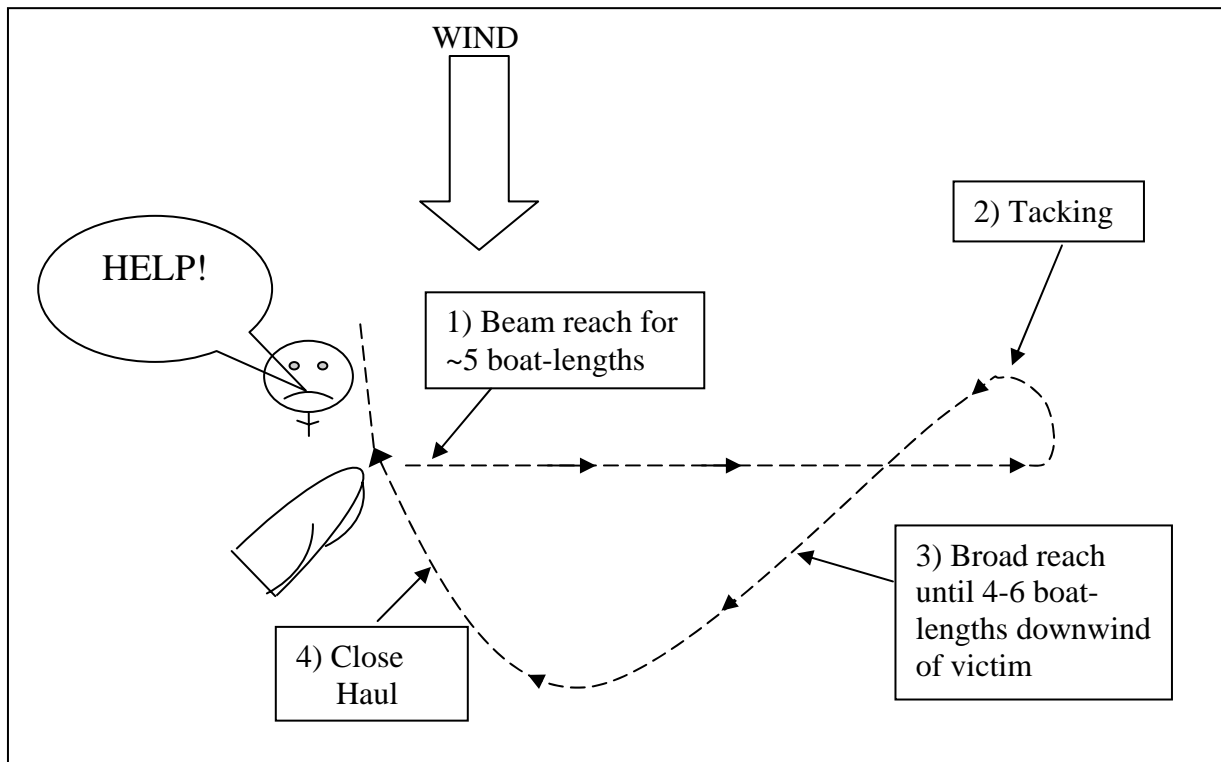


## Learn-to-Sail: Class 3

### 1) OVERBOARD RECOVERY (Pg 66-67, Quick Turn Method ONLY)

There is a sequence of steps that the skipper and crew should follow if someone were to fall off a vessel while under sail.

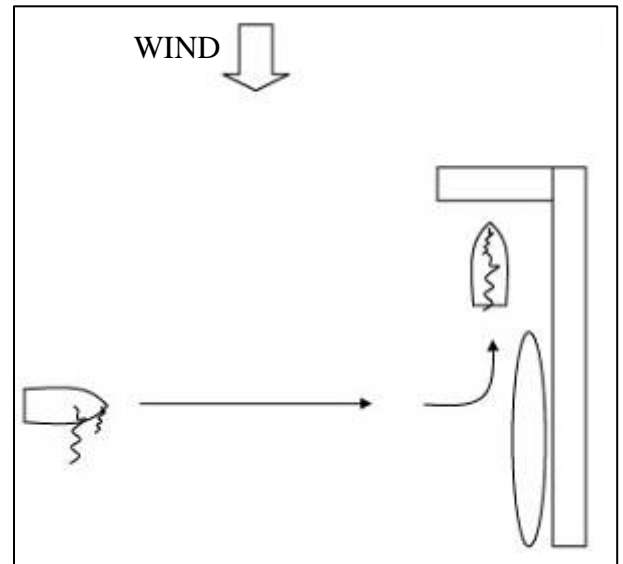
- Crew yells “Crew Overboard!” and points at the person overboard. This helps prevent the skipper from losing sight of the person in the water.
- The skipper immediately begins sailing on a beam reach for about 5 boat-lengths.
- The skipper tacks the boat and falls off onto a broad reach course until the boat is 4-6 boat-lengths downwind of the person overboard.
  - **Note:** It is important to tack the boat as opposed to gybing the boat. Gybing is a much less controlled maneuver as compared to tacking (especially in strong winds). Gybing may lead to additional problems later on during the drill.
- The skipper heads up onto a close-hauled course and approaches the victim. The skipper should keep victim on the leeward side of the boat when sailing Flying Scots, windward side when sailing FJ’s
- When you are 3-5 boat-lengths away from the person in the water, let out sails until they luff (flap).
- Pull the person back into the boat!



## 2) LANDING (Pg 68-71)

To complete a safe landing, you should be going slow and headed into the wind when you arrive at the dock. In order to do this, you should follow these steps.

- Pick a destination on the dock that will allow you to be pointing into the wind when you land
- Set yourself up so that you can approach the dock on a beam reach.
- Approach the dock on a beam reach with your sails all the way out (luffing). You should be aiming 2-5 boat lengths downwind of your final destination (depending on the wind). This will allow you room to coast.
- When almost directly downwind of your desired destination, turn into the wind and towards your destination.
- Have someone hop off the bow with the bow line. Do not use your body as a fender!
- **Note:** If you're going too fast, keep turning, sail away from the dock, and try again.



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